

SIGNS AND SYMPTOMS OF EATING DISORDERS

ANOREXIA NERVOSA:

1. Evidence of excessive anxiety about weight gain (in their thoughts, or their avoidance of food types, distress on being weighed etc...)
2. Low weight – 85% or lower than expected for their age and height. A BMI of 17.5 kg/m² is considered to be in the anorexic range.
3. Patient appears to place a remarkable importance on controlling their weight and shape (prioritises it over health, relationships and social functioning)
4. Inability to see the extent of their thinness; or under-rating the seriousness of their under-weight status.
5. Medical signs of low weight and poor nutrition:
 - Bradycardia? _____
 - Hypotension? _____
 - Temperature? _____
 - Menstrual changes? _____
 - Abn blood count results? _____
 - Lanugo hair? _____
 - Change in weight? _____
 - Other: _____

BULIMIA NERVOSA:

1. Presence of **binge-eating** (objectively large amounts of food in a short period, where the patient feels out of control), once a week or more.
2. The patient **compensates** for these binges (though vomiting or exercise or laxative use or fasting or some other means).
3. Patient appears to place a **remarkable importance** on controlling their weight and shape (prioritises it over health, relationships and social functioning)

BINGE EATING DISORDER:

1. Presence of **binge-eating** (objectively large amounts of food in a short period, where the patient feels out of control), once a week or more.
2. No compensation (as in bulimia). Weight is usually higher than normal but may remain in the normal range.

Indices for admission:

- BMI lower than 16 kg/m²
- Rapid loss of weight
- Severe electrolyte abnormalities
- Cardiac instability (bradycardia; chest pain, arrhythmias...)
- Suicidal risk or other significant psychiatric comorbidity
- Inability to recover with outpatient therapy.