

4<sup>th</sup> Annual Congress on MENTAL HEALTH

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**Orthorexia and Orthorexia Nervosa: Prevalence, risk factors, diagnosis, treatment, and recent findings****Omer Horovitz***Tel-Hai Academic College, Israel*

Orthorexia nervosa is an emerging and controversial eating disorder characterized by an obsessive preoccupation with healthy eating and an extreme fixation on food purity. Despite growing public interest in orthorexia, its classification as a distinct eating disorder remains a subject of ongoing debate in the mental health community. This lecture will concisely review the current literature on orthorexia nervosa, exploring the prevalence rates, risk factors, diagnosis, and treatment options. An overview of orthorexia, its historical context, and the challenges and considerations in diagnosing orthorexia and orthorexia nervosa will be presented. The distinction between "orthorexia" and "orthorexia nervosa" is a debated issue in eating disorder research due to a lack of clear diagnostic criteria, making it challenging to accurately differentiate between an obsession with healthy eating and a more severe form with potential distress and impairment. The existing treatment approaches for orthorexia nervosa will be presented as well. Recent data collected from young adults and its relation to intuitive eating, sense of control, and embodiment will be shown further to highlight the complex and multifaceted nature of orthorexia nervosa. This topic should contribute to the ongoing discourse surrounding orthorexia and provide valuable insights for clinicians, researchers, and stakeholders in the mental health and eating disorders fields.

**Biography**

Omer is a senior lecturer in the Psychology department at Tel-Hai Academic College. He is the head of the Psychology department and the Physiology & Behavior lab. Director. He uses Behavioral, psychophysiological, and neural methods to focus on human clinical research in young and adult subjects. He is an expert in Nutritional Psychology. His group studies the associations between psychological pathologies and dietary, eating habits, and nutrition and their influence on one's cognitive functioning and well-being.