



EATING DISORDER DIAGNOSTIC CRITERIA

Anorexia Nervosa (AN)

- Inability to consume adequate nutrition, leading to low body weight or failure to meet growth trajectories
- Intense fear of food and weight gain
- Disturbance in body perception
- Two types
 - Restrictive
 - Binge/purge type
- Most medically detrimental, sometimes to the point of fatality

Binge Eating Disorder (BED)

- Eating significantly larger than normal volumes of food in a single episode
- Addictive cycle often described by sufferers
- Often confused with “over-eating” or “emotional eating” (or just not restricting)
- Does not always correlate with any weight indicators
- Only added to the DSM in 2015
- 3x more common than AN and BN combined

Bulimia Nervosa (BN)

- Binge eating
- Purging (vomiting, laxatives, diuretics) or another compensatory behavior
- Self-evaluation is unduly influenced by body weight and shape
- Different degrees of severity depending on frequency
- People often misdiagnose self due to lack of understanding of definitions

Avoidant Restrictive Food Intake Disorder (ARFID)

- Failure to meet nutritional/energy needs due to eating or feeding disturbance
- Associated with weight loss, nutritional deficiency, or failure to meet growth trajectories
- Differentiated from AN due to lack of body image disturbance
- Can be correlated with sensory processing issues and/or Autism Spectrum Disorder

Other Eating and Feeding Disorder Diagnoses

- Other Specified Feeding or Eating Disorder (OSFED)
 - Purging Disorder
 - Atypical AN
 - BN/BED of low duration/frequency
 - Purging Disorder
 - Night Eating Syndrome

Other Eating and Feeding Disorder Diagnoses

- Unspecified Feeding or Eating Disorder (UFED)
 - Symptoms of feeding and eating disorder are present but do not meet full criteria for diagnosis
 - Insufficient information for diagnosis
- Pica
- Rumination Disorder

CONTACT ASHLEE@THEPROJECTHEAL.ORG TO SCHEDULE A FREE CLINICAL ASSESSMENT