Establishing Services

1. Stop by our office, between 9:00 am and 4:00 pm Monday through Friday, to complete a brief series of online forms (~ 30 minutes, only accessible at CAPS’ Office) and pay a $15 initial fee for establishing services at CAPS.

2. Schedule an initial appointment with a CAPS’ counselor. Initial appointments are typically scheduled within a week of your initial request; however, during times of high demand, the wait may be longer.

3. Following the initial appointment you will be assigned a counselor who will contact you to set up your next appointment.

Did you Know?

Anonymous responses to the CAPS client satisfaction survey indicated:

- 89% found the visits useful
- 80% experienced improvement in their condition
- 49% indicated that CAPS’ services helped them to remain at IUPUI
- 54% believed CAPS’ services helped to improve their academic performance

(Anonymous Responses to CAPS Client Satisfaction Survey 2010-11)

Students utilizing CAPS’ services have consistently had higher graduation rates than their respective cohort.

IUPUI Counseling and Psychological Services (CAPS)
Walker Plaza, Suite 220
719 Indiana Avenue
Indianapolis, Indiana 46202
(317) 274-2548
capsindy@iupui.edu
http://caps.iupui.edu/

Find us on Facebook by searching for ”IUPUI CAPS.” Learn about our latest events, articles of interest, and other links.

Monday – Friday 9:00am – 4:00pm
Evenings by appointment only

Empowering student learning, inclusion and success through engagement.
WHAT IS AN EATING DISORDER?

According to current diagnostic criteria, eating disorders consists of two syndromes: anorexia nervosa and bulimia nervosa.

Anorexia Nervosa is characterized by individuals who do not maintain a normal body weight as they have an intense fear of gaining weight or being fat. Instead, they severely restrict their food intake. Individuals with anorexia often have a significantly distorted body image; that is, they see themselves as "fat" or overweight when they are actually quite thin. Women with anorexia do not have regular menstrual cycles due to the effect of such weight loss on hormone function.

Bulimia Nervosa is characterized by individuals who engage in binge (uncontrolled) eating followed by purging/vomiting or some other compensatory behavior. Binge eating involves eating large quantities of food (e.g., a bag of cookies, followed by a quart of ice cream, followed by a bag of potato chips) within a two-hour period. Compensatory behaviors may include use laxatives, fasting, and/or excessive exercise in order to "make up for" binge eating.

WHAT IS COMPULSIVE OVEREATING?

Compulsive overeating is characterized by an individual consistently eating a larger amount of calories than required to maintain a body weight in the normal range given the individual’s height and activity level.

Overeating can occur by eating an excessive number of calories over the course of the day (during meals and/or snacks) or by binge eating (as in bulimia). While not considered a specific disorder under the current diagnostic criteria, compulsive eating may be considered an Eating Disorder Not Otherwise Specified.

Compulsive overeating results in weight gain and can ultimately cause obesity. Many people overeat in response to their feelings (e.g., anxiety, sadness, anger) as a way to "feel better". Unfortunately, after overeating, they often feel guilty and angry with themselves, resulting in additional feelings of depression, anxiety, and low self-esteem.

WHAT ARE THE PHYSICAL EFFECTS?

An estimated 15-20% of individuals with anorexia die prematurely due to complication of their illness. Physical symptoms associated with anorexia include: constipation, abdominal pain, cold intolerance, fatigue, anemia, dry skin, and heart rate disturbances.

Complications of bulimia include damage to the heart, reproductive system, teeth, kidneys and stomach. In addition, most individuals with bulimia feel ashamed and attempt to hide their problem, resulting in feelings of isolation and depression.

Persons who are overweight and/or obese often develop the following health problems: high blood pressure, heart disease, diabetes, and arthritis. In addition, such persons often engage in diet/binge cycles on which they lose and gain weight in short period of time. This "yo-yo" type cycle is also detrimental to one’s health.

DO YOU HAVE AN EATING DISORDER OR ARE YOU A COMPULSIVE OVEREATER?

- Do you constantly think about "feeling fat"?
- Do you have an intense fear of becoming "fat" or gaining weight?
- Do you experience feelings of loss of control when eating?
- Are your feelings of self-worth determined by your weight?
- Have you made numerous and/or unsuccessful attempts to diet?
- Do you eat large amounts of food in a short period of time?
- Do you feel self-conscious or embarrassed about eating?
- Do you eat large amounts of food in a short period of time?
- Do you sneak food or lie about your eating?
- Do you constantly think about food, your body, image, and/or becoming "fat"?
- Do you eat large amounts of food when not feeling hungry?
- Do you feel disgusted with yourself, depressed or very guilty after overeating?
- Do you eat much more rapidly than most people?

If you answered, "yes" to one or more the questions above, you may be suffering from an eating disorder or compulsive overeating. Please see a mental health care provider (i.e. psychologist, counselor, or psychiatrist) for an evaluation.

If you already know, or have been informed, that you have an eating disorder or obesity, don't delay getting help. Your health and your life are too important!