

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.