



Professionals for Eating Disorders

Steps to an accurate ED diagnosis

Information resource by Freed

When is a Diagnosis Done?

A diagnosis is typically considered when persistent patterns of stressful eating behaviors and associated thoughts impact an individual's physical, mental well-being, and daily functioning. It's essential to seek professional help if you or someone you know is experiencing symptoms indicative of an ED.

Who Can Make the Diagnosis?

Only RCI-licensed clinical psychologists and psychiatrists in India can make an accurate ED diagnosis. For more information on the latest RCI updates, click on the link [here!](#)



Physical Evaluations

- Medical assessments to evaluate the impact of the ED on physical health.
- Monitoring weight, and vital signs, and identifying potential health complications.

Psychological Evaluations

- In-depth assessments of thoughts, emotions, and behavioral patterns.
- Identifying triggers, coping mechanisms, and the impact on daily functioning.

Diagnostic Criteria of DSM

- Referencing the Diagnostic and Statistical Manual of Mental Disorders (DSM-5) for standardized criteria.
- Criteria include behaviors such as excessive dieting, binge eating, purging, and body image disturbances.

Drawbacks of DSM-5 in the Indian Context

1. Limited cultural sensitivity: The DSM may not fully account for cultural nuances in diagnosing eating disorders in the Indian context.
2. Certain mental health conditions or symptoms common in India may not be adequately addressed or classified within the existing diagnostic framework, leading to gaps in understanding and treatment.

Upon diagnosis, a collaborative care team, including therapists, dietitians, psychiatrists, and general practitioners, plays a vital role in the treatment process. Treatment may include:

Psychotherapy: Addressing psychological aspects.

Nutritional Counseling: Focusing on balanced eating.

Medication: If necessary for co-occurring conditions.

Support Groups: Enhancing peer support and understanding.

Accurate diagnosis and comprehensive care are integral to the recovery journey. Seeking professional help, understanding the diagnostic process, and fostering a supportive care team are essential steps toward recovery from an eating disorder.

This brochure is intended for informational purposes only and is not a substitute for professional advice. Consult with a healthcare provider or mental health professional for personalized guidance.

