



What Causes an Eating Disorder?

- There is no single cause for an eating disorder.
- They arise from a combination of long term interpersonal, biological, social and psychological conditions.
- While they may begin with preoccupations with food and weight, they are most often about much more than food.
- The underlying psychological issues that brings about the preoccupation and control of food in the first instance serves as one of the causes of the eating disorder.
- People with eating disorders often control and use food to distract, avoid or compensate, for feelings and emotions that could otherwise feel overwhelming.
- For some people, bingeing and/or purging, or restricting may begin as a way to cope with these overwhelming emotions and to feel in control of ones life.
- Despite what might appear as evidence to the contrary eating disorders are not a choice.