Anorexia Nervosa

Criteria for the diagnosis –
- A significantly low body weight in the context of age, sex, and physical health
- Intense fear of weight gain
- Disturbed body perception

Consequences of the dietary deficit:
- Amenorrhoea/loss libido
- Growth retardation, osteopenia
- Loss function in all organs: Kidney, heart, bone
- Changes in laboratory parameters, ventricular arrhythmias

Prevalence: 1-2% among women in Europe

AN frequently associated with – Depressive disorder, Obsessive compulsive disorder (OCD), Autism spectrum disorder

Bulimia Nervosa

Criteria for the diagnosis
- Recurrent binges
- Excessive preoccupation with food, shape and weight
- Methods to compensate for overeating (vomiting, laxatives, exercise.

Prevalence: 1-2% among women in Europe

BN often associated with – Affective disorders, Impulse control disorders, Drug or alcohol dependence, Anxiety disorders, ADHD

Binge Eating Disorder

Criteria for the diagnosis
- Recurrent binge eating with control loss + 3 of the following:
  - Rapid consumption of food
  - Eating until an unpleasant feeling of fullness is reached
  - Eating without being hungry
  - Frequent food intake with the consequences of embarrassment, disgust or feeling of guilt after a binge
  - Suffering pressure due to one’s eating habits
  - No compensatory measures for weight reduction

Prevalence 3-10%

BED often associated with Obesity Affective Disorders, Anxiety disorders

Risk factors/Predisposing factors

Genetics
- Bulik et al. (2000) – in BN 54-83% of variance is due to genetic factors
- Grice et al. (2002) and Devlin (2002) found linkage to chromosome 1 for R-AN