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ORTHOSTYLE OR MODERN NEUROSIS: MENTAL AND BEHAVIOURAL CHANGES IN PEOPLE WITH AN OBSESSIVE DESIRE FOR HEALTHY EATING

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Abstract. Problems of eating behavior and the desire for a healthy diet are topical issue today. The WHO claims that there are patterns of eating behavior that can be a harbinger of other mental illnesses.

The **purpose:** to study the emotional and behavioral mental manifestations in people with nervous orthorexia, to develop an algorithm for medical and psychological support, calculation of statistical data among respondents (200 people) as a percentage of "norm - orthorexia". Information and educational work on eating disorders among the population of Ukraine.

Materials and methods. ORTO-15 (according to the Institute of Food Sciences, University of Rome "La Sapienza") was used to detect people with orthorexia, which determines the obsession with healthy eating. Using the Minnesota Multidisciplinary Personality Questionnaire "MMPI-2", pathopsychological changes were identified, hidden individual tendencies and psychopathological experiences among a group of people with nervous orthorexia were analyzed. Socio-statistical methods were also used to analyze and compare data (age, gender, preferences, place of residence, education, physical activity).

The research involved 200 respondents: 100 women and 100 men. Ukrainians from Ukraine and the diaspora were involved (87% to 13%). More than 60% of participants monitor their weight, play sports and comment on their appearance.

Results. Of the 200 respondents 15% with orthorexia and 15% with the borderline condition. Among men orthorexia (20%) is more common than borderline condition (16%). In women there is a reverse trend: borderline condition (14%), orthorexia - (10%).

Among the identified men and women with orthorexia, a research was conducted for a detailed analysis of pathopsychological features and individual psychological trends using the MMPI-2 test: orthorexia group (women) 79% - schizophrenia, 68% - psychoasthenia, 19% - hypomania, 6% - hypochondria and psychopathy and orthorexia group (men) 81% - schizophrenia, 66% - psychoasthenia, 21% - hypomania, 8% - hypochondria and psychopathy.

Conclusions. Nervous orthorexia is a modern eating disorder characterized by an obsessive desire for a healthy diet. According to a research among the Ukrainian population: young people (up to 35 years old), people with certain dietary regimes (vegans, vegetarians, pescetarians, raw eaters), people who care about their physical condition are more prone to orthorexia. There is also an association between orthorexia and age generations. Millennials and generation Z are more likely to develop this eating disorder. Also at risk are people with cycloid traits, mood swings, high anxiety and a tendency to obsessive thoughts. There is a link between orthorexia and other neurotic disorders: OCD, anxiety disorder, GAD, somatoform disorder, and variants of adult personality disorder.

Eating disorders can be associated with various stressors and self-perceptions. They occur in people with low self-esteem, in people with an obsessive desire to change their own body (dysmorphomania), as a result of distorted vision of their own body. The media and society make their adjustments to beauty standards, which encourages change. According to the research, 78.4% of men and 82.3% of women want to change their appearance, which may be due to: bullying at school age for excess weight, beauty standards from TV shows, social networks and contemplation of photos with perfect figures.

Keywords: mental illness, eating disorders, nervous orthorexia, healthy eating.

Introduction. Due to the rapid pace of development of the world, the perception of one's views on nutrition, sleep, appearance is changing. An increasing number of people are worried about the composition of food, appearance and time of its consumption. It is clear that everything is due to the globalization of the world, the changing borders between generations and countries, the digital world provides full access to information - people sometimes misinterpret it. Attitudes towards the spiritual and mental are changing, there is a tendency to study psychological and philosophical literature, modern

people are increasingly engaged in introspection and try to do everything right, perfectly. Perfectionism comes to the fore. Analyzing the content of social networks, people follow bloggers, where their lives seem ideal, "correct" and devoid of unnecessary worries. Usually, there is a desire for an ideal life. Many people make completely unrealistic demands and try to meet them. Increasingly, we are being held hostage to the media and pseudo-scientific research. The question arises as to how not to get lost in the modern world, to keep your balance and to be yourself [1,2,3].

