

TABLE 9.4 From Dalle Grave R & Calugi S, *Cognitive Behavior Therapy for Adolescents with Eating Disorders*, Guilford Press, New York, 2020.

Main Topics to Cover when Educating Patients about Purging

Self-induced vomiting

- It is used as a compensatory behavior after an objective or subjective episode of overeating.
- It is dangerous to health (e.g., hypokalemia and other electrolyte disturbances, cardiac arrhythmias, enlargement of the salivary glands, erosion of dental enamel on the inner surface of the front teeth).
- It requires secrecy and subterfuge and produces feelings of guilt.
- It is only partially effective in eliminating the calories introduced with food because in the vomit there are about only half of the calories taken in during a binge-eating episode.
- It maintains the binge-eating episodes because a deterrent against binge eating is undermined.

Laxative misuse

- It is used as a compensatory behavior after an objective or subjective episode of overeating and/or a routine form of weight control.
 - It is dangerous to health (e.g., dehydration and electrolyte disturbance).
 - It requires secrecy and subterfuge and produces feelings of guilt.
 - It is an ineffective means of eliminating the calories ingested because laxatives eliminate only water and electrolytes.
 - It only produces a temporary loss of weight due to the loss of fluids (diarrhea and urine), which are quickly replaced as soon as one drinks and eats.
 - If used as a compensation behavior it maintains binge-eating episodes, because, like self-induced vomiting, it undermines a deterrent against binge eating.
 - It is expensive.
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