

Celiac Disease: An Adlerian Approach

Catherine Hilley & Dr. Tim Hartshorne • Psychology Department, Central Michigan University

Celiac Sprue Disease

- Auto Immune Disorder
- Immune Response after ingesting Gluten
- Causes damage to the Small Intestine
 - ▶ Lined with Villi
 - Absorbs Nutrients
 - ▶ Over time villi will atrophy (flatten)
 - Decreases normal absorption



Celiac Disease is different than a Gluten Allergy or Gluten Sensitivity

Celiac Disease & Gluten

- Usually Genetically Inherited
- 1 in 133 people have celiac
 - ▶ Largely under diagnosed
- Celiac can occur at any age
- More common in Women than Men
- Gluten is a type of protein found in:
 - ▶ Wheat, Rye, Barley, & Malt
 - ▶ Some Oats
 - (varies by person & processing)
- Hidden Sources of Gluten
 - ▶ Soy Sauce
 - ▶ Some Lipsticks
 - ▶ Adhesive on Envelopes
 - ▶ Some Medicines

Response to Gluten Short Term Reactions

- Gastrointestinal Problems
 - ▶ Gas/Bloating
 - ▶ Abdominal Pain/Cramps
 - ▶ Constipation
 - ▶ Diarrhea
- Weight Loss, or no Weight Gain
- Skin Rash
 - ▶ Dermatitis Herpetiformis
 - ▶ Dry Skin/Eczema
- “Brain Fog”
- Weakness & Fatigue
- Frequent Respiratory Infections
- Weak Tooth Enamel
- & More

Many People with Celiac may have intermittent reactions, while some show no symptoms at all.

Response (continued)

Long Term Implications

- Malnutrition
- Iron Deficiency Anemia
- Osteoporosis
- Cancer
 - ▶ T-Cell Lymphoma

Treatment

A Gluten-Free Diet

- The only way to treat Celiac Disease is by permanently removing gluten from one's diet
- Alternatives to “Gluten Foods”
 - ▶ Rice/Corn Pasta
 - ▶ Potato, Rice, Tapioca, etc. Flours
 - ▶ Sorghum/Rice Beer
- GF Options are becoming better tasting and more readily available
- Restaurants are becoming more accommodating
 - ▶ Some have GF items listed on their regular menu
 - ▶ Cross-Contamination is still a concern

Organ Inferiority

- Children who suffer from diseases or imperfect organs may:
 - ▶ over compensate for the weakness by strengthening it
 - Obsessive dieting
- Or compensate by working hard to improve another area
 - ▶ Exercising
 - ▶ Becoming pseudo experts

Organ Inferiority

(continued)

- Or stay discouraged and tend to give up
- Also may be impacted by how the child was raised
 - ▶ Pampered – expect to be cared for
 - ▶ Neglected – may be self-reliant on diet, or give up

Adler's Life Style Concept

- Life Style
 - ▶ Unique and created by the person
 - ▶ Formed in early years of one's life
 - ▶ How a person approaches or “moves” towards their goal
 - The way they approach situations throughout life
- How do the issues presented by Celiac influence life style, or how does life style influence approach of individual to their disease?
- Important for intervention

Social Interest

- Gemeinschaftsgefühl (Social Interest)
 - ▶ Celiac can decrease feelings of belonging and connectedness, thereby impacting mental health
 - ▶ Discouragement could come from feeling
 - Different
 - A burden
 - Weird
- Could find a role as the educator, or advocate
- Can also be ignored

Life Tasks

- Love
 - ▶ Family Relations
 - Family meals can be a challenge
 - Commitment requires understanding of limitations
- Work
 - ▶ Occupation
 - Work events become stressful
 - Limits when eating out for lunch
 - Break room cross contamination
- Friendship
 - ▶ Social Relations
 - Eating out with friends becomes limited
 - Avoids going out due to embarrassment or worry

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Contact the Authors

Dr. Tim Hartshorne
Central Michigan University
Sloan 215
Mount Pleasant, MI 48859

Office Phone: (989) 774-6479
Email: tim.hartshorne@cmich.edu