

"Eating Disorders: Identifying symptoms, screening tools, and resources."

New York State School Social Workers Association
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Jennifer Dry De Santo BS, MEd
Care Manager



Western NY Comprehensive Care Center for Eating Disorders
University of Rochester School of Nursing



Discussion Topics

- What are the New York State Comprehensive Care Centers for Eating Disorders (NYCCCED) ?
- Identifying signs and behaviors of eating disorders
- Screening tools to assist in identifying an eating disorder

NY State Comprehensive Care Centers for Eating Disorders

- NY State* has three OMH (Office of Mental Health) grant funded programs that offer access and linkage to eating disorder care and resources.
- Between all 3 centers, every county has access to the FREE services, support, treatment, and education that each CCCED offers.

Only US state to offer this model of continuity of care

- Metropolitan Comprehensive Care Center for Eating Disorders (MetroCCCED)
- NorthEast Comprehensive Care Center for Eating Disorders (NECCCED)
- Western NY Comprehensive Care Center for Eating Disorders (WNYCCCED)

Metropolitan Comprehensive Care Center for Eating Disorders (MetroCCCED)

Greater NYC, Westchester, and Hudson Valley

Website:

<https://www.columbiaopsychiatry.org/join-study/research-clinics/eating-disorders-clinic/metropolitan-comprehensive-care-center-eating>

The Outlook @ NY Presbyterian Hospital

Phone: 1-888-694-5700

Website:

<https://www.nyp.org/psychiatry/center-for-eating-disorders/about-the-outlook-at-westchester>

NorthEast Comprehensive Care Center for Eating Disorders (NorthEastCCCED)

Albany / NorthEast Region

Contact Information:

Tammy Colley-Ogden, CTRS, BHS

Maudsley Clinician

Email: ogdent@amc.edu

Cell: 518-253-1265

Fax: 518-262-6303

Website:

<https://www.albanymed.org/specialty/eating-disorders/>

Western NY Comprehensive Care Center for Eating Disorders (WNYCCCED)

WNYCCCED Services offered:

- Care Management
- Parent Peer Mentoring
- Peer Mentoring
- Life Coaching
- Creative Arts Therapy: Art Therapy & Music Therapy
- Project ECHO: School Based and Provider ECHO's

Contact Information:

Jennifer Dry De Santo BS, MEd

Email: jennifer_desanto@urmc.rochester.edu

Website: www.nyeatingdisorders.org

Phone: 585-276-6102



Scoring the EAT-26

Scoring the Eating Attitudes Test® (EAT-26)

The Eating Attitudes Test (EAT-26) has been found to be highly reliable and valid. However the EAT-26 alone does not yield a specific diagnosis of an eating disorder.

Scores greater than 20 indicate a need for further investigation by a qualified professional.

Low scores (below 20) can still be consistent with serious eating problems, as denial of symptoms can be a problem with eating disorders.

Results should be interpreted along with weight history, current BMI (body mass index), and percentage of Ideal Body Weight. Positive responses to the eating disorder behavior questions (questions A through E) may indicate a need for referral in their own right.

EAT-26 Score

Score the 26 items of the EAT-26 according to the following scoring system. Add the scores for all items.

Scoring for Questions 1-25:

Always = 3
Usually = 2
Often = 1
Sometimes = 0
Rarely = 0
Never = 0

Scoring for Question 26:

Always = 0
Usually = 0
Often = 0
Sometimes = 1
Rarely = 2
Never = 3

Garner, Olmsted, Bohr, & Garfinkel, 1982; Lee et al., 2002; Mintz & O'Halloran, 2000)

EAT-26 Translations

Spanish:

Castro, J., Toro, J., Salamero, M., & Guimerá, E. (1991). The Eating Attitudes Test: Validation of the Spanish version. *Evaluación Psicológica*, 7(2), 175-189.

Rivas T, Bersabé R, Jiménez M, Berrocal C. The Eating Attitudes Test (EAT-26): reliability and validity in Spanish female samples. *Span J Psychol*. 2010 Nov;13(2):1044-56. doi: 10.1017/s1138741600002687. PMID: 20977051.

Rivas T, Franco K, Bersabé R, Montiel CB. Spanish version of the eating attitudes test 40: dimensionality, reliability, convergent and criterion validity. *Span J Psychol*. 2013;16:E59. doi: 10.1017/sjp.2013.61. PMID: 24230922

Italian:

Dotti A, Lazzari R. Validation and reliability of the Italian EAT-26. *Eat Weight Disord*. 1998 Dec;3(4):188-94. doi: 10.1007/BF03340009. PMID: 10728170.

