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:*

- **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:5

- 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:1

- current ED pathology
- negative affect
- lower self-esteem

NATIONAL INSTITUTES OF HEALTH (NIH) 2017 RESEARCH BUDGET

<table>
<thead>
<tr>
<th>Disorder</th>
<th>Budget (Millions of Dollars)</th>
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<td>Depression</td>
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<td>Anxiety disorders</td>
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<td>$95</td>
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<tr>
<td>Eating disorders</td>
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EATING DISORDERS AND COMMON CO-OCCURRING DISORDERS

**Major Depressive Disorder**

- Anorexia nervosa: 32-39%
- Binge eating disorder: 33%
- Bulimia nervosa: 36-50%

There is a markedly elevated risk for obsessive-compulsive disorder among those with eating disorders.6

- 69% of patients with anorexia nervosa
- 33% of patients with bulimia nervosa

ANXIETY DISORDER

- Anorexia nervosa: 48-51%
- Binge eating disorder: 55-65%
- Bulimia nervosa: 54-81%