

## **The Problem of Anorexia Nervosa**

*Sitkovskaya Nadezhda Sergeevna*

*Белорусский государственный медицинский университет, Minsk*

*Научный(-е) руководитель(-и) – Tikhonovitch Irina Ivanovna, Белорусский*

*государственный медицинский университет, Minsk*

### **Introduction**

Anorexia Nervosa nowadays has the highest mortality rate of any mental disorders. It is characterized by intense fear of gaining weight and severe dieting habits. Surprisingly little research has been devoted to assessing the nature of such a pathology. A great amount of stereotypes exist. Currently there are no totally reliable options of treatment. As a result it makes the life of people with the above diagnosis more complicated.

### **Aim of study**

To review the most widespread stereotypes, connected with anorexia nervosa and understand the main reasons of a relatively small proportion of people responding to treatment.

### **Materials and methods**

For the research I compiled a questioner, interviewed and assessed the answers of young adults and made a survey of recent scientific articles and internet sites regarding the causes and methods of anorexia nervosa treatment.

### **Results**

70 people with anorexia nervosa at the age of 13-32 were interviewed and the following results were received: 1. What was the main reason for your weight loss? 55.7%- self-improvement 20% - verbal abuse 11.4%- health problems 8.6% - unhappy love 4.3% - other 2. Do you understand that you are ill? 55.7% - yes 42.9% - no 1.4% - 50/50 3. Do you have a desire to recover? 38.6%- yes 54.3%- no 7.1% - 50/50 4. Do you have any support? If yes, who is it? 54.3% - no 12.9% - social sites 10% - friends 8.6% - family 14.2% - others 5. Do you regret that you have such a diagnosis? 30% - yes 61.4%- no 8.6% - 50/50

### **Conclusions**

To summarize the findings of my research I came to a very dissatisfying conclusion that anorexia nervosa is a severe mind disease and more detailed knowledge is required to treat successfully this challenging illness. According to the obtained data, most young people with the above diagnosis like their state and don't want treatment. Their desire to remain thin overrides concerns about their health, they don't regret they have anorexia nervosa and don't want to change anything in their life.