

Index

- anorexia nervosa versus orthorexia nervosa
 - classification criteria, 38
 - differences, 38–39
 - similarities, 39
- assessment tools, first
 - Eating Habits Questionnaire (EHQ), 60–62
 - ORTO-15, 57–60
 - summary, 57, 80
- assessment tools, novel
 - Barcelona Orthorexia Scale (BOS), 67–68
 - Orthorexia Nervosa Inventory (ONI), 68–70
 - summary, 64, 80–81
 - Teruel Orthorexia Scale (TOS), 65–67
- avoidant/restrictive food intake disorder
 - versus orthorexia nervosa
 - classification criteria, 47
 - differences, 48
 - similarities, 47–48
- Barcelona Orthorexia Scale (BOS), 67–68
- body image and orthorexic personality, 116–118
- clinical samples, Western research
 - eating disorder patients, 147–151, 162
 - obsessive-compulsive disorder patients, 151–153
 - somatoform disorder, 153–154
- DASH diet (Dietary Approaches to Stop Hypertension), 10
- diagnosis, orthorexia nervosa
 - challenges, 28
 - classification relevance, 27
 - clinical research, 153–154
 - diagnostic criteria review, 31
 - five phases of, 27–28
 - as mental disorder, 27
 - TRANSD guidelines, 28
- diet, healthy
 - best overall, 10
 - classification, 11–12
 - defined, 3
 - Eatwell Guide*, 3–6
 - elements of, 3–4
 - guiding principles, 5
 - recommendations for, 3–5
- diet, sustainable healthy
 - defined, 8
 - reference diet, 8
 - versus vegan diet, 8
- diet, unhealthy, 11
- dietary patterns, defined, 8–10
- differential diagnosis, orthorexia nervosa
 - anorexia nervosa, 38–40
 - avoidant/restrictive food intake disorder, 47–52
 - obsessive-compulsive disorder, 40–46
- disordered eating behaviours, 93–100
- Düsseldorf Orthorexia Scale (DOS)
 - background, 62–63
 - critical review, 64
 - global usage, 63
 - non-clinical research on college students, 140
 - non-clinical research on general population, 143
 - as promising tool, 75–79
- eating behaviours, orthorexic personality
 - clinical research, 147–151
 - disordered, 93–100

-
- food addiction, 100–103
 - mindful eating, 100–109
 - Eating Habits Questionnaire (EHQ)
 - background, 60–61
 - critical review, 62
 - global usage, 61–62
 - non-clinical research on college students, 140
 - non-clinical research on general population, 142–143
 - EAT-Lancet reference diet, 10–11
 - Eatwell Guide*, 3–6
 - emotion regulation and orthorexic personality
 - existing studies, 118
 - orthorexic eating, 119–123
 - food addiction, 100–103
 - Health Belief Model, 14
 - Health Promotion Perspectives
 - emphasis on food enjoyment, 171
 - priorities, 171–172
 - world perspective, 171
 - health-related beliefs and behaviours
 - existing studies, 110
 - health-focused self-concept, 110
 - physical activity, 110–116
 - healthy diet
 - defined, 3
 - Eatwell Guide*, 3–6
 - elements of, 3–4
 - guiding principles, 5
 - recommendations for, 3–5
 - healthy eating behaviour
 - benefits, 16
 - defined, 13
 - diet components, 16
 - examples, 13
 - importance of, 17
 - individual differences, 13
 - intervention effectiveness, 16–17
 - theories, 14
 - holistic approach, orthorexia nervosa, 173–184
 - Instagram, 130–131
 - Mainland China research, 155–157, 163
 - Mediterranean diet, 10
 - mindful eating, 100–109
 - non-clinical samples, general population, 142
 - non-clinical samples, Western research
 - college students, 139–141, 161
 - general population, 141–144
 - obsessive-compulsive disorder versus orthorexia nervosa
 - classification criteria, 40
 - clinical research, 151–153
 - differences, 42
 - overlapping characteristics, 42–43
 - research study correlation, 42
 - similarities, 41
 - orthorexia nervosa
 - continuum of, 23
 - dimensional approach to, 23–24
 - as distinct eating disorder, 37–38
 - etymology proposition, 22–23
 - general definition, 21
 - history, 21–22
 - research on, 24–26
 - social media risk factor, 130–131
 - orthorexia nervosa, assessment
 - research
 - first assessment tools, 57–64
 - lack of universal tools, 81
 - novel assessment tools, 64–70
 - ORTO-R, 70–71
 - screening questions, 71–72
 - orthorexia nervosa, characteristics
 - nutritional, 124–129
 - psychological, 85–123

228 Index

- orthorexia nervosa, diagnosis
 - challenges, 28
 - classification relevance, 27, 53
 - diagnostic criteria review, 31
 - five phases of, 27–28
 - as mental disorder, 27
 - TRANSD guidelines, 28
- orthorexia nervosa, differential
 - diagnosis
 - anorexia nervosa, 38–40
 - avoidant/restrictive food intake disorder, 47–52
 - obsessive-compulsive disorder, 40–46
- orthorexia nervosa, East Asian research
 - demographics, 163
 - Mainland China, 146–154
 - overview, 155–160
- orthorexia nervosa, future solutions
 - Health Promotion Perspectives, 170–172
 - holistic approach, 173–184
- Orthorexia Nervosa Inventory (ONI)
 - background, 68–69
 - global usage, 69–70
 - non-clinical research on general population, 144
- orthorexia nervosa, prevalence
 - assessment difficulty, 75
 - Düsseldorf Orthorexia Scale (DOS), 75–79
 - summary, 81–82
- Orthorexia Nervosa Screening Questions, 72
- orthorexia nervosa, Western research
 - clinical samples, 146–154
 - health professionals' perspectives, 144–146
 - non-clinical samples, 139–146
- Orthorexia Self-Test, 71–72
- orthorexic personality, 87
- ORTO-15 assessment tool
 - background, 57
 - critical review, 59–60
 - global usage, 58–59
 - non-clinical research on college students, 139–140
- ORTO-R
 - background, 70, 81
 - critical review, 70–71
 - global usage, 70
- personality traits and orthorexia nervosa
 - orthorexic personality, 87
 - research examples, 87
 - search for perfectionism, 93
- physical activity and orthorexic personality, 110–116
- psychological characteristics, orthorexia nervosa
 - body image, 116–118
 - eating behaviours, 93–109
 - emotion regulation, 118–123
 - health-related, 104–116
 - personality traits, 87–93
 - self-esteem, 85–87
 - summary, 132–135
- research, East Asian
 - Mainland China, 155–157, 163
 - South Korea, 157–158
- research, Western, 139–146
- salussitomania, 23, 53
- screening questions
 - Orthorexia Nervosa Screening Questions, 72
 - Orthorexia Self-Test, 71–72
- self-esteem, 85–87
- Social Cognitive Theory
 - intervention strategy, 15
 - most used, 14
- social media risk factor, 130–131
- somatic symptom disorder, 153–154
- somatoform disorder, 153–154
- South Korean research, 157–158

	Index	229
sustainable healthy diet		
defined, 8		
reference diet, 8		
versus vegan diet, 8		
Teruel Orthorexia Scale (TOS)		
background, 65		
critical review, 67		
global usage, 65–67		
non-clinical research on college students, 140–141		
	non-clinical research on general population, 144	
	Theory of Planned Behaviour, 14	
	TRANSD guidelines, diagnosis, 28	
	Transtheoretical Model, 14	
	unhealthy diet, 11	
	vegan diet versus sustainable healthy diet, 8	