A decorative border of stylized flowers and leaves in orange, yellow, and dark blue/purple, set against a light purple background with wavy lines.

The Impact of COVID-19 on Those Affected by Eating Disorders

Created by: Melanie Bishop, Isabelle Gauthier,
Megan Matthews & Emily Pye

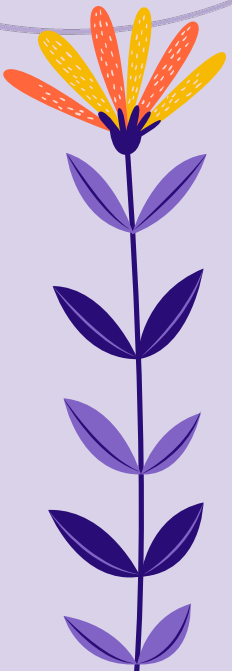
Objectives

1. Discuss the challenges experienced by those affected by eating disorders during the COVID-19 pandemic
2. Discuss the prevalence rate of eating disorders in Canada
3. Identify the main types of eating disorders
4. Analyze trends in the literature concerning eating disorders and COVID-19
5. Discuss information provided by agencies internationally concerning their delivery of services during COVID-19
6. Discuss the importance of using self-screening tools, self-help strategies and online resources during the pandemic






Goal of **Presentation:**



To provide information regarding the impacts of the COVID-19 pandemic on those affected by eating disorders



Prevalence of Eating Disorders

In 2016, an estimated

725,800 to 1,088,700

Canadians met diagnostic criteria of an eating disorder

(The National Initiative for Eating Disorders, 2020)



Common Types of Eating Disorders

The Most Prevalent Eating Disorders:

- Anorexia Nervosa
- Bulimia Nervosa
- Binge Eating Disorders

Other Types of Eating Disorders:

- Avoidant and Restrictive Food Intake Disorder
- Other Specified Feeding or Eating Disorder
- Unspecified Feeding or Eating Disorder

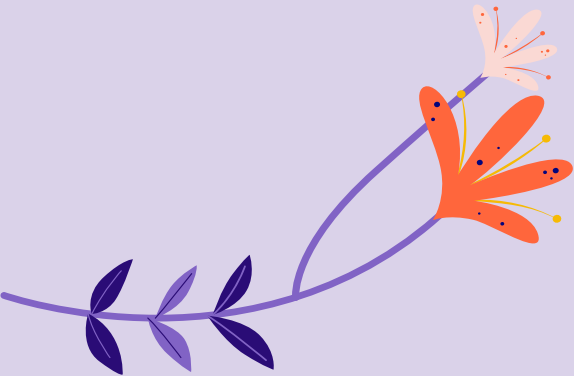
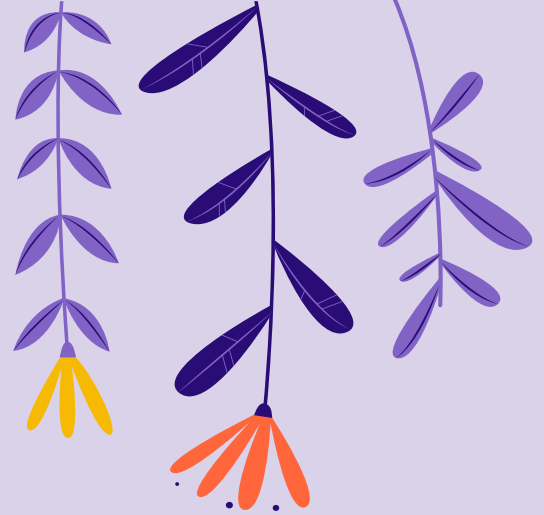


Main Themes: **Current Literature**

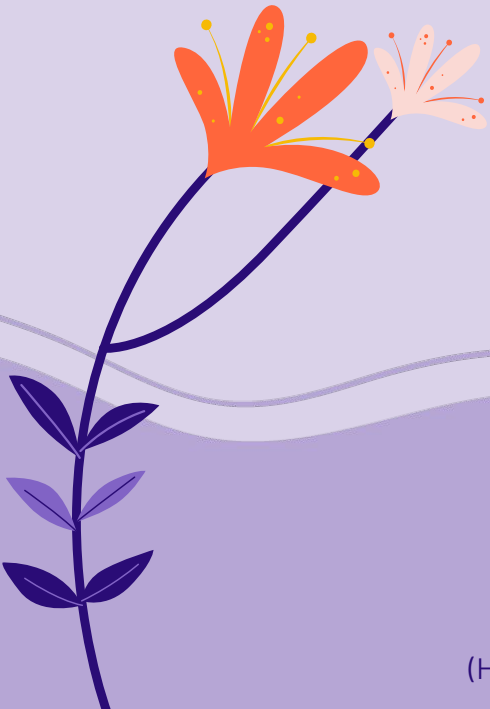
1. How the Pandemic is Shaping the Reality of Those Affected by Eating Disorders

