



EATING DISORDER  
CENTER OF MONTANA

DIAGNOSTIC FEATURES* OF COMMON EATING DISORDERS	ANOREXIA NERVOSA	BULIMIA NERVOSA	BINGE EATING DISORDER	ARFID
Caloric intake restriction	•	•		
Intense fear of "becoming fat"	•	•		
Purging to prevent weight gain -- excessive exercise	•	•		
Purging   vomiting   fasting   laxative or diuretic abuse	•	•		
Unrealistic self-perception of weight or shape	•	•		
Negative self-evaluation that is strongly tied to weight or shape	•	•		
Interference with social interactions with others	•	•	•	•
Lacking interest in food	•			•
Avoiding food due to sensory characteristics of food   fear of food				•
Recurrent sense of poor control pertaining to eating behaviors		•	•	
Binge eating (rapid excessive food intake in short time period)		•	•	
Frequently eating until uncomfortably full		•	•	
Eating behaviors causing a sense of self-loathing, guilt or distress	•	•	•	
Frequently eating when not hungry		•	•	
Loss of muscle mass   cold intolerance	•			•
Frequent dizziness, fainting or weakness	•	•		•
Fatigue   sleep disturbance	•	•	•	•
Amenorrhea or delayed menarche	•	•		•
Constipation, diarrhea, bloating, heartburn	•	•	•	•
Chest pain   SOB	•	•		•
Repeat stress fractures	•	•		•
Suicidal ideation	•	•	•	•

\*Diagnostic features of common eating disorders are adapted from: American Psychiatric Association: Diagnostic and Statistical Manual of Mental Disorders, Fifth Edition. Arlington, VA, American Psychological Association, 2013.

ASK YOUR PATIENTS THE FOLLOWING QUESTIONS:

A "YES" RESPONSE TO ONE OR MORE QUESTIONS SUGGESTS THE NEED FOR REFERRAL

- Do you hate the idea of gaining weight?
- Do others say you exercise too much?
- Would you feel upset if you had to take a full week off from exercising?
- Are you actively trying to change your body size, shape or weight?
- Do you weigh yourself more than once per day?
- Do you regularly use laxatives, diet pills, diuretics, or other substances to lose weight?
- Do you throw up after eating?
- Do you restrict food to avoid gaining weight?
- Do you avoid foods because of their taste, texture or smell?
- Do you worry something bad will happen, other than weight gain, if you eat certain foods?
- Do you avoid eating with friends?
- Do you feel physically or emotionally bad or guilty after eating?
- Do you lose control over the amount of food you eat?

FOR ANY QUESTIONS ABOUT OUR PROGRAM OR TO REFER A PATIENT, CONTACT US.

*The EDCMT provides intensive outpatient and partial hospitalization eating disorder programs in Bozeman, Montana. With comprehensive programming, our primary goal is to prevent admission to inpatient treatment when possible. If residential treatment becomes necessary, EDCMT acts as a step-down treatment program upon discharge.*