



European digital content for the global networks

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Groupware for Distributed Content Production
KOM2002
D2.3 Public Service Ready

Security (distribution level)	Public
Contractual date of delivery	31 April 2003
Actual date of delivery	1 January 2003
Deliverable number	D 2.3
Deliverable name	Public Service
Type	D
Status & version	Ready.
Number of pages	1 + 18 page attachment
WP contributing to the deliverable	WP2
WP / Task responsible	KTH
Other contributors	
Author(s)	Jacob Palme
EC Project Officer	Kimmo Rossi
Keywords	psychology free online medical advice
Abstract (for dissemination)	The public service was opened for the public in July 2003. During the first two weeks of August 2003, our web site had 4964 visitors from 4677 unique domains.

Attachment: Some printouts of actual usage of our service.

*Type: PU-public, LI-limited, RP-restricted

**Nature: PR-Prototype, RE-Report, SP-Specification, TO-Tool, OT-Other

D 2.3 Public service ready and running

Free medical advice on mental health, psychology, personality disorders, relationships, stress, anxiety, depression, emotional abuse, substance abuse, sexual abuse, types of mental illness, etc.



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Psychology Free Online Medical Advice



Answers to more than 500 questions about psychology, mental health and relationships, written by a team of experts appointed by the Commission of the European communities.

SEARCH FOR ANSWERS

Write a simple question in one sentence (Note: Our answers are not oriented towards somatic - body - medicine):



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OTHER LANGUAGES



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12 Aug 12:09

[long term affects](#)

12 Aug 12:11

[Re: long term affects of sexual abuse](#)

12 Aug 14:47

[Shaky Hands, Sleepness Nights](#)

12 Aug 14:48

[Re: Shaky Hands, Sleepness Nights](#)

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The aim of Web4Health is to give good and useful free medical advice, help and self help in the areas of mental health, psychology, personality disorders, relationships, stress, anxiety, depression, emotional abuse, substance abuse, sexual abuse, types of mental illness, etc.

Below is an example from our data base. This example will be automatically replaced about twice an hour.

Treatment for Men with no Interest of Making Love

Written by: Wendy Moelker

First version: 02 Jul 2003. Latest revision: 02 Jul 2003.

Question:

How can men with a lack of interest in making love be treated?

Answer:


For men with little sexual desire it is sometimes enough to have one or a few conversations in which they can express their feelings and ask questions about the extent to which their situation is abnormal. Counseling about reduced desire in stressful situations like death, unemployment, disease of the partner or stress at work can be sufficient. If all sexual interest has disappeared, and there is no masturbation either, the hormonal regulation should be examined. When anomalies in this are found, medication can be prescribed.


There are no standard treatments for a reduced interest in sex. Depending on the causes of the complaints a treatment will be set up. Physical causes are also treated depending on the cause. The lack of interest in making love due to certain medication is treated by using other medication or another dose. Psychological causes can best be determined and treated by a sexologist. Psychotherapy, which studies and treats the psychological causes, can be important in this. It is important to understand that thoughts often go through the mind while making love which negatively influence the interest in sex. Social influences, e.g relation problems, stress at work, etc. are treated by relation therapy or psychotherapy. A sexologist can use different forms of therapy to determine and possibly influence the thoughts about sex.

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INTELLIGENT SEARCH

Write a simple question in one sentence 

- Set the query type:
- intelligent question-answering
 -  Search on **any** word in keywords
 - Search on **all** words in keywords

FULL TEXT SEARCH ON THE ENTIRE WEBSITE

Write one or more keywords 



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First version: 31 Jul 2003. Latest revision: 08 Aug 2003.

