

Eating Disorder Case Studies

<p style="text-align: center;">Case Study #1: Megan</p> <p>Shelly is concerned about her friend Megan. No matter what they talk about the conversation always turns to food. Megan has gone from working out 3-4 days a week to working out 7 days a week, sometimes even twice a day. Megan is always talking about how fat she is even though it seems she has lost a lot of weight. It is hard to tell how much since she wears baggy clothes; she says she is always cold. Shelly has noticed Megan keeps a bottle of laxatives in her locker. Yesterday, Megan fainted in Chemistry.</p>	<p style="text-align: center;">Case Study #2: Melissa</p> <p>Melissa is a 14 year old who has always been thin but her recent weight loss has brought her BMI down to 18 and her mother says her grades are falling and she is showing little interest in food. Melissa says her weight loss is from starting cross country running with her father on weekends. She denies having little interest in food – rather she is simply careful about what she eats. She reports recently becoming a vegetarian for health reasons. The only symptom of concern to Melissa is that she reports feeling constantly cold. She states that her mother “drives me crazy at meal times”. She does not understand what all the fuss is about.</p>
<p style="text-align: center;">Case Study #3: John</p> <p>As a freshman John has made the Varsity Wrestling Team. His coach wants him to wrestle another weight class down which means he will need to lose another 15 pounds. The 1st 15 he lost in less than 2 weeks. He is not allowing himself to eat more than 500 calories a day and he only sucks on ice instead of drinking water. At school he wears 2 sweat shirts and during lunch he sneaks into the gym to run laps. His girlfriend has noticed that he falls asleep in class and at night when they try to talk on the phone. If they do go out to dinner he always gets up and goes to the bathroom after he finishes eating and his face is red and his eyes are watering when he gets back.</p>	<p style="text-align: center;">Case Study #4: Sara</p> <p>Sara is a freshman cheerleader and had always been a stunt person up until this year when her coach switched her to base. Her friends have noticed that she will not eat food in front of them and she will only drink 2 sweet teas from McDonalds a day. If she can't get tea, she will drink a Monster to help her stay awake. She is always complaining that she was replaced because she was fatter than the other girl. Her teachers have noticed she is having trouble staying awake in class and her grades are falling. She has also developed dark circles under her eyes and she is wearing her once thick long hair up to hide that it is thinning.</p>

Name: _____

Period: _____

Teen Case Studies: Eating Disorders

Directions: Choose one of the eating disorder case studies. Using the information on your card please answer the questions below. Use details from the card to strengthen your answers.

Situation	
1.	<div data-bbox="321 491 617 562">What disorder is this an example of?</div>