

DSM-V DIAGNOSTIC CRITERIA FOR EATING DISORDERS ELIGIBLE FOR EATING DISORDER SPECIFIC MBS ITEM NUMBERS

Anorexia Nervosa

- A. Restriction of energy intake relative to requirements, leading to a significantly low body weight in the context of age, sex, developmental trajectory, and physical health. Significantly low weight is defined as a weight that is less than minimally normal or, for children and adolescents, less than minimally expected.
- 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. Disturbance in the way in which one's body weight or shape is experienced, undue influence of body weight or shape on self-evaluation, or persistent lack of recognition of the seriousness of the current low body weight.

Subtypes:

Restricting type: During the last three months, the individual has not engaged in recurrent episodes of binge eating or purging behaviour (i.e. self-induced vomiting, or the misuse of laxatives, diuretics, or enemas).

Binge-eating/purging type: During the last three months the individual has engaged in recurrent episodes of binge eating or purging behaviour (i.e. self-induced vomiting, or the misuse of laxatives, diuretics, or enemas).

Bulimia Nervosa

- A. Recurrent episodes of binge eating. An episode of binge eating is characterized by both:
 - 1. Eating in a discrete period of time (e.g. within any 2 hour period), an amount of food that is definitely larger than what most individuals would eat in a similar period of time under similar circumstances;
 - 2. A sense of lack of control over eating during the episodes (e.g. a feeling that one cannot stop eating or control what or how much one is eating).
- B. Recurrent inappropriate compensatory behaviors to prevent weight gain, such as self-induced vomiting; misuse of laxatives, diuretics, or other medications; fasting; or excessive exercise.
- C. The binge eating and inappropriate compensatory behaviors both occur, on average, at least once a 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.

Binge-Eating Disorder

- A. Recurrent episodes of binge eating. An episode of binge eating is characterized by both:
1. Eating in a discrete period of time (e.g. within any 2 hour period), an amount of food that is definitely larger than what most individuals would eat in a similar period of time under similar circumstances;
 2. A sense of lack of control overeating during the episodes (e.g. a feeling that one cannot stop eating or control what or how much one is eating).
- B. Binge eating episodes are associated with three 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. The binge eating is not associated with the recurrent use of inappropriate compensatory behavior as in bulimia nervosa and does not occur exclusively during the course of bulimia nervosa or anorexia nervosa.

Other Specified Feeding or Eating Disorder (OSFED)

- Symptoms characteristic of a feeding or eating disorder that cause clinical distress or impairment in social, occupational, or other important areas of functioning predominate.
- However DO NOT meet the full criteria for any of the disorders in the feeding and eating disorders diagnostic class.
- This category can also be used in situations to communicate the specific reason the presentation does not meet the criteria for a specific eating disorder.
- This is done by recording “other specified feeding or eating disorder” followed by the specific reason e.g. “bulimia nervosa- low frequency”.

Examples:

1. **Atypical Anorexia Nervosa:** all of the criteria for anorexia nervosa are met, except that despite significant weight loss, the individual's weight is within or above the normal range.
2. **Bulimia Nervosa (of low frequency and/or limited duration):** all of the criteria for bulimia nervosa are met, except that the binge eating and inappropriate compensatory behaviors occur, on average, less than once a week and/ or for less than 3 months.
3. **Binge-eating disorder (of low frequency and/or limited duration):** all of the criteria for binge-eating disorder are met, except that the binge occurs, on average, less than once a week and/ or for less than 3 months.