

## Anorexia Nervosa

- A. Restriction of energy intake relative to requirements = significantly low body weight
- B. Intense fear of gaining weight or of becoming fat, or persistent behaviour that interferes with weight gain, even though at a significantly low weight.
- C. Disturbed perception of body weight/shape or self-evaluation is based on weight/shape or persistent lack of recognition of the seriousness of the current low body weight.

Restricting type: Last 3 months, no recurrent episodes of binge eating/purging. Weight loss primarily through dieting, fasting and/or excessive exercise.

Binge-eating/purging type: Last 3 months, recurrent episodes of binge eating or purging

## Bulimia Nervosa

- A. Recurrent episodes of binge eating.
- B. Recurrent inappropriate compensatory behaviours to prevent weight gain e.g. self-induced vomiting; misuse of laxatives, diuretics, or other medications; fasting; or excessive exercise.
- C. Binge eating and compensatory behaviours on average, at least once/week for 3 months.
- D. Self-evaluation is unduly influenced by body shape and weight.
- E. The disturbance does not occur exclusively during episodes of anorexia nervosa.

## Other Specified Feeding or Eating Disorder

Eating disorder causes clinical distress/impairment in social, occupational or other important areas of functioning. DO NOT meet the full criteria for any other eating disorders.

E.g. 1. Atypical Anorexia Nervosa: all of the criteria for anorexia nervosa are met but weight is within or above the normal range.

E.g. 2. Bulimia Nervosa (of low frequency and/or limited duration): but binge eating and inappropriate compensatory behaviours occur, on average, less than once a week and/ or for less than 3 months.

E.g. 3. Binge-eating disorder (of low frequency and/or limited duration): but binge occurs, on average, less than once a week and/ or for less than 3 months.

# DSM-5 Eating Disorders

## Crib Sheet

### Binge-Eating Disorder

A. Recurrent episodes of binge eating. An episode of binge eating is characterized by both:

- 1. Eating what or how much one is eating much more than most people would in a discrete period of time, e.g. within 2 hours, given the same circumstance.
- 2. A sense of lack of control over eating during the episodes e.g. a feeling that one cannot stop eating or control

B. Binge eating episodes are associated with 3 or more of the following:

- 1. Eating much more rapidly than normal.
- 2. Eating until feeling uncomfortably full.
- 3. Eating large amounts of food when not feeling physically hungry.
- 4. Eating alone because of feeling embarrassed by how much one is eating.
- 5. Feeling disgusted with oneself, depressed, or very guilty afterwards.

C. Marked distress regarding binge eating is present.

D. The binge eating occurs, on average, at least once a week for 3 months.

E. No recurrent use of compensatory behaviours. Not exclusively during course of BN or AN.