

# EATING DISORDERS & CO-OCCURRING CONDITIONS

**Eating disorders are complex diseases, and they do not exist in a vacuum.**

Unfortunately, the co-occurrence of multiple mental illnesses is rarely discussed. Those struggling with multiple disorders should know that they are not alone, and should pursue treatment that addresses all of their conditions.

## EATING DISORDERS AND CO-OCCURRING DISORDERS

In a nationally representative survey of respondents with eating disorders, the following percentage met the criteria for one or more co-occurring disorders:<sup>6</sup>



**95%**

RESPONDENTS WITH BULIMIA NERVOSA\*



**79%**

RESPONDENTS WITH BINGE EATING DISORDER

**\*64%**

OF RESPONDENTS WITH BULIMIA NERVOSA FIT THE CRITERIA FOR 3 OR MORE DISORDERS



**56%**

RESPONDENTS WITH ANOREXIA NERVOSA

## IN A STUDY OF WOMEN WITH EATING DISORDERS:<sup>5</sup>

- 94% OF THE PARTICIPANTS HAD A CO-OCCURRING MOOD DISORDER
- 92% OF THOSE IN THE SAMPLE WERE STRUGGLING WITH A DEPRESSIVE DISORDER

## CO-OCCURRING DISORDERS AND BINGE EATING DISORDER PATIENTS

Compared to binge eating disorder patients without a co-occurring psychiatric condition, **binge eating disorder patients with a co-occurring disorder had significantly higher levels of:**<sup>4</sup>



current ED pathology



negative affect



lower self-esteem

## NATIONAL INSTITUTES OF HEALTH (NIH) 2017 RESEARCH BUDGET

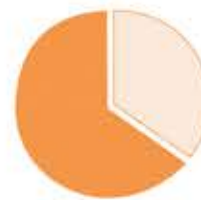


## EATING DISORDERS AND COMMON CO-OCCURRING DISORDERS

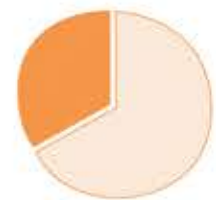
### MAJOR DEPRESSIVE DISORDER<sup>6,9,10</sup>



**There is a markedly elevated risk for obsessive-compulsive disorder among those with eating disorders.**<sup>3,5</sup>



69% OF PATIENTS WITH ANOREXIA NERVOSA



33% OF PATIENTS WITH BULIMIA NERVOSA

### ANXIETY DISORDER



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