



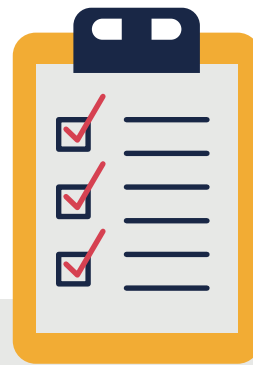
DISORDERED EATING IN TYPE 1 DIABETES

A RESOURCE FOR PROVIDERS

WHAT IS A DIABETES EATING DISORDER OR DIABULIMIA

Not administering the proper dosage of insulin to metabolize food after eating *with the intention to lose weight*.

CLINICAL ASSESSMENT QUESTIONS



Ask about attitudes toward insulin:

- How do you feel when you take your insulin as prescribed?
- How do you decide when to take your insulin?
- Do you ever change the amount of insulin you take in order to alter the way you look?

Ask about weight:

- How would you feel if you gained weight?
- How would you feel if you lost weight?
- Do you do anything to lose weight intentionally (restricting, bingeing/purging)?

NEXT STEPS FOR PROVIDERS

Consider the following interventions:

- Hospital admission for medically unstable patients
- Treatment centers that offer treatment for "diabulimia" or disordered eating
- Referral to Adolescent Medicine clinic
- Referral to local eating disorder treatment (Family Based Therapy, CBT, Group Therapy)
- Online resources (FEAST and Beyond Type 1)
- Close monitoring of blood glucose and weight

SIGNS AND SYMPTOMS

- Repeated episodes of DKA
- Elevated HbA1c
- Advanced progression of diabetes related complications (retinopathy, neuropathy)
- Metabolic Imbalance
- Kidney Disease



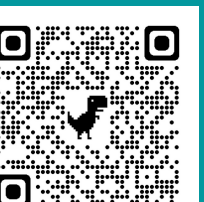
SCREENING TOOLS

- Diabetes Eating Problem Survey-Revised (DEPS-R)
- SCOFF Questionnaire
- Eating Disorder Examination Questionnaire (EDE-Q)

All of these tools are validated in a variety of languages!

PEDIATRIC PSYCHOLOGISTS MAY:

- Use motivational interviewing to encourage change
- Teach calming strategies
- Use CBT to treat mood/anxiety symptoms and develop healthy cognitions about insulin/eating
- Teach problem-solving to address barriers to healthy behaviors
- Coordinate with multidisciplinary providers (e.g., dietician, counselor, MD) regarding diabetes-specific factors affecting mental health treatment
- Refocus attention off of numbers (weight, A1C) and appearance, and toward healthy behaviors
- Partner with caregivers to increase oversight of medical cares





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