French:

Leichner P, Steiger H, Puentes-Neuman G, Perreault M, Gotthel N. Validation d'une échelle d'attitudes alimentaires auprès d'une population québécoise francophone [Validation of an eating attitude scale in a French-speaking Quebec population]. *Can J Psychiatry*. 1994 Feb;39(1):49-54. French. doi: 10.1177/070674379403900110. PMID: 8193998.

web address for EAT downloads: <https://www.eat-26.com/downloads/>

Children's Eating Attitude Test (Maloney et al., 1988, 1989) - widely used in children 8-14 years

	Always	Very often	Often	Sometimes	Rarely	Never
1. I am scared about being overweight.	(3)	(2)	(1)	(0)	(0)	(0)
2. I eat away from eating when I am hungry.	(0)	(0)	(1)	(2)	(3)	(3)
3. I think about food a lot of the time.	(0)	(0)	(1)	(2)	(3)	(3)
4. I never get anything longer when I feel that I might not be able to stop.	(0)	(0)	(1)	(2)	(3)	(3)
5. I eat my food into small pieces.	(0)	(0)	(1)	(2)	(3)	(3)
6. I think about the eating (dieting) content in foods that eat.	(0)	(0)	(1)	(2)	(3)	(3)
7. I try to eat away from foods such as breads, pastas and rice.	(0)	(0)	(1)	(2)	(3)	(3)
8. I feel that others would like the food more.	(0)	(0)	(1)	(2)	(3)	(3)
9. I never eat from a bowl.	(0)	(0)	(1)	(2)	(3)	(3)
10. I feel very guilty after eating.	(0)	(0)	(1)	(2)	(3)	(3)
11. I think I am about wanting to be thinner.	(0)	(0)	(1)	(2)	(3)	(3)
12. I think about burning up energy (exercise) when I exercise.	(0)	(0)	(1)	(2)	(3)	(3)
13. Other people think I am too thin.	(0)	(0)	(1)	(2)	(3)	(3)
14. I think I eat about having fat on my body.	(0)	(0)	(1)	(2)	(3)	(3)
15. I like sugar from others to eat my food.	(0)	(0)	(1)	(2)	(3)	(3)
16. I eat away from foods that have sugar in them.	(0)	(0)	(1)	(2)	(3)	(3)
17. I eat and food.	(0)	(0)	(1)	(2)	(3)	(3)
18. I think that food controls my life.	(0)	(0)	(1)	(2)	(3)	(3)
19. I eat from self control around food.	(0)	(0)	(1)	(2)	(3)	(3)
20. I feel that others pressure me to eat.	(0)	(0)	(1)	(2)	(3)	(3)
21. I get too much time and thought to food.	(0)	(0)	(1)	(2)	(3)	(3)
22. I feel uncomfortable after eating sweets.	(0)	(0)	(1)	(2)	(3)	(3)
23. I have been eating.	(0)	(0)	(1)	(2)	(3)	(3)
24. I like my stomach to be empty.	(0)	(0)	(1)	(2)	(3)	(3)
25. I enjoy trying new, rich foods.	(0)	(0)	(1)	(2)	(3)	(3)
26. I have the urge to control after eating.	(0)	(0)	(1)	(2)	(3)	(3)

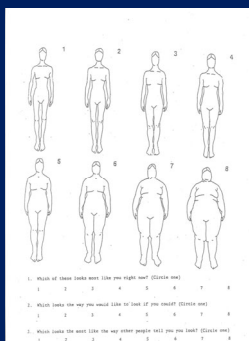
Female & Male Silhouettes

how do I see myself...

...how do others see me

How do I want to look...

female silhouette



male silhouette

Questions for an Interview or Medical History Form

1. Have you had any recent changes in weight?
2. Do you have a history of weight fluctuations?
3. Please note what meals you ate yesterday.
Include type and amount of food at each meal and snack.
Also note if this is a typical pattern of pattern of eating.
4. Do you ever feel like you have eaten too much at one time?
If yes, how many times/week does this occur?
5. Do you ever feel during the above times that you have lost control of eating?
If yes, how many times/week does this occur?

Questions for an Interview or Medical History Form continued...

6. How many minutes per day do you exercise?
7. Have you pushed yourself to exercise when you are injured or tired?
8. Are you getting your period regularly?
What is the date of your last period?
9. Have you spent a lot of time thinking about ways to be skinny?
10. Have you engaged in any activity to change your body weight or shape, such as restricting food intake, fasting, spitting out food, vomiting, using diuretics (water pills), laxatives, diet pills or other behavior? If yes, please note which of these behaviors you have tried and how many times per week you have engaged in the behavior.

Communication with Caregivers

- Share that you want to open lines of communication regarding their child
- Use engaging language- avoid labels, such as eating disorder, disordered eating, as this can be misinterpreted as blaming/judgment/shaming, etc.
- Based on your schools policies, you can use a screening tool as an indicator towards further evaluation
- If further follow up is indicated, the school can facilitate connections with providers to collaborate as a team to support the student/child:

Ideally, this would include:

the caregivers (parents)
school counselor
school nurse
Pediatrician
Therapist
Registered Dietitian
and/or other staff person of the students' choosing*
School Based Project ECHO*

References

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