This bibliography is intended to help readers locate material on anorexia nervosa and bulimia in the collections of the Library of Congress. A scope note briefly defines the terms "anorexia nervosa" and "bulimia" and discusses similarities and differences between the two eating disorders. Four references are included as introductions to the topic and subject headings used by the Library of Congress, under which books on anorexia nervosa and bulimia can be located. The remainder of the guide lists bibliographic references under the headings of: (1) general texts (11 entries); (2) specialized titles (12 entries); (3) bibliographies (2 entries); (4) biography and self-help books (6 entries); and (5) state-of-the-art reviews and conference proceedings (5 entries). Eight abstracting and indexing services that index relevant journal articles and other literature are listed with suggested terms for searching provided under each service. Four journals that often contain articles relevant to anorexia nervosa and bulimia are listed and a list of seven representative journal articles is included. The guide concludes with a list of seven selected materials available in the Science Reading Room pamphlet boxes and names and addresses of six additional sources of information. (NB)
ANOREXIA NERVOSA/BULIMIA
Compiled by Hisako Halasz

SCOPE: Anorexia nervosa and bulimia are closely related eating disorders, found mostly among young, white females from middle to upper-middle class families. The common feature between anorexia nervosa and bulimia is extreme fear of becoming obese. Means for attaining this end, however, differ. In anorexia nervosa, subnormal body weight is achieved by drastic reduction of food intake, often accompanied by vigorous physical activity. In bulimia, body weight is maintained within a normal range by resorting to self-induced vomiting and/or use of laxatives, in spite of periodic eating binges. Bulimia that is the result of purely neuropathological or biomedical causes, is not addressed directly in this guide. In extreme cases of these disorders, physical and physiological abnormalities develop, such as amenorrhea and hypothermia among anorexia nervosa patients and electrolyte imbalance and dental enamel erosion among bulimics. A question has been raised whether anorexia nervosa and bulimia stem from a common psychopathological condition, which is influenced by sociocultural factors and family relationships. This question is unsettled, although observations of bulimic behavior among anorexia nervosa patients, and food restricting behavior and occasional history of anorexia nervosa among bulimics suggest a close relationship between them.

This guide is intended to help the interested reader locate material on anorexia nervosa and bulimia in the collections of the Library of Congress. Not meant to be a comprehensive bibliography, it is designed—as the name of the series implies—to put the reader “on target.”

INTRODUCTIONS


"Volume better know as DSM-III."


*Available in the reference collection, Science Reading Room

SUBJECT HEADINGS used by the Library of Congress, under which books on anorexia nervosa and bulimia can be located in most card, book, and online catalogs, include the following:

ANOREXIA NERVOSA (Highly relevant)
BULIMAREXIA (Highly relevant)
APPETITE DISORDERS (Highly relevant)
OBESITY—PSYCHOLOGICAL ASPECTS (Relevant)

GENERAL TEXTS


SPECIALIZED TITLES


Rev. translation of the work published in 1973 under the title: L'Anoressia mentale.

Includes bibliographical references.

Includes bibliographies.

BIBLIOGRAPHIES

"NIMH-81-61."
RC552.A5A57 and PB82-200353**


BIOGRAPHY and SELF-HELP BOOKS


Bibliography: p. 131-135.

Includes bibliographies.


**Available in microform collection, Science Reading Room
   Includes bibliographical references. RC552.A5M3 1982


STATE-OF-THE-ART REVIEWS and CONFERENCE PROCEEDINGS

   Based on papers delivered at a conference held in Toronto, Canada, in Sept. 1981.
   Includes bibliographies.

   Based on papers from a symposium presented to the Association for the Advancement of Behavior Therapy, New York City, Dec. 1980.


ABSTRACTING AND INDEXING SERVICES that index relevant journal articles and other literature are listed below. Some suggested terms are given as aids in searching.

Biological Abstracts (1926-) QH301.B37*
   See: Anorexia Nervosa
   Bulimia
   Bulimic
   Bulimarexia
   Bulimarexic
   Eating Disorders

Biological & Agricultural Index (1916-) Z5073.A46*
   See: Anorexia Nervosa

Note: Consult reference librarian for location of abstracting and indexing services in the Science Reading Room
JOURNALS that often contain articles relevant to anorexia nervosa and bulimia are

American Journal of Psychiatry RC321.A52
British Journal of Psychiatry RC321.J82
International Journal of Eating Disorders RC552.A72157

REPRESENTATIVE JOURNAL ARTICLES


Halmi, Katherine A. Advances in anorexia nervosa. Advances in developmental and behavioral pediatrics, v. 4, 1983: 1-23. RJ47.5.A37


SELECTED MATERIALS available in the Science Reading Room pamphlet boxes include:


ADDITIONAL SOURCES OF INFORMATION

American Anorexia/Bulimia Association, Inc. (AA/BA)
133 Cedar Lane
Teaneck, New Jersey 07666
Telephone: (201) 836-1800

Institute for Contemporary Psychotherapy
Center for the Study of Anorexia and Bulimia
One West 91st Street
New York, New York 10024
Telephone: (212) 595-3449

National Anorexic Aid Society (NAAS)
P.O. Box 29461
Columbus, Ohio 43229
Telephone: (614) 895-2009
National Association of Anorexia Nervosa and Associated Disorders, Inc. (ANAD)
P.O. Box 271
Highland Park, Illinois 60035
Telephone: (312) 831-3438

Overeaters Anonymous (OA)
P.O. Box 92870
Los Angeles, California 90009
Telephone: (213) 320-7941

For the names and addresses of other organizations, call or write

National Referral Center
Library of Congress
10 First Street, S.E.
Washington, D.C. 20540
Telephone: (202) 287-5670