Most carefully people focus on sleep. Reading various literature, they strive to have the right sleep, which will be high quality, sufficient and in compliance with all standards of sleep hygiene. Of course, there is nothing wrong with this, let alone "abnormal", but sometimes it turns into an obsessive desire, if a person violates the standard, there is a phenomenon of emotional discomfort, accusing himself of a bad result. This phenomenon is called - orthosomnia, i.e. the desire to have perfect sleep [4].

An important topic for everyone is food. According to statistics, every year the number of people who have certain diets increases vegetarians, vegans, pescetarians, raw eaters, fruitarians. Many people try to imitate photos from social networks so that their food is like in the photo. This is called fudography. Another component is the desire for a complex of organic food, which must meet their own beliefs about the benefits of food. Such people constantly count their calories, carefully read the composition of food, dyes and other additives, adjust their diet according to their own beliefs, what is useful and what is not [2,5].

Nervous orthorexia was first mentioned in the works of Stephen Bratman in the book "Passion for healthy foods: how to overcome the obsession with proper nutrition", 1997.

Orthorexia (from the Greek "ortho" correct) - is a compulsive desire for a complex of proper nutrition. As a result of eating disorders, there are phenomena of emotional discomfort, anxiety, fear [6].

The objective of the research. Problems of eating behavior and the desire for healthy eating are topical issue today. The number of people with different diets is growing. Many people have an obsessive desire to eat healthily, which is in line with modern trends. The WHO claims that there are patterns of eating behavior that can be a harbinger of other mental illnesses. As a result of eating disorders occur anxiety, depression, obsessive-compulsive disorder [7,8].

The International Statistical Classification of Diseases and Related Health Problems 10 revision in Class V "Mental Disorders and Behavioral Disorders", the following eating disorders are classified under the heading (F50-F59) Behavioral syndromes associated with physiological disorders and physical factors ", which include:

- Eating disorders (F50),
- Anorexia nervosa (F50.0),
- Atypical anorexia nervosa (F50.1),
- Bulimia nervosa (F50.2),

- Atypical bulimia nervosa (F50.3),
- Overeating associated with other psychogenic disorders (F50.4),
- Vomiting associated with other psychogenic disorders (F50.5),
- Other eating disorders (F50.8),
- Eating disorders not specified (F50.9) [4].

There are secondary eating disorders that are not caused by the perception of one's own "I", weight, figure or individual parts of the body (dysmorphophobia) [9]. Compulsive overeating is a common sign of emotional distress. In stressful situations, a person "gets stuck" in their problems, or, conversely, refuse to eat. The younger generation is increasingly visiting gyms, which also requires a modification of the diet, teenagers are concerned about the appearance of trying to adjust their figure to the latest standards of beauty [5,7,10].

As a result of the above, the relevance of the research of eating behavior among the population of Ukraine is clear. For the most part, people are more careful about the quality of products, their quantity, cooking techniques and consumption timing. The number of people with nervous orthorexia is increasing, which necessitates the study of this topic to calculate statistics, familiarize the population with these disorders and prevent secondary mental and behavioral changes in the personality, provoked by non-compliance with dietary behavior [11, 12].

The purpose of the research: to study the emotional and behavioral mental manifestations in people with nervous orthorexia, to develop an algorithm for medical and psychological support, calculation of statistical data among respondents (200 people) as a percentage of "norm - orthorexia". Information and educational work on eating disorders among the population of Ukraine.

Materials and methods. The questionnaire consists of three assessment and ten clinical scales. Each scale can identify both psychological features and psychopathological symptoms and syndromes. The conditional limit is level 70. Socio-statistical methods were also used to analyze and compare data (age, gender, preferences, place of residence, education, physical activity) [13, 14, 15].

