

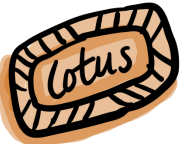

Summary of Eating Disorders

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Summary of Eating Disorders

A disturbance of eating behaviours and a core psychopathology centred on food, eating and body image concerns.
It is associated with quality of life impairment and impact on home, work, personal and social life.
It frequently occurs with other mental health disorders (anxiety disorders and depression).

Anorexia Nervosa	Bulimia Nervosa	Binge Eating Disorder
<u>Lifetime prevalence:</u> 1% ♀ <0.5% ♂	<u>Lifetime prevalence:</u> 2% ♀ 0.5% ♂	<u>Lifetime prevalence:</u> 3.5% ♀ 2% ♂
Severe restriction of food intake Abnormally low body weight (BMI < 18.5) Two types: <ul style="list-style-type: none"> Restrictive Binge eating/purging type 	Regular and sustained binge eating episodes (at least once a week for 3 months) Compensate for binge eating with regular extreme weight control behaviours (vomiting, laxative and/or diuretic misuse)	No compensatory behaviour present, often feel a loss of control during episodes of binge eating
Intense fear of gaining weight or becoming fat Disturbance in perception of their own weight or shape		Not characterised by body image disturbance
<p><u>History Taking (Mnemonic: SCOFF)</u> S: Do you make yourself Sick because you feel uncomfortably full? C: Do you worry you have lost Control over how much you eat? O: Have you recently lost > 6.35kg (One stone) in a three-month period? F: Do you believe yourself to be Fat when others say you're too thin? F: Would you say Food dominates your life?</p> 		
<p><u>Markers of Severity</u></p> <ul style="list-style-type: none"> Physical measures (BMI, malnutrition, amenorrhoea, hypotension, bradycardia, hypothermia, neutropaenia) Psychological symptoms (Difficulty concentrating or paying attention, other psychiatric comorbidities) Clinical history (Eating habits, body image perception, compensatory behaviours) 		
<u>BMI:</u> Underweight	<u>BMI:</u> Normal or Overweight	<u>BMI:</u> Overweight or Obese
<p><u>Treatment:</u> If child: Family based therapy (FBT)  If adult: CBT</p>	<p><u>Treatment:</u> Therapist-led Cognitive Behavioural Therapy (CBT) +/- Pharmacotherapy (high dose Fluoxetine, Topiramate, Orlistat)</p>	
<p><u>General Principles of Management</u></p> <ul style="list-style-type: none"> Involve patient: maximise self-management, assist families to understand challenges, peer-run programs & services Multidisciplinary approach: eating disorder specialist, general practitioner, dietitian, psychologist) Involve families (unless contraindicated): assist family in understanding the patient's challenges Involve schools (ideally) 		






Avoidant/Restrictive Food Intake Disorder (ARFID)

Restriction of food intake through highly selective eating habits and/or disturbed feeding patterns accompanied by one of the following i) significant weight loss, ii) nutritional deficiency, iii) marked interference with social functioning or iv) dependence on enteral feeds. Not characterised by body image disturbance.

Other Specified Feeding and Eating Disorders (OSFED)

Presents with many symptoms of eating disorders, but does not meet full criteria for diagnosis.

Pica

Individuals eat things not considered food (dirt, chalk, soap, ice chips, hair) over the period of    at least a month.

Rumination disorder

Repeated regurgitation of food after swallowing for over a period of a month.

Orthorexia

Not recognised as an official eating disorder, but involves obsession with healthy or clean eating. Individuals obsess about benefits of healthy foods and food quality but not necessarily quantity of food.

References:

- Eating disorders explained - Butterfly Foundation. (2021). Retrieved 7 June 2021, from <https://butterfly.org.au/eating-disorders/eating-disorders-explained/>
- Hay, P., Chinn, D., Forbes, D., Madden, S., Newton, R., Sugenor, L., Touyz, S. & Ward, W. (2014). Royal Australian and New Zealand College of Psychiatrists clinical practice guidelines for the treatment of eating disorders. Australian & New Zealand Journal of Psychiatry, 48(11), 977-1008. <https://doi.org/10.1177/0004867414555814>
- 4C Psychiatry Teaching Team (2020). Eating Disorders. 4C Psychiatry Online Modules - Adult (Moodle Resources)