



Cap sur l'école inclusive
en Europe



Pedagogical sheet .

Nervous anorexia

Section of the module /E

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Objectives

- Possible diagnosis of an eating disorder, anorexia
- Promoting the knowledge of the symptoms of nervous anorexia
- Raising awareness to the consequences of this disorder of the eating behaviour
- Promoting the integration of individuals who may be marginalised and who self-marginalise.

Principles and theoretical fundaments on the basis of the theory

The essential characteristics of Nervous Anorexia derive from the refusal to keep a minimum corporal weight, the fear of gaining weight and the significant disorder of the perception of size and body shape. A body weight below the normal level for the age and height (criterion A) is kept. Usually the loss of weight is firstly got through the reduction of the quantity of food. Although some people start by excluding what they think it is highly caloric, many people eventually end up on a very restrictive diet, which is sometimes limited to a few foods. The additional methods to lose weight include purgative methods (for example, vomit or the use of laxatives or diuretics) or an excessive increase of physical exercise. People with this disorder are

really afraid of gaining weight or of getting fat (Criterion B). This intense fear of getting fat is not softened by the loss of weight. Actually, the worries about the weight increase even when it is decreasing. People with nervous anorexia usually deny the problem or are not aware of it..

Target public

Youngsters who attend the basic education (2nd and 3rd cycle) and secondary education.

Material / Instruments:

- Questionnaire with statements that allow the diagnosis of this eating disorder with reference to the known nosographic analysis (DSM-5 e CDI-10)
- Video showing this eating disorder, with reference to the known nosographic analysis (DSM-5 e CDI-10)
- Video Projector
- Computer

Bibliography / References:

DSM-V; Manual de diagnóstico e estatística das perturbações mentais, 5ª edição
CDI-10

Webgraphy

<https://www.youtube.com/watch?v=W1uzOYxh2O4>

https://www.youtube.com/watch?v=mohJz_HyoMY

Presentation of the methodology (description of the Activity)

If the teacher sees that one or several students show humour disorders, social isolation, irritability or lack of interest, he may use a questionnaire, whose data processing can, with the help of a psychologist, give

information about the existence of the eating disorder, nervous anorexia.

Watching videos that show this topic will allow a greater and better scientific information about this behaviour disorder.

The teacher through the dialogue will guide the analysis of the video motivating the class to:

- Promote the understanding according to the context of the topic
- Outline the way to understand the viewed topic
- Establish relations between the different subtypes of nervous anorexia
- Characterise its “social” influence
- Sensitize for the systematic reinforcement of adequate behaviours, that is, for an education that prevents this type of disorder

The teacher may tell about the behaviours and reinforce a contract, preferably written, involving the family and possibly the class if this is favourable.

Skills affected

- Communication in the mother tongue;
- Getting a better knowledge about the eating disorder, nervous anorexia;
- Social and civic skills;

Evaluation:

It is measured by the ability to:

- Feel “freedom of expression” to talk about the eating disorder, nervous anorexia
- Increase the knowledge about this eating disorder
- Develop the sense of observation and the analysis skill
- Master the argumentative techniques
- Integrate and include the student in the educational context