

AVANCES EN LA INTERVENCIÓN COGNITIVO CONDUCTUAL DE LOS TRASTORNOS DE LA CONDUCTA ALIMENTARIA

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RESUMEN

Los trastornos de la conducta alimentaria son enfermedades mentales, complejas de origen multifactorial, es decir se producen al unirse factores genéticos, culturales, sociales, de personalidad, entre otros. Por esto el objetivo de la revisión bibliográfica, es identificar las diferentes intervenciones desde el modelo cognitivo-conductual para los trastornos de la conducta alimentaria. Para llevar a cabo la búsqueda bibliográfica se desarrolló la ecuación booleana eating disorders or anorexia or bulimia or disordered eating AND cbt or cognitive behavioral therapy or cognitive behavior therapy or cognitive behavioral treatment or cognitive behavior treatment AND young adults or adolescents or teenagers or college students arrojando 23 resultados en el periodo de tiempo comprendido entre 2015 y 2022. En total 10 artículos abordaron el tema de interés y cumplieron con los criterios de inclusión. Es importante señalar que, los problemas de conductas alimentaria pueden iniciar partir de

temprana edad. Se clasifican en anorexia nerviosa, bulimia nerviosa, trastorno por atracón, trastorno por rumiación, trastorno de conducta alimentaria. Los tratamientos para los TCA integran terapia conductual cognitiva mejorada, terapia conductual dialéctica, entrenamiento cognitivo y psicoterapia interpersonal. Los estudios existentes y ensayos realizados provienen de países como Estados Unidos, Reino Unido, y Europa son unos de los países en los que han realizado investigaciones identificando la prevalencia e incidencia en la población. Es importante mencionar que en los estudios hechos por ensayos controlados aleatorios se puede deducir que el procedimiento cognitivo/conductual es un procedimiento establecido por los Trastorno Alimentario en niños y jóvenes. Así mismo, es necesario reconocer los aspectos inherentes al modelo de trabajo que permitieron avances significativos, destacándose la terapia cognitivo conductual, exhaustiva, con exposición prolongada y basada en internet mostró soportes adecuados para abordar este problema, también el uso del registro de pensamientos mostro una posición significativa generando más pensamientos alternativos. Otros aspectos psicosociales como la inclusión de la familia, la psicoeducación frente a los trastornos y cogniciones productos del sistema de creencias y valores emergieron dentro de estas iniciáticas. En definitiva, los trastornos de la conducta alimentaria tienen la mayor tasa de mortalidad adicional al suicidio frente a las enfermedades mentales y pueden tener complicaciones médicas que requieren intervenciones integrales y multidisciplinarias donde no solo se trabaje de forma individual sino a nivel familiar con la finalidad de impactar positivamente en la calidad de vida y salud mental de las personas.

Palabras clave: Trastorno Conducta Alimentaria, Intervención, Cognitivo-Conductual, Intervención, Programa

ABSTRACT

Eating disorders are complex mental illnesses of multifactorial origin, i.e. they are caused by the combination of genetic, cultural, social and personality factors, among others. Therefore, the objective of the literature review is to identify the different interventions from the cognitive-behavioral model for eating disorders. To carry out the literature search, the Boolean equation eating disorders or anorexia or bulimia or disordered eating AND cbt or cognitive behavioral therapy or cognitive behavioral therapy or cognitive behavioral treatment or cognitive behavioral treatment AND young adults or adolescents or teenagers or college students was developed, yielding 23 results in the time period between 2015 and 2022. In total 10 articles addressed the topic of interest and met the inclusion criteria. It is important to note that eating behavior problems can start from an early age. They are classified into anorexia nervosa, bulimia nervosa, binge eating disorder, rumination disorder, eating behavior disorder. Treatments for ED include enhanced cognitive behavioral therapy, dialectical behavioral therapy, cognitive training and interpersonal psychotherapy. Existing studies and trials have come from countries such as the United States, the United Kingdom, and Europe are among the countries where research has been conducted to identify the most effective treatments.

countries that have conducted research identifying the prevalence and incidence in the population. It is important to mention that in the studies made by randomized controlled trials it can be deduced that the cognitive/behavioral procedure is an established procedure for Eating Disorders in children and young people. Likewise, it is necessary to recognize the aspects inherent to the work model that allowed significant advances, highlighting the cognitive behavioral therapy, exhaustive, with prolonged exposure and based on internet showed adequate supports to address this problem, also the use of the thoughts register showed a significant position generating more alternative thoughts. Other psychosocial

aspects such as the inclusion of the family, psychoeducation against disorders and cognitive products of the belief system and values emerged within these initiatives. In short, eating disorders have the highest mortality rate in addition to suicide compared to mental illnesses and may have medical complications that require comprehensive and multidisciplinary interventions where not only work is done individually but also at the family level in order to positively impact on the quality of life and mental health of people.

Key words: Eating Disorder, Intervention, Cognitive-Behavioral, Intervention, Program.

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