



为什么饮食失调很难治疗

题目: Why are eating disorder so hard to treat

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Globally, about 10% of people will experience an eating disorder during their lifetime. And yet, eating disorders are profoundly misunderstood. Misconceptions about everything from symptoms to treatment, make it difficult to navigate an eating disorder or support someone you love as they do so. So let's walk through what is—and isn't—true about eating disorders.

全球大约有10%的人，一生中都体会过饮食失调的滋味。但人们对饮食失调症的误解很深。从症状到治疗的一系列误解，让患者本人或是支持所爱之人 克服饮食失调变成了一件难事。让我们一起了解一下，关于饮食失调 哪些说法是真的，哪些是假的。

First, what is an eating disorder? Eating disorders are a range of psychiatric conditions characterized by these main patterns of behavior: restricting food intake, bingeing, or rapidly consuming large amounts of food, and purging or eliminating calories through vomiting, laxatives, excessive exercise, and other harmful means. An eating disorder can involve any one or any combination of these behaviors. For example, people living with anorexia usually restrict the amount of food they eat, while bulimia nervosa is an eating disorder characterized by recurrent binges and purges.

首先，什么是饮食失调？饮食失调属于精神类疾病，主要有以下几种行为特征：严格控制食物摄入量、暴饮暴食，即短时间大量摄入食物、以及通过催吐、吃泻药、过度运动等 其他有损健康的方式来清除卡路里。饮食失调患者可能会出现 上述某种或几种行为。例如，厌食症患者 常常严格控制自己摄入食物的总量。但暴食症也属于饮食失调症的一种，其症状为反复地暴饮暴食和催吐。

eating disorders

饮食失调

misunderstood

误解

navigate

v.航行于；驾驶

psychiatric

conditions

精神类疾病

eliminate

v.消除；排除

anorexia

n.神经性厌食症

recurrent

binges and

purges

反复暴饮暴食和催吐

Importantly, these behaviors **determine** whether someone has an eating disorder. You can't tell whether someone has an eating disorder from their weight alone.

这些行为是判断一个人 是否患有饮食失调症的重要因素。 不能仅从体重的轻重来判断 一个人是否患有饮食失调。

People who weigh what medical professionals might consider a healthy range can have eating disorders, including severe ones that damage their long-term health in invisible ways, including **osteoporosis**, **anemia**, heart damage, and **kidney damage**.

医生认为体重在健康值范围内的人， 也可能患有饮食失调。 严重者可能会在无形中 慢慢损害自身健康。 导致骨质疏松、贫血、 心脏受损以及肾脏受损。

Just as we can't tell whether someone has an eating disorder based on their weight alone, we can't get rid of these disorders simply by eating differently. That's because eating disorders are, at their core, psychiatric illnesses. From what we understand, they involve a disruption to someone's **self-perception**. Most people who experience them are severely critical of themselves and report many self-perceived flaws. They may use eating to try to regain some control over an internal sense of chaos.

就像我们不能单凭体重来判断 一个人是否患有饮食失调一样， 我们也无法简单地 通过改变饮食习惯来治疗。 因为饮食失调本质上是精神疾病。 据我们所知， 这种疾病会破坏人的自我认知。 大部分患者会严厉批判自己， 并说出许多自以为的缺陷。 他们试图通过饮食 来缓解内心的混乱。

determine

v. 下决心

osteoporosis

n. 骨质疏松症

anemia

n. 贫血

kidney damage

肾脏受损

self-perception

自体感受

We still don't know exactly what causes eating disorders. There likely isn't a single cause, but a **combination** of genetic and environmental risk factors that contribute. Sometimes, other mental illnesses—like depression or anxiety—can cause symptoms of eating disorders. In addition, certain **psychological factors**, such as **perfectionism** and body image **dissatisfaction**, are risk factors for eating disorders.

我们仍然不知道 饮食失调的确切病因。病因可能并不是单一的，而是基因和环境风险因素的结合。有时，其他精神疾病——像是抑郁症和焦虑症——也会引发饮食失调。此外，某些心理因素，比如完美主义和身材焦虑，都是可能引起饮食失调的风险因素。很多社会因素也会导致饮食失调。

Several social factors contribute, too, including **internalized** weight stigma, exposure to bullying, racial and ethnic assimilation, and limited social networks. Although there is a common **misconception** that only women experience eating disorders, people of all genders can be affected. As these disorders intimately affect the development of one's identity and self-esteem, people are particularly vulnerable to developing them during **adolescence**.

如内化的体重羞耻、遭受霸凌、种族和民族的同化、以及缺乏社交。人们有一个普遍的错误认知，那就是女人才会出现饮食失调。但实际上所有性别的人群都可能患饮食失调。由于饮食失调症会密切影响一个人个性和自尊心的发育，所以青春期的孩子更易患饮食失调。

Although these are among the most challenging **psychiatric disorders** to treat, effective therapies and **interventions** exist, and many people who receive treatment make a full recovery. Treatment has a higher chance of success the earlier it starts after someone develops disordered eating behaviors.

虽然这种精神疾病很难治疗，但仍然存在一些有效的疗法和干预手段。很多接受治疗的人们也完全康复了。出现饮食失调行为后，越早治疗，痊愈的几率越高。

combination
n. 合作；组合

psychological factors
心理因素

perfectionism
n. 完美主义

dissatisfaction
n. 不满；不平

internalized
v. 使内在化

misconception
n. 误解

adolescence
n. 青春期

psychiatric disorders
精神疾病

interventions
n. 介入

But unfortunately, less than half of people with an eating disorder will seek and receive treatment.

但不幸的是，只有不到一半的患者，会寻求治疗，接受治疗。

Because of the complex effects of eating disorders on both the body and the mind, treatment usually includes a combination of nutritional counseling and monitoring, **psychotherapy**, and in some cases, medications. Evidence-based psychotherapies exist as treatments for most eating disorders, including cognitive-behavioral therapy and family-based therapy.

由于饮食失调对患者身心的影响十分复杂，因此治疗手段通常包含营养咨询与监测、心理疗法、某些情况下，还需要药物治疗。循证心理疗法用以治疗大多数饮食失调症，它包括认知行为治疗和家庭治疗。

These are talk-therapies that help people gain the skills to deal with underlying **psychological problems** that drive eating disorder symptoms. Because not all patients will respond to these treatments, researchers are also investigating treatments outside of psychotherapy, such as transcranial magnetic stimulation. Proper treatment can reduce the chances of dying from a severe eating disorder.

这些谈话疗法可以帮助人们获得一些技能，以应对引起饮食失调症状的潜在心理问题。但这些治疗手段并非对所有患者都有用，所以研究员们也在研究除心理治疗以外的方法，比如经颅磁刺激技术。恰当的治疗可以降低重度饮食失调症的死亡几率。

Eating disorders can provoke a powerful sense of **powerlessness**, but education for individuals, families, and communities helps erode the stigma and improve access to treatment.

饮食失调会引发强烈的无力感，但通过对个人、家庭和社会的教育，有助于消除耻辱感，进而有利于疾病治疗。

psychotherapy

n.精神疗法

**psychological
problem**

心理问题

powerlessness

n.无力