2. Transition to TeleMedicine

3. Influence of Social Media



1. How the Pandemic is Shaping the Reality of Eating Disorders

- 
- Disruption of daily routines
 - Environments non-conducive to their ability to recover or stay in remission
 - A general change to their overall mental health

2. The Transition to Telemedicine



- Strengths:
 - Public anxiety
 - Fear of contracting the virus in public areas
- Challenges:
 - Technical issues/lack of knowledge about technology
 - Privacy concerns
 - Physical assessment

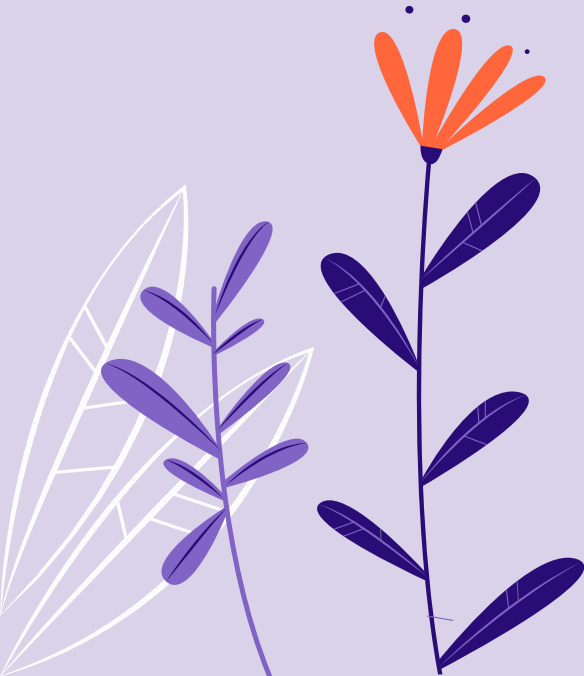
3. The Influence of Social Media

- More time to spend on social media
- Increase in exposure to unhealthy fitness programs, unsustainable fad diets, unrealistic body image expectations and fatism culture
- Easy access to resources that require little to no expertise



Reflection:

What are some other ways that you think the COVID-19 pandemic has impacted the lives of individuals and families experiencing an eating disorder?



Agencies Around **The World**



Sheena's Place
Toronto, ON

**Ophelia's Place & The
Every Body is Beautiful
Project**
Liverpool, NY



**Community-Based
Services for Body Image
and Eating Disorders**
Israel

Self-Screening Tool: "EAT-26"

This online self-screening tool helps individuals identify if they are at risk or are experiencing an eating disorder

