

Presenter Information

Shauna Reinblatt, MD

Assistant Professor, Department of Psychiatry, University of Maryland School of Medicine

Links to Resources

National Eating Disorder Association

Warning Signs and Symptoms of Eating Disorders

- <https://www.nationaleatingdisorders.org/warning-signs-and-symptoms/>

What is Avoidant Restrictive Food Intake Disorder (ARFID)?

- <https://www.nationaleatingdisorders.org/avoidant-restrictive-food-intake-disorder-arfid/>

Medical Complications of Eating Disorders

- <https://www.nationaleatingdisorders.org/medical-complications-of-eating-disorders/>

Eating Disorders Toolkit: Standards of Practice in the Primary Care Setting 2nd Edition

- https://static1.squarespace.com/static/5c743070d7456290c13ed185/t/65382506867ab85d7fac5041/1698178311801/EDToolkit_Print+FINAL+11+Oct+23.pdf

Eating Recovery Center

Guidance on Levels of Care for Eating Disorder Treatment – How & When to Refer

- <https://www.eatingrecoverycenter.com/sites/default/files/file/2022-03/ed-guidance-levels-care.pdf>

Child Mind Institute

What Is an Eating Disorder and When to Worry

- https://childmind.org/article/when-to-worry-about-an-eating-disorder/?utm_source=newsletter&utm_medium=email&utm_content=What%20Is%20an%20Eating%20Disorder%20and%20When%20to%20Worry&utm_campaign=Public-Ed-Newsletter

Links to Screening Tools

Sick, Control, One, Fat, Food (SCOFF) Questionnaire

- <https://ceed.org.au/wp-content/uploads/2024/05/SCOFF.pdf>

Eating Disorder Screen for Primary Care (ESP)

- <https://www.specialistlink.ca/assets/Screening-and-assessment-tools-for-eating-disorders.pdf>

Nine Item Avoidant/Restrictive Food Intake Disorder Screen (NIAS) – Child

- <https://pathwaysbc-production-content-item-documents.s3.amazonaws.com/documents/7515/original/NIAS%20Questionnaire.pdf?1698951104>

Links to Research Articles

The Role of Primary Care in Bridging Adolescents Awaiting Eating Disorder Treatment (Partain et al., 2023)

- <https://publications.aap.org/pediatrics/article/152/5/e2023061672/194388/The-Role-of-Primary-Care-in-Bridging-Adolescents?autologincheck=redirected>

What Do We Know about the Epidemiology of Avoidant/Restrictive Food Intake Disorder in Children and Adolescents? A Systematic Review of the Literature (Sanchez-Cerezo et al., 2023)

- <https://pubmed.ncbi.nlm.nih.gov/36527163/>

Assessment and Management of Medical Emergencies in Eating Disorders: Guidance for GPs (Mughal et al., 2023)

- <https://pmc.ncbi.nlm.nih.gov/articles/PMC10147425/>

Emergency Department Visits and Hospitalizations for Eating Disorders During the COVID-19 Pandemic (Milliren, Richmond, & Hudgins, 2023)

- <https://pubmed.ncbi.nlm.nih.gov/36541052/>

Recognising and Managing Eating Disorders in the Emergency Department (Nasir Jafar et al., 2023)

- <https://academic.oup.com/pmj/article/99/1169/101/7177360>

Can Adolescents with Eating Disorders be Treated in Primary Care? A Retrospective Clinical Cohort Study (Lebow et al., 2021)

- <https://pubmed.ncbi.nlm.nih.gov/33892810/>

Prevalence and correlates of eating disorders in adolescents. Results from the national comorbidity survey replication adolescent supplement (Swanson et al., 2011)

- <https://pubmed.ncbi.nlm.nih.gov/21383252/>

Evaluating Binge Eating Disorder in Children: Development of the Children's Binge Eating Disorder Scale (C-BEDS) (Shapiro et al., 2007)

- <https://pubmed.ncbi.nlm.nih.gov/16958120/>

A Multisite Investigation of Binge Eating Behaviors in Children and Adolescents (Tanofsky-Kraff et al., 2007)

- <https://pubmed.ncbi.nlm.nih.gov/18085907/>

Children and Adolescents with Eating Disorders: The State of the Art (Rome et al., 2003)

- <https://pubmed.ncbi.nlm.nih.gov/12509603/>

Four Simple Questions Can Help Screen for Eating Disorders (Cotton, Ball, & Robinson, 2003)

- <https://pubmed.ncbi.nlm.nih.gov/12534764/>

The SCOFF Questionnaire: Assessment of a New Screening Tool for Eating Disorders (Morgan & Lacey, 1999)

- <https://pubmed.ncbi.nlm.nih.gov/10582927/>