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Depression and Other Illnesses

[Depression and HIV](#) • [and alcohol abuse](#) • [and schizophrenia](#) • [and anxiety](#) • [Tiredness, fatigue](#)

Classification - Epidemiology

[Classification of depression](#) • [Epidemiology of mood disorders associated with childbearing](#)

Treatment ; links

Depression in Women; Links

Depression in Young People

[In children](#) • [In adolescents](#)

In the Elderly

[Etiology](#) • [Pseudo-dementia](#) • [Depression secondary to dementia](#) • [Agitated depression in the elderly](#) • [Anxiety and depression in the elderly](#) • [Masked depression](#) • [Prognosis and treatment](#)

Suicide

[Statistical risk factors for suicide](#) • [Immediate risk factors for suicide](#) • [Prevalence of suicidal thoughts](#) • [Attempted suicide and its treatment](#) • [Risk of further attempts](#) • [Repeated suicide attempts](#) • [How to respond to expressions of suicidal intent](#)

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Difference between People with Eating Disorders and Other People as Causes of Eating Disorders

Write a question Info

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Written by: [Gunborg Palme](#), certified psychologist and certified psychotherapist, teacher and tutor in psychotherapy.

Question(s):

First version: 15 Jul 2002. Latest revision: 05 Jul 2003.

In what way are people with eating disorders different from other people? Are these differences the causes of eating disorders?

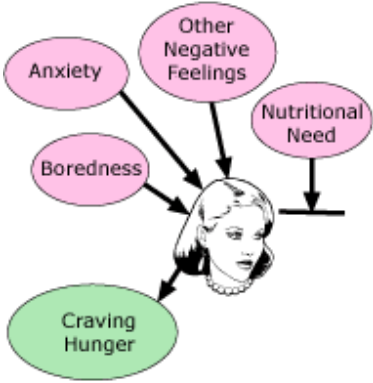

Answer:

People with eating disorders experience that they are not in control of their needs and impulses. Rather they feel controlled by forces outside themselves. If you look at the story of their lives, certain phenomena recur. When they were children, the surrounding people have not responded in an adequate way to the signals which expresses needs or feelings. If the surrounding environment does not understand the child's true needs and take proper action, the child is inhibited in learning to be more conscious of its needs.

Either people with eating disorders don't feel the body signals for hunger and satisfaction, or they don't listen to these signals. They eat for reasons other than physical hunger, for example, they are tired, stressed or feel melancholy. Their relation to food makes them unhappy and they are not being able to cope with food in a proper way.

People without eating disorders are in contact with their physical feelings of hunger and satisfaction, and use those feelings when they decide when and how much to eat. They generally eat for no other reasons than hunger, and need food to be satisfied. Eating is satisfying and works smoothly like breathing and sleeping.

	Disturbed Eating	Normal Eating

		
<p>What controls eating?</p>	<p>Eating is separated from its normal control by hunger, appetite and satisfaction. It can be controlled by the will, planned diet, number of calories, feelings, appearance and food odour.</p>	<p>Eating is controlled by hunger, appetite and satisfaction. A person eats when in need of nutrition and stops when satisfied; is usually hungry at mealtimes.</p>
<p>Why a person eats:</p>	<p>Often for other reasons than nutritional needs: to alter the figure, to reduce pain, stress, anguish, anger, loneliness and melancholy.</p> <p>There are unpleasant physical feelings after excessive eating together with regret, guilt and shame.</p>	<p>For nutrition, health and energy. Also for pleasure and as a part of social company. Normal eating gives a feeling of satisfaction.</p>
<p>When a person eats:</p>	<p>Eating is irregular and chaotic - often too much or too little.</p>	<p><u>Regular habits.</u> Usually three meals a day and small snacks between them if needed.</p>

What controls eating?

For a healthy person, eating is controlled by feelings of true hunger, appetite and satisfaction. You eat when you need nourishment and stop eating when you are satisfied.

A person with eating disorders lacks the normal connection between the nutritional need of the body and the hunger signals. Eating is determined by will, planned diet, counting calories and if you are tempted by delicious food.

Why a person eats.

