

# Anorexia Nervosa (AN) - DSM 5 Criteria



- Restrictive energy intake resulting in significantly low body weight
- Intense fear of weight gain or becoming fat or persistent behaviours that prevent weight gain
- Body image disturbance (weight and shape) or persistent lack of recognition of the seriousness of their current low body weight

## AN severity (BMI):

- Mild ( $\geq 17$  kg/m<sup>2</sup>)
- Moderate (16-16.99 kg/m<sup>2</sup>)
- Severe (15-15.99 kg/m<sup>2</sup>)
- Extreme ( $< 15$  kg/m<sup>2</sup>)

**Restricting type** - Weight loss is achieved through dieting, fasting, and/or exercise with no evidence in the past 3 months of binge eating or purging behaviours.

**Binge-eating/purging type** - Weight loss is achieved through self-induced vomiting and the misuse of laxatives or diuretics.

**Anorexia Nervosa And Bulimia Diagnosis And Treatment**  
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**Kathleen Armour**



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