

Table 2

Eating disorders: Thoughts and behaviours

Behaviours

- Food $\pm$ fluid restriction
- Over-exercising
- Self-induced vomiting after eating
- Laxative use
- Binge eating

Thoughts

- Fear of getting fat
- Preoccupation with weight and/or shape
- Preoccupation with food and/or eating
- Low self-esteem/over-evaluation of self in terms of weight and shape
- Desire for an abnormally low weight