A healthy person eats for nourishment, health and energy, but sometimes also for

pleasure or as a part of a social event. You feel content when you eat.

For people with eating disorders, eating is governed by the will to change the appearance of the body, or to reduce pain, stress, anxiety, loneliness, monotony, etc. After completing the meal, they feel discomfort and remorse, guilt and shame.

When a person eats.

The healthy person eats regularly, for example, three main courses and snacks according to what the body craves.

A person with an eating disorder eats irregularly and chaotic - sometimes too much, sometimes too little. Sometimes you skip a meal, sometimes you fast, sometimes you overeat and sometimes you diet. It's common to either eat too much or too little.

Normal eating: You have contact with your body's physical sensations of hunger and satisfaction, and use it to decide when and how much to eat. You normally do not eat for other reasons than that you are hungry and need nourishment. You get satisfied with eating and eating works by itself like breathing and sleeping.

Disturbed eating: Either you cannot feel your body's signals for hunger and satisfaction, or you can feel them, but you disregard them. In both cases, you eat for other reasons than need of nourishment, such as stress or sadness. You are unhappy with your relation to food and cannot resolve it in a sensible way.

[Dysfunctional thoughts
Personality and eating disorders](#)

[Sources](#)

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Question:

In what way are people with eating disorders different from other people? Are these differences the causes of eating disorders?

Sources:

1. The Etiology and Treatment of Bulimia Nervosa, by Johnson, Craig and Connors, Mary E.,1987. Basic Books, New York.
2. Eating Disorders, Obesity, Anorexia Nervosa and the Person Within, by Hilde Bruch (1973) Basic Books, New York.
3. The Influence of Psychological Variables in Obesity, by Striegel-Moore and Rodin. In Handbook of Eating Disorders, edited by Kelly D. Brosnell and John P. Foreyt, Basic Books, New York 1986.
4. The personal experience of [Gunborg Palme](#), certified psychologist and certified psychotherapist, teacher and tutor in psychotherapy.

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Answers

Your Question: Can I do what I want?

Answers: [1. Assertiveness](#)

What is Assertiveness? How do I learn to express my needs and rights?
How do I develop self-esteem?

[2. To be Satisfied when You Have Eaten Enough](#)

Why are other people satisfied, when they have eaten enough, but not me?

[3. Eating Disorders and Other Feelings](#)

How do eating disorders function?

[4. Difference between People with Eating Disorders and Other People as Causes of Eating Disorders](#)

In what way are people with eating disorders different from other people?

[5. Learning to Recognize The Real Feelings Behind an Improper Craving?](#)

How do you learn to recognize your real feelings?

[6. Hunger and Other Sensations; Link List](#)

List to links to web pages describing different feelings and sensations and how to deal with them.

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Assertiveness

[Link](#) [Discuss](#)
[Ask an Expert](#) [Print](#)

Written by: Martin Winkler

First version: 06 Feb 2003. Latest revision: 01 Jul 2003.

Question(s):

What is Assertiveness? How do I learn to express my needs and rights?
How do I develop self-esteem?

Answer:

Assertiveness is the ability to express your needs and rights, positive or negative feelings without violating the rights and limits of others.

Assertiveness is the:

- ability to express your thoughts and future ideas
- ability to identify and express your feelings
- Define and respect limits
- Communicate and listen in an open, direct and honest way

No one will be able to achieve these goals at once. Before you try to develop skills for assertive behaviour you have to believe that you have the legitimate rights to have this needs:

- The right to your own values, opinions and emotions
- The right to change, enhance and develop your life in your own way
- The right to decide how and where to lead your life and establishing own priorities and goals.

- The right not to justify feelings or behaviour to others
- The right to respect your needs and limits
- The right to tell other how you wish to be treated
- The right to say "NO"
- The right to take the necessary time and support to formulate your ideas and wishes before expressing them.
- The right to ask for help and information without having negative feelings of shame or guilt
- The right to make mistakes
- The right to change your mind or sometimes act illogically
- The right to like yourself even through you are not perfect

[Learn to say NO](#)

More information about this topic [More](#).