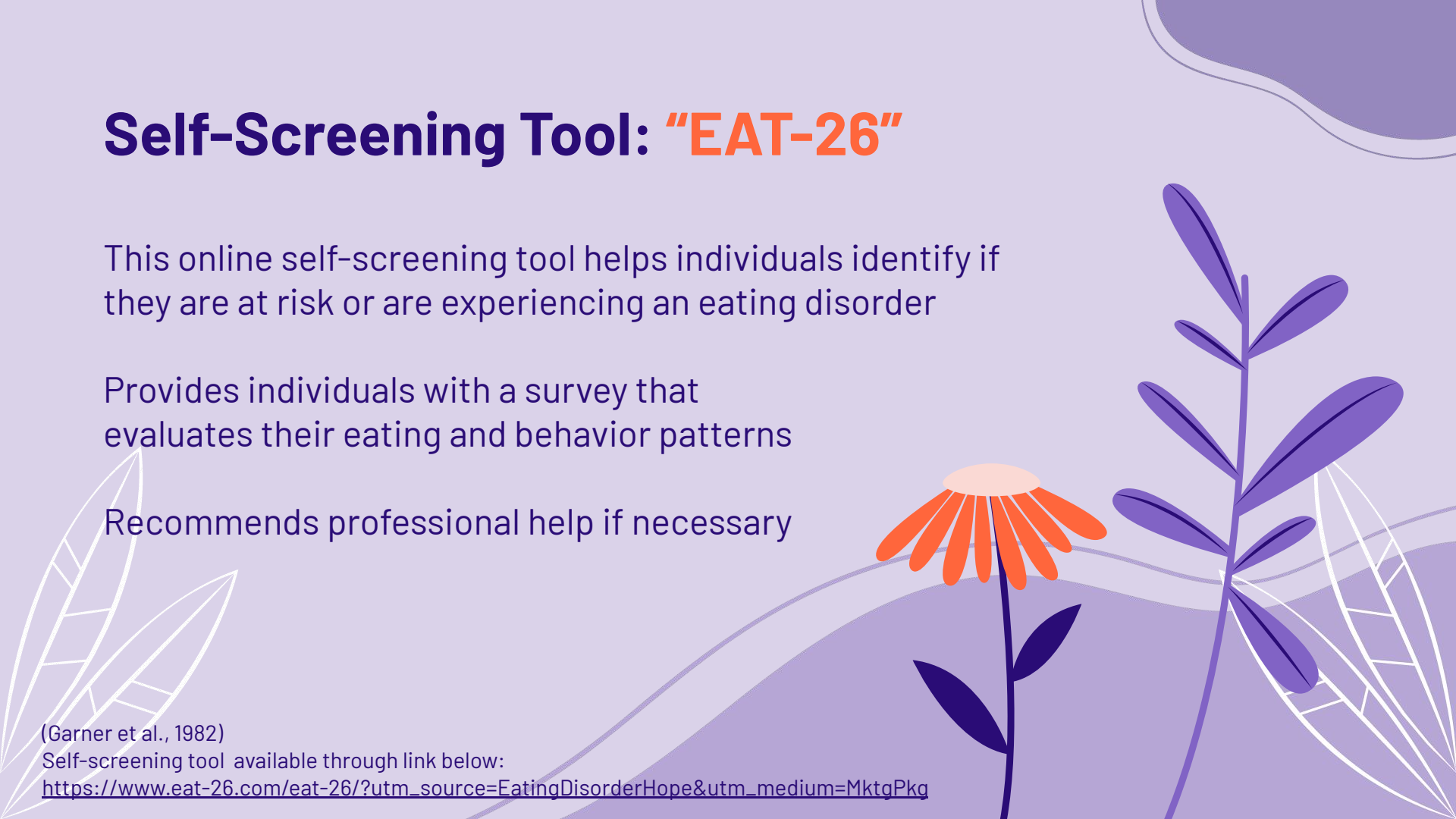
Provides individuals with a survey that evaluates their eating and behavior patterns

Recommends professional help if necessary

(Garner et al., 1982)

Self-screening tool available through link below:

https://www.eat-26.com/eat-26/?utm_source=EatingDisorderHope&utm_medium=MktgPkg



Coping Strategies

- Creative journaling
- Free online yoga
- Meditation
- Mindfulness
- 5,4,3,2,1 grounding exercises
- Breathing techniques

- Self-help apps (ie: Headspace)
- Mechanical eating
- Going outside
- Disconnect from social media
- Motivational blogs
- Health anxiety workbook

Tips for Family Members

- 1) Avoid focusing directly on food or eating habits
- 2) Be mindful of your own beliefs surrounding food and body image
- 3) Never force them to eat or trick them into eating
- 4) Avoid reacting to their comments about their own body image or body goals
- 5) Respect their privacy while also encouraging help-seeking
- 6) Initiate family counselling
- 7) Set boundaries and make sure to support yourself



Additional Resources for Anyone Struggling with Disordered Eating



- **"Resources"**
<https://nedic.ca/resources/>
- **"Eating Disorders and Coronavirus"**
<https://www.beateatingdisorders.org.uk/coronavirus>
- **"Covid-19 Care Series"**
<https://www.youtube.com/playlist?list=PLwKIJv1-9RYE4eDXHuCryt7iNFiFX5qIV>
- **"Eating Disorders, Self Regulation and Mentalization"**
<https://clinicaltrials.gov/ct2/show/NCT0443363>

