Anorexia Nervosa is a serious psychiatric disorder characterized by the obsession with one’s weight, and the specific types of food that are consumed on a daily basis. Anorexia Nervosa is not a fear of food, but rather an unhealthy coping mechanism developed in an attempt to deal with serious emotional problems.

The true development of Anorexia Nervosa remains a mystery.

Various family relationships all contribute to the possible development of the disease.

The Impact of Family Relationships on the Development Anorexia Nervosa

Anorectic Daughter

Father
• Over bearing
• Ignoring

Mother
• Over protective
• Controlling

Siblings
• Received more attention
• Perceived to be more connected to parents

Dad

Mom

Siblings

Relationships with the affected daughter

Symptoms
• Fear of weight gain
• Distorted body image

• Tendency to eat small amounts of food, if any at all
• Maintenance of a less than normal body weight

• Exercising excessively
• Obsession with caloric intake and fat content in foods

Father

Mother

Siblings

References