[Sources](#)

Id: life-assertive-right

Required: [say* said ; no] refus* declin* deny denie* reject* rebuff* resist* [Speople ; accept* admit* allow* trust* tolerat* approv* conced* welcom* let succumb* [give gave ; way] yield surrender* capitulat* acquiesc* stop*] [not t ; want] [feel not ; like] assert* affirm* protest* accept* [my his her your ; view* opinion* wish* desire*] [express* # need want* wish* opinion* view*] object* argue* debat* insist* quarrel* disput* disagree* clash* argument* arrogant* [self;important* confident* esteem* value* assur*] haught* pompous* snob* overconfident* supercili* presumpt* superior domineer* condescend* contemptuo* narcis* [let allow ; me her him you] [have has : a ; right] [what ; i you he she they Speople ; want*]

Forbidden:

Optional:

Priority: [what ; i you he she they Speople ; want*] assert*

Limit: 2

Did this answer tell you what you wanted to know?

No opinion No Partly Well Very well

Comment (if you like):

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To be Satisfied when You Have Eaten Enough

[Link](#) [Discuss](#)
[Ask an Expert](#) [Print](#)

Written by: [Gunborg Palme](#), certified psychologist and certified psychotherapist, teacher and tutor in psychotherapy.

First version: 15 Jul 2002. Latest revision: 09 Aug 2003.

Question(s):

Why are other people satisfied, when they have eaten enough, but not me?

Answer:



For people without eating disorders and who have a well working hunger and satisfaction capability, the intake of nourishment is perfectly regulated so that they will be satisfied at the right time. When they have eaten enough, eating more does not feel desirable, they feel happy and satisfied.

Satisfaction is a sensation which the brain creates by combining

different signals, like signals about the blood sugar level, signals about how much food is in the stomach, knowledge about what they have eaten and what they need, etc. There is, for example, enterostatin, a peptide created by the enzyme procolipas and which is produced when fat is separated in the intestines. This peptide sends signals to receptors saying "this is enough". The opiate system which controls feelings of wellbeing is restrained so that the reward centers in the brain are not any more stimulated.

For normal people, the brain combines all these factors to conclude that they are not hungry any more. For a person with eating disorders, this function either does not work at all, or works only partially. Some often have a correct feeling of satisfactions, but ignore it.

Here are some reasons why some people do not feel satisfied when other people are:

- A person who has recently been on a diet, or who has eaten and vomited, may get signals from the body saying: "Help, this is a famine, it is best to eat while there is food. You never know when you can get food again."
- Food, which people ate in former times like root vegetables, porridge, meat, fish, etc. gives more feeling of satisfaction than food which people eat today like biscuits, chips, soft drinks, candy, white bread, sugar, etc.
- People who eat rapidly will take in much more food, before they are satisfied, than people who eat slowly, one piece at the time, put down their fork and knife between each bite and chew thoroughly.
- Food reduces anxiety. A person who is agitated and nervous may want to reduce the anxiety with food, and this wish may be larger than their capacity of recognizing satisfaction.
- Many people with eating disorders are not conscious of their hunger and satisfaction sensations. They cannot react to a sensation which they are not conscious of. The offers of the table will win.

Such people cannot separate hunger and other disagreeable feelings like anger, fear, tiredness or aversion. All of these feelings will to them be experienced as hunger. People who cannot distinguish different sensations may get eating disorders.

[More about eating disorders.](#)

[Sources](#)

Id: ed-psy-satisfied

Required: Shungrysatisfied [stop* # Seat] / satisfied* content* confident* sure happy* happi* pleased* joy* elat* delighted* agreeabl* acceptab* super* fine [feel* ; well good [all ; right]] ; Seat

Forbidden: Skill \$addiction \$sex

Optional: Seat enough sufficient* satisfacto* adequat* plenty* ampl* quit* full* Shungrysatisfied

Priority: always [all ; the ; time] constant* incessant* continu* perpetual* unceasing* evermore intermina* eternal* endless* ceaseless* forever

Limit: 1

Did this answer tell you what you wanted to know?