Additional Resources for Anyone Struggling with Disordered Eating



- **"Eating disorders during the COVID-19 pandemic and quarantine: an overview of risks and recommendations for treatment and early intervention"**
<https://www.tandfonline.com/doi/full/10.1080/10640266.2020.1790271>
- **"Access to evidence-based care for eating disorders during the COVID-19 crisis"**
<https://onlinelibrary.wiley.com/doi/epdf/10.1002/eat.23279>
- **"Canadian Eating Disorders Strategy"**
https://nedic.ca/media/uploaded/Canadian_Eating_Disorders_Strategy_2019-2029_-_dps_-_ENG.pdf

Eating Disorder Foundation of Newfoundland and Labrador



- Wide variety of services
- Information and education resources
- HOPE program
- Scholarships and awards
- Educated and dedicated staff

Coping Throughout the Pandemic:

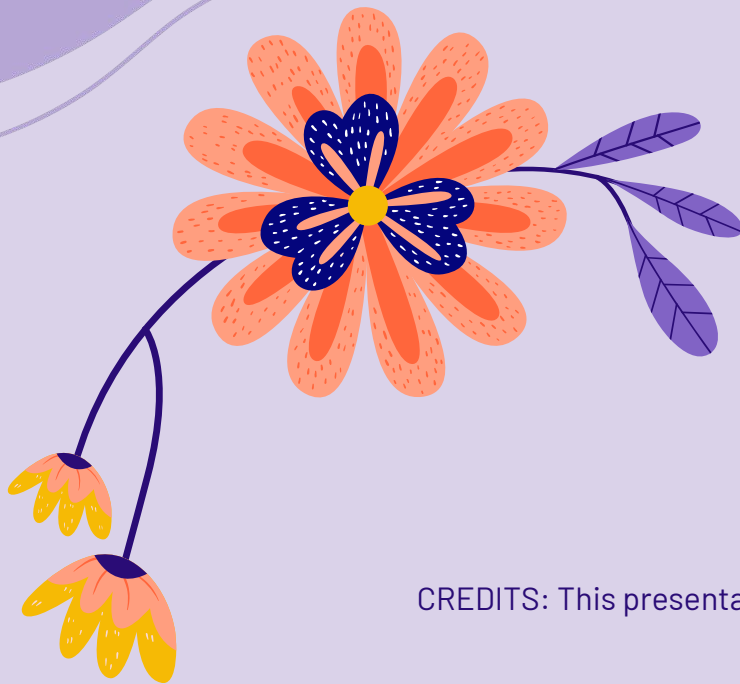
- Transition to online services
- Online fundraising
- Adjusting to new technology (ie: Zoom)



The Carnell Building
13-15 Pippy Place, St. John's, NL
Tel: 709-722-0500
Email: info@edfnl.ca

Summary of **Main Points...**

- Unique challenges faced by those affected by eating disorders
- Self-help techniques and online screening tools
- Collaboration among organizations and staff
- Ever-changing information and research



THANKS!



@eatingdisorderfoundationnl



@eatingdisorderfoundationnl



@edfnl

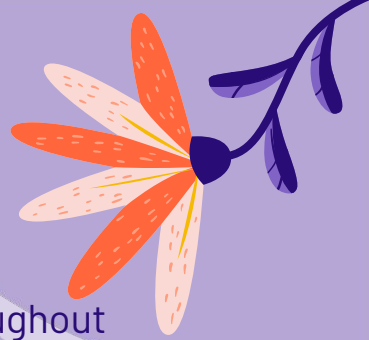
CREDITS: This presentation template was created by Slidesgo, including icons by Flaticon, and infographics & images by Freepik

**Questions, Comments,
Concerns?**



Copyright

We would like to credit SlidesGo for the slideshow template and graphics used throughout this presentation (<https://slidesgo.com/>).



References

- Barney, A., Buckelew, S., Mesheriakova, V., & Raymond-Flesch, M. (2020). The COVID-19 pandemic and rapid implementation of adolescent and young adult telemedicine: Challenges and opportunities for innovation. *Journal of Adolescent Health*, 67, 164–171. <https://doi.org/10.1016/j.jadohealth.2020.05.006>
- Beat Eating Disorders. (2020). *Eating Disorders and Coronavirus*. Retrieved from <https://www.beateatingdisorders.org.uk/coronavirus>.
- Canadian Mental Health Association (CMHA). (2020). Eating Disorders. *How Can I Help a Loved One?* Retrieved from: <https://cmha.ca/mental-health/