

Individual Risk Factors	Family Risk Factors	Social Risk Factors
<p>Difficulty expressing feelings and emotions;</p> <p>A tendency to comply with other's demands;</p> <p>Very high expectations of achievement</p>	<p>A home environment where food, eating, weight or appearance have a disproportionate significance;</p> <p>An over-protective or over-controlling home environment;</p> <p>Poor parental relationships and arguments;</p> <p>Neglect or physical, sexual or emotional abuse;</p> <p>Overly high family expectations of achievement</p>	<p>Being bullied, teased or ridiculed due to weight or appearance</p> <p>Pressure to maintain a high level of fitness / low body weight for e.g. sport or dancing</p>

Physical Warning Signs	Behavioural Warning Signs	Psychological Warning Signs
<p>Loss of weight;</p> <p>Tiredness, fainting or dizziness;</p> <p>Feeling cold;</p> <p>Skin and hair conditions;</p> <p>Swollen cheeks;</p> <p>Callused knuckles;</p> <p>Frequent tension headaches</p> <p>Sore throats</p> <p>Mouth ulcers</p> <p>Tooth decay</p>	<p>Missing meals;</p> <p>Restricted eating;</p> <p>Unusual behaviour regarding food;</p> <p>Avoids eating in public;</p> <p>Eats low calorie foods;</p> <p>Increased water intake;</p> <p>Visits the bathroom after a meal;</p> <p>Wears excessive layers of clothing</p>	<p>Moodiness;</p> <p>Anxiety and depression;</p> <p>Self dislike and low self-esteem;</p> <p>Preoccupation with food;</p> <p>Denial of being hungry;</p> <p>Fear of gaining weight;</p> <p>Feeling guilty after eating;</p> <p>Excessive feeling of perfectionism</p>