No opinion No Partly Well Very well

Comment (if you like):

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Eating Disorders and Other Feelings

[Link](#)

[Discuss](#)

[Ask an Expert](#)

[Print](#)

Written by: [Gunborg Palme](#), certified psychologist and certified psychotherapist, teacher and tutor in psychotherapy.

First version: 15 Jul 2002. Latest revision: 10 Mar 2003.

Question(s):

How do eating disorders function?

Answer:

Healthy people eat when they are hungry and stop when they are satisfied. Those with eating disorders do not have the same contact with their real hunger and satisfaction feelings. They eat or starve when their feelings are unbalanced. It is difficult for them to separate hunger from other unpleasant sensations. A bulimic might also eat compulsively when starved, because of previous starvation or vomiting. [More.](#)

When different feelings cannot be separated, the necessary information for managing the underlying problems properly is unobtainable. In normal people, thoughts, feelings and physical signals tell us what must be done in order to function as well as possible. Those who get the wrong information become confused and can't use their knowledge and feelings in order to manage their problems correctly.

[How do you learn to recognize your real feelings?](#)

[Sources](#)

Id: ed-psy-suppress-feelings

Required: Seatingdisorder Shungryssatisfied Seat ; Ssensation Sdepressed Sidentify / Scause ; hunger Seat / vomit* spew* ; Sbad [not ; Sgood]

Forbidden: child* Skill period* menstru* curse* [want* # get become became ; well]

Optional: Sbook

Priority: attack*

Limit: 1

Did this answer tell you what you wanted to know?

No opinion No Partly Well Very well

Comment (if you like):

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Difference between People with Eating Disorders and Other People as Causes of Eating Disorders

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Written by: [Gunborg Palme](#), certified psychologist and certified psychotherapist, teacher and tutor in psychotherapy.

First version: 15 Jul 2002. Latest revision: 05 Jul 2003.

Question(s):

In what way are people with eating disorders different from other people? Are these differences the causes of eating disorders?

Answer:

People with eating disorders experience that they are not in control of their needs and impulses. Rather they feel controlled by forces outside themselves. If you look at the story of their lives, certain phenomena recur. When they were children, the surrounding people have not responded in an adequate way to the signals which expresses needs or feelings. If the surrounding environment does not understand the child's true needs and take proper action, the child is inhibited in learning to be more conscious of its needs.

Either people with eating disorders don't feel the body signals for hunger and

satisfaction, or they don't listen to these signals. They eat for reasons other than physical hunger, for example, they are tired, stressed or feel melancholy. Their relation to food makes them unhappy and they are not being able to cope with food in a proper way.

People without eating disorders are in contact with their physical feelings of hunger and satisfaction, and use those feelings when they decide when and how much to eat. They generally eat for no other reasons than hunger, and need food to be satisfied. Eating is satisfying and works smoothly like breathing and sleeping.

	Disturbed Eating	Normal Eating
What controls eating?	Eating is separated from its normal control by hunger, appetite and satisfaction. It can be controlled by the will, planned diet, number of calories, feelings, appearance and food odour.	Eating is controlled by hunger, appetite and satisfaction. A person eats when in need of nutrition and stops when satisfied; is usually hungry at mealtimes.
Why a person eats:	Often for other reasons than nutritional needs: to alter the figure, to reduce pain, stress, anguish, anger, loneliness and melancholy. There are unpleasant physical feelings after excessive eating together with regret, guilt and shame.	For nutrition, health and energy. Also for pleasure and as a part of social company. Normal eating gives a feeling of satisfaction.
When a person eats:	Eating is irregular and chaotic - often too much or too little.	<u>Regular habits</u> . Usually three meals a day and small snacks between them if needed.