The research involved 200 respondents: 100 women and 100 men. Ukrainians from Ukraine and the diaspora were involved (87% to 13%). More than 60% of participants monitor their weight, play sports and comment on their appearance. According to the questionnaire of socio-demographic data (Table1):

Table1

Criterion	Men	Women
Age (average)	37,5	34,3
Place of residence	96% - city, 4% - village*	98% - city, 2% - village*
Education	67,1% - higher 20,7% - students 5% - secondary special 7,2% - secondary	74,5% - higher 22,5% - students 2,4% - secondary special 0,6% - secondary
Physical activity	84%	78%
Calorie counting or other eating habits	64%	72%
The desire to change your appearance	78,4%	82,3%

Notes: * - including urban villages

Research findings and their discussion. Of the 200 respondents (among women and men), 15% with orthorexia and 15% with the borderline condition. Among men (100 respondents) orthorexia (20%) is more common than borderline condition (16%). In women (100 respondents) there is a reverse trend: borderline condition (14%), orthorexia - (10%). That is, men are more vulnerable to orthorexia.

Among the identified men and women with orthorexia, a research was conducted for a detailed analysis of pathopsychological features and individual psychological trends using the MMPI-2 test:

Orthorexia group (women)

- 79% - schizophrenia,
- 68% - psychoasthenia,
- 19% - hypomania,
- 6% - hypochondria and psychopathy.

Orthorexia group (men)

- 81% - schizophrenia,
- 66% - psychoasthenia,
- 21% - hypomania,
- 8% - hypochondria and psychopathy.

Conclusions. Nervous orthorexia is a modern eating disorder characterized by an obsessive desire for a healthy diet. According to a research among the Ukrainian population (200 respondents): young people (up to 35 years old), people with certain dietary regimes (vegans, vegetarians, pescetarians, raw eaters), people who care about their physical condition are more prone to orthorexia. gymnasts and other people who regularly visit gyms). There is also an association between orthorexia and age generations, millennials (born 1980-1990) and generation Z (born 1996-2010) are more likely to develop this eating disorder. Also at risk are people with cycloid traits, mood swings, high anxiety and a tendency to obsessive thoughts. There is a link between orthorexia and other neurotic disorders: obsessive-compulsive disorder, anxiety disorder, generalized anxiety disorder, somatoform disorder, and various variants of adult personality disorder.

Eating disorders can be associated with various stressors and self-perceptions. They occur in people with low self-esteem, in people with an obsessive desire to change their own body (dysmorphomania), as a result of distorted vision of their own body. The media and society make their adjustments to beauty standards, which encourages change. According to the research, 78.4% of men and 82.3% of women want to change their appearance, which may be due to: bullying at school age for excess weight, beauty standards from TV shows, social networks and contemplation of photos with perfect figures.

There is nothing wrong with a healthy diet, but everything should be without the obsessive component, emotional discomfort and benefit without harm to physical and mental health.

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**ОРТОСТИЛЬ АБО НЕВРОЗ СУЧАСНОСТІ:
ПСИХІЧНІ ТА ПОВЕДІНКОВІ ЗМІНИ В ОСІБ З
НАВ'ЯЗЛИВИМ ПРАГНЕННЯМ ДО ЗДОРОВОГО
ХАРЧУВАННЯ**

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Резюме. Проблеми харчової поведінки є актуальним питанням сьогодні. Метою дослідження було вивчення емоційних та поведінкових психічних проявів у людей з нервовою орторексією. Для виявлення людей з орторексією використовували тест ORTO-15 (згідно з Institute of Food Sciences, University of Rome "La Sapienza"), який визначає нав'язливе бажання до корисного харчування. За допомогою «ММРІ-2» визначали патопсихологічні зміни, аналізували приховані індивідуальні тенденції та психопатологічні переживання серед групи людей з орторексією.

З 200 респондентів (100 жінок та 100 чоловіків, українці з України (87%) та діаспори (13%)) – 15% з орторексією та 15% з пограничним станом.

Серед виявлених чоловіків та жінок з орторексією було проведено дослідження для детального аналізу патопсихологічних особливостей та індивідуальних психологічних тенденцій за допомогою тесту ММРІ-2: група орторексії (жінки) 79% – шизофренія, 68% – психоастенія, 19% – гіпоманія, 6% – група іпохондрії, психопатії; та орторексії (чоловіки) 81% – шизофренія, 66% – психоастенія, 21% – гіпоманія, 8% – іпохондрія та психопатія.

Нервова орторексія – сучасний розлад харчової поведінки, який характеризується нав'язливим прагненням до здорового харчування. Згідно з дослідженням серед української популяції до орторексії більше схильні особи молодого віку, з певними дієтичними режимами (вегани, вегетаріанці, пекскетеріанці, сироди), які дбають про свій фізичний стан. Також встановлено зв'язок між орторексією та віковими поколіннями – мілленіалами та поколінням Z. Існує зв'язок між орторексією та іншими невротичними розладами.

Розлади харчової поведінки виникають в осіб з низькою самооцінкою, в осіб з нав'язливим бажанням змінити власне тіло (дисморфоманія). Згідно з даними дослідження 78,4% чоловіків та 82,3% жінок бажають змінити свій зовнішній вигляд.

Ключові слова: психічні захворювання, розлади харчової поведінки, нервова орторексія, здорове харчування.

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**ОРТОСТИЛЬ ИЛИ НЕВРОЗ СОВРЕМЕННОСТИ:
ПСИХИЧЕСКИЕ И ПОВЕДЕНЧЕСКИЕ
ИЗМЕНЕНИЯ У ЛИЦ С НАВЯЗЧИВЫМ
СТРЕМЛЕНИЕМ К ЗДОРОВОМУ ПИТАНИЮ**

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Резюме. Проблеми пищевого поведения являются актуальным вопросом сегодня. Целью исследования было изучение эмоциональных и поведенческих психических проявлений у людей с нервной орторексией. Для выявления людей с орторексией использовали тест ORTO-15 (согласно Institute of Food Sciences, University of Rome "La Sapienza"), который определяет навязчивое желание к полезному питанию. С помощью «ММРІ-2» определяли патопсихологические изменения, анализировали скрытые индивидуальные тенденции и психопатологические переживания среди группы людей с орторексией.

Из 200 респондентов (100 женщин и 100 мужчин, украинцы из Украины (87%) и диаспоры (13%)) – 15% с орторексией и 15% с пограничным состоянием.

Среди выявленных мужчин и женщин с орторексией было проведено исследование для детального анализа патопсихологических особенностей и индивидуальных психологических тенденций с помощью теста ММРІ-2: группа орторексии (женщи-

ны): 79% – шизофрения, 68% – психоастения, 19% – гипомания, 6% – группа ипохондрии, психопатии; и орторексии (мужчины): 81% – шизофрения, 66% – психоастения, 21% – гипомания, 8% – ипохондрия и психопатия.

Нервная орторексия – современное расстройство пищевого поведения, характеризующееся навязчивым стремлением к здоровому питанию. Согласно исследованию среди украинской популяции орторексии больше подвержены лица молодого возраста, с определенными диетическими режимами (веганы, вегетарианцы, псикетерианцы, сыроеды), которые заботятся о своем физическом состоянии. Также

установлена связь между орторексией и возрастными поколениями – миллениалами и поколением Z. Существует связь между орторексией и другими невротическими расстройствами.

Расстройства пищевого поведения возникают у лиц с низкой самооценкой, у лиц с навязчивым желанием изменить собственное тело (дисморфомания). Согласно данным исследования 78,4% мужчин и 82,3% женщин хотят изменить свой внешний вид.

Ключевые слова: психические заболевания, расстройства пищевого поведения, нервная орторексия, здоровое питание.

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