

ABSTRACT

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Anorexia nervosa is an eating disorder characterized by an intense fear of weight gain and a complex emotional relationship with food, particularly sweet foods. This study aims to represent the psychological impact of anorexia through a multisensory painting approach. The method involves personal and artistic exploration using 25.5 cm ceramic plates as the medium, combined with acrylic paint, textured acrylic paste, and food-related scents such as vanilla, chocolate, and cheesecake. Impasto techniques and scent application are employed to evoke both visual and olfactory responses, reinforcing the emotional message. The resulting artwork demonstrates that the integration of visual, tactile, and olfactory elements can effectively convey the internal conflicts experienced by individuals with anorexia, especially the love-hate relationship with food. This work is intended to foster empathy and raise public awareness about the psychological complexity of eating disorders.

Keywords: anorexia nervosa, painting, multisensory, texture, scent, sweet food