

Zoe, 14 years

Zoe is referred to the outpatient clinic by her doctor at the request of her parents due to eating problems. She does not want to be referred. The parents live together and Zoe has an 11 year-old brother.

Symptoms and behavioural problems:

Zoe's parents are very concerned because Zoe has lost weight. For some time they have noticed that she has not been eating well, but at first they thought this was girlish whim that would pass. They have not been allowed to see how much Zoe weighs, but can see that she is considerably thinner than before. Clothes that previously fit are now far too big. The parents also say that lately she has looked sunken-eyed and unwell.

Zoe thinks her parents are exaggerating. She does not think there is any reason for concern. She says she is fatter than most girls her age and losing a bit more weight will only be good. The past month she has been very tired. When she gets home from school she always has to sleep. Also, the past two weeks she has fallen asleep a couple of times during class at school. She has concentration problems even when she is not tired, but says she is able to concentrate when she has to.

According to her parents Zoe has always been conscientious and clever at school. Her parents think her mood fluctuates more than previously, but they have ascribed this to her having become a teenager. She is not particularly sad or down, has not had thoughts about hurting herself and does not use substances of any kind.

Developmental disorders and somatic problems:

The past months Zoe's results at school have dropped a bit. The parents think this is due to lack of energy. Normal psychomotor development. No physical problems previously. She had her first menstruation a year ago, but has not had menstrual bleeding the past half-year.

Social problems:

Zoe is well liked and has several close friends she sees daily. She is orderly at home and has had no absenteeism from school. The parents are concerned about whether she is eating and continuously try to keep a look out. This leads to a lot of problems and conflicts at home. Otherwise there are no particular problems in the family.

Lack of information and knowledge:

Zoe does not think there is any reason for concern. The parents think she may have an eating disorder and that they are in need of help, but they have no knowledge of available treatments.