

Contributing Factors

Genetics

Having a relative with an eating disorder (i.e., sibling or parent), which can increase your risk for an eating disorder by 10x

Personality & Temperament

Ex: people pleaser, impulsive, perfectionist, hypersensitive, controlling, etc.

Psychological & Emotional

Co-existing conditions, such as anxiety, depression, obsessive compulsive disorder, low self-esteem, drug or alcohol abuse

Behavioral

Food rituals, body checking, purging, frequent weighing, compulsive eating, irregular or inflexible eating patterns

Stress, Periods of Change, or School Pressures

Job or school stress and pressures; beginning college or starting a new school year; moving; financial stress

Diet Culture

Ex: assuming those in larger bodies are unhealthy; placing high value on appearance and thinness; “good” vs “bad” foods

Family Dynamics

Disrupted family lives (i.e., divorce or violence); death of a loved one; lack of support from parents or loved ones

Inaccurate Nutrition Information

Buying into fad diets or receiving nutrition information from social media (i.e., TikTok); beliefs that foods or diets are healthier than they actually are

Social Media

Unrealistic expectations; editing and body dysmorphia; influence on eating behaviors and perception of body image

Body Image & Exercise

Negative body image (or body dissatisfaction); excessive exercise or using exercise for compensation; strong desire to be lean and muscular

Social Interactions

Peer pressure; surrounded by friends who have disordered eating behaviors (undiagnosed or not); comments about body image and self-consciousness

Comparisons & Cognitive Distortions

Ex: “all or nothing” mentality; constantly comparing yourself to others; feeling as though you’re not good enough especially when compared to others; focusing on the negatives

Identifying Your Contributing Factors

Which factors contribute to your eating disorder the most? Put a star next to your contributing factors and write down the reasons. Include examples if you can. Put an X over the factors that don't resonate or feel relevant to you. You may find you have 10+ factors from this list that you struggle with, or you could only have 2 or 3.

Genetics

Personality & Temperament

Psychological & Emotional

Behavioral

Stress, Periods of Change, or School Pressures

Diet Culture

Family Dynamics

Inaccurate Nutrition Information

Social Media

Body Image & Exercise

Social Interactions

Comparisons & Cognitive Distortions
