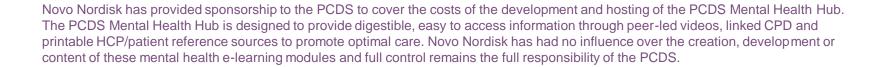


MCQ Eating Disorders





Eating disorder behaviours do not normally include which of the following?

- Self-induced vomiting
- Excessive or driven exercise
- Medication misuse (eg laxatives, diuretics)
- Omission or restriction of insulin or another medication
- Fasting, abstinence from or a severe reduction in several or all food and beverages
- Lactose-free diet



- Eating disorders are more common in people with type 1 diabetes than the general population
- Eating disorders are always associated with the use of insulin
- People with diabetes and eating disorders always aim for weight loss
- Eating disorders are more common than disorganised eating



- The average age of onset for anorexia nervosa is between 15 and 19 years
- Up to 75% of anorexia sufferers are female
- Compulsive exercise rather than food restriction may be the earliest sign of anorexia nervosa in males
- A persistent drive to avoid weight gain by restriction of diet and using compensatory behaviour is common among people with anorexia nervosa



- Bulimia nervosa is characterised by recurrent episodes of binge eating, at least once a week for three months
- The BMI of people with bulimia nervosa is in the normal, overweight or obese range
- The peak age of onset of bulimia nervosa is between 20 and 35 years
- Up to 12% of adolescent girls may experience bulimia nervosa
- Bulimia nervosa may involve compensatory behaviour to prevent weight gain following excess eating



Eating disorder should be considered if patients:

- Have an unusually low or high BMI for their age
- Show faltering growth at younger ages
- Show rapid weight loss
- Exhibit mental health problems (such as stress, anxiety and depression)
 or social withdrawal
- Show poor control of chronic diseases affected by diet (such as diabetes or coeliac disease)
- Show menstrual or other endocrine disturbances
- Report unexplained gastrointestinal symptoms
- Show electrolyte imbalances



Eating problems in people with diabetes are associated with which of the following?

- Sub-optimal diabetes self-management and outcomes
- Overweight and obesity
- Impaired psychological well-being
- Early onset of diabetes complications
- Higher morbidity and mortality
- More frequent attendance at clinics



- Intensive diabetes management may increase the risk of developing an eating disorder
- Eating disorders are twice as common in teenage girls with type 1 diabetes as in their nondiabetic peers
- Insulin restriction conveys more than a three-fold increased risk of mortality
- Up to 10% of women report intentional insulin restriction



Eating disorders in people with type 1 diabetes are associated with which of the following?

- Earlier onset and increased risk of microvascular complications (eg retinopathy, neuropathy)
- More frequent episodes of diabetic ketoacidosis and diabetes-related hospital admissions
- Up to three times higher risk of mortality over a 6-10 year period
- Lower HbA_{1c} concentrations



Which of the following are part of the significant risk criteria and require referral for urgent assessment?

- Recurrent episodes of diabetes ketoacidosis
- Cardiac arrhythmias
- Hypothermia
- Hypotension
- Electrolyte abnormalities
- The patient stops taking insulin



- Estimates suggest that 46% of people with anorexia nervosa will fully recover
- Prognosis is best in young people with a short duration of anorexia nervosa
- Relapse of anorexia nervosa is common
- Mortality rates are more than 5 times higher for people with anorexia nervosa than the general population
- Anorexia nervosa has the highest rate of mortality of any mental health disorders
- The most common causes of death is diabetic ketoacidosis

The most common cause of death is from cardiac complications, severe infection and suicide (20%)



- The course of bulimia nervosa typically consists of cycles of remission and relapse
- Recovery rates for bulimia nervosa are better than with anorexia nervosa
- The reported all-cause standardised mortality ratio for bulimia nervosa ranges from 1.6 to 1.9

