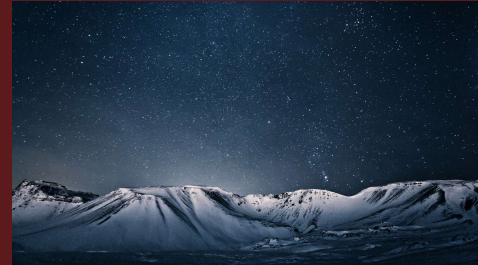


“BUT YOU DON’T
LOOK ADOPTED”



*Eating Disorder Dynamics in
Adult Adoptees*



LEARNING OBJECTIVES

*Recognize adoption related dynamics to
identify eating disorder functionality in
adoptees.*

*Describe common mental health diagnoses
found in adult adoptees.*

*Conceptualize adoption as a possible
primary trauma.*

WHAT PROBLEMS DO ADULT ADOPTED ADULTS HAVE?

What problems do adult adoptees suffer from?

Loss and Grief

Identity Development

Self-esteem & Self-confidence

Increased risk of substance abuse

Increased rates of mental health issues

What are the psychological effects of adoption?

Loss

Rejection

Guilt & Shame

Identity

Intimacy

Mastery & Control

BEHAVIOURAL PROBLEMS IN ADOPTEES FROM EASTERN EUROPE

Cataldo, Porcari & Canziani

Key points: Behavioural issues are primarily associated with:

Emotionally and environmentally less than optimal conditions of life before the adoption

Longer time spent in an orphanage

Age at removal from biological family

Age at adoption

BEHAVIORAL SYMPTOMS
OF EATING DISORDERS
AMONG ADOPTED
ADOLESCENTS AND
YOUNG ADULTS IN THE
UNITED STATES:
FINDINGS FROM THE
ADD HEALTH SURVEY

Rossman, Eddy & Franko

Key Points:

Contact with biological parent was relate to increased eating disorder diagnosis

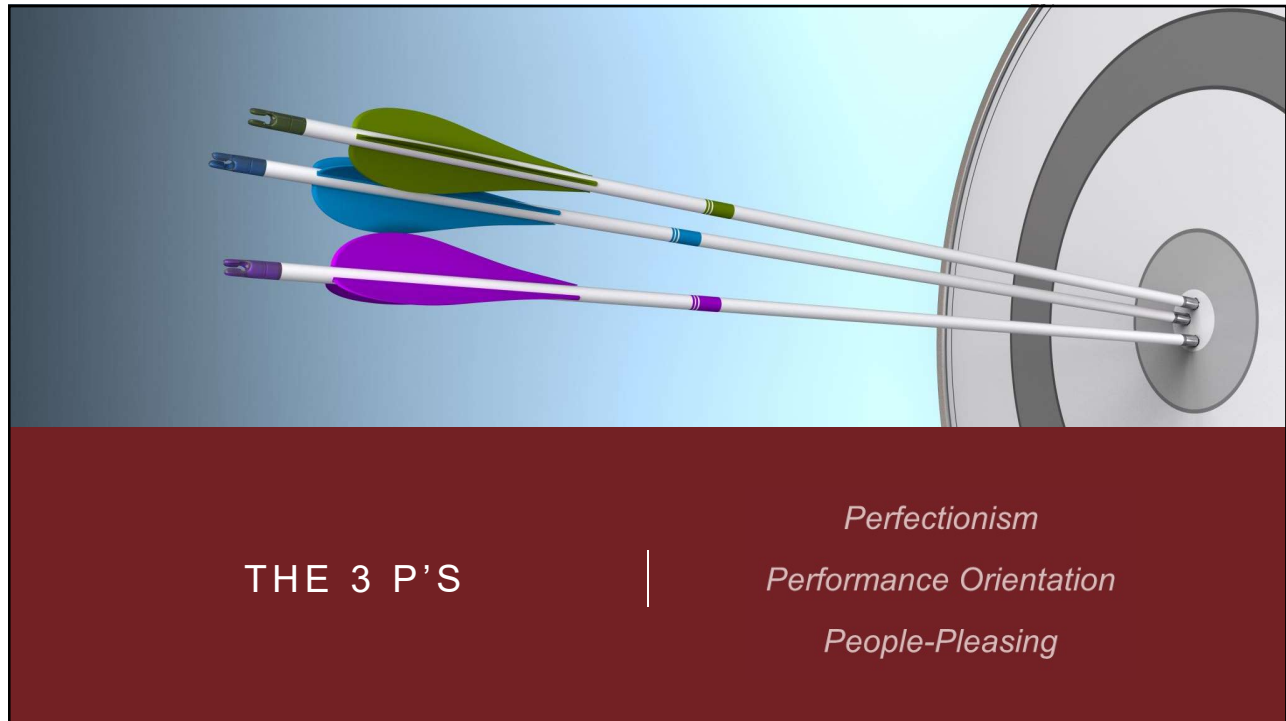
Neither age at adoption nor history of foster care were correlated with eating disorder symptoms

RISK OF EATING
DISORDERS IN
INTERNATIONAL
ADOPTTEES: A COHORT
STUDY USING SWEDISH
NATIONAL POPULATION
REGISTERS

Strand, Zhang, Thornton,
Birgegard, D'Onofrio & Bulik

Key Points:

Clearly higher prevalence of psychiatric disorders in adoptees over non-adoptees





PERFORMANCE ORIENTATION

*"I don't trust anyone will stay
because my mom gave me
away"*



PEOPLE-PLEASING

*"There's sadness that a baby
was born and that baby was me"*



MESSAGES

"Secret"

"Experiment"

"Blessing"

"Gift"

Not the "Real One"