What controls eating?

For a healthy person, eating is controlled by feelings of true hunger, appetite and satisfaction. You eat when you need nourishment and stop eating when you are satisfied.

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Normal eating: You have contact with your body's physical sensations of hunger and satisfaction, and use it to decide when and how much to eat. You normally do not eat for other reasons than that you are hungry and need nourishment. You get satisfied with eating and eating works by itself like breathing and sleeping.

Disturbed eating: Either you cannot feel your body's signals for hunger and satisfaction, or you can feel them, but you disregard them. In both cases, you eat for other reasons than need of nourishment, such as stress or sadness. You are unhappy with your relation to food and cannot resolve it in a sensible way.

[Dysfunctional thoughts
Personality and eating disorders](#)

[Sources](#)

Id: ed-psy-versus-normal.1

Required: Seat Shungrysatisfied ; normal* disturb* neurotic* anxious* sick* mental* mind think* Sgood Sbad correct* true truth* precis* perfect* exact* appropriat* flaw* fitting rigorous* valid* precis* Scontrol suitabl* should ill* need* afflict* unnormal* dangero* work* think*

Forbidden: ago surger* surgic* operation* alcohol* addict*

Optional: Sfood Seatingdisorder

Priority: Sdifference typic* Sdescribe character*

Limit: 1

Did this answer tell you what you wanted to know?

No opinion No Partly Well Very well

Comment (if you like):

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[Learning to Recognize The Real Feelings Behind an Improper](#)

[Link](#)

[Discuss](#)

Craving? **Ask an Expert**  **Print**

Written by: [Gunborg Palme](#), certified psychologist and certified psychotherapist, teacher and tutor in psychotherapy.

First version: 15 Jul 2002. Latest revision: 04 Jul 2003.

Question(s):

How do you learn to recognize your real feelings?

Answer:

It is probable that those with eating disorders have never had good contact with their emotions. You learn to identify feelings when very young in the interplay with others. However, if you get no help from those in your surroundings, you may grow up confused regarding your own inner world.

The psychotherapist teaches patients to begin listening introspectively and search for what they feel and want. They become increasingly sincere and true to themselves, but can also be more troublesome for those in their surroundings as they no longer try to be accommodating.

If you do not have a therapist you can try to identify your feelings as follows:

1. Take the opportunity when you feel inclined to overeat or starve in a way which is inadequate for your real needs.
2. Don't overeat or starve. Eat just enough.
3. Lie down in a quiet room and close your eyes.
4. You will probably get a most unpleasant feeling.
5. This feeling of unpleasantness may become almost unbearable but stay with it nevertheless. You will gradually become aware of your real feelings.
6. Worry, loathing, shame, anger, fear and grief are examples of suppressed feelings which may contribute to overeating or starving.
7. The unpleasantness feels dangerous but it is not. Have courage! It is the held-back feelings which can be dangerous, not the conscious and experienced ones.
8. Let the feeling of unpleasantness spread and make intensive contact with it. Allow yourself to express these feelings by making sounds and movements.
9. Within a quarter of an hour the feeling of unpleasantness will have probably disappeared and taken with it your strong need to overeat or starve.
10. Allow yourself to feel some satisfaction of knowing that you have managed to handle this situation successfully.

Sources

Id: ed-treat-identify-feeling

Required: learn* Ssensation ; real* right* underlying* genuine* authentic* truth* true natura* honest* earnest* hidden* invisbl* latent* dormant* impercept* subconsci* unconscio* unawar* unreal* suppressed ego Seat Shungrysatisfied

Forbidden:

Optional: Seatingdisorder

Priority: learn learned learning learnt

Limit: 1

Did this answer tell you what you wanted to know?

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Hunger and Other Sensations; Link List

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Written by: Jacob Palme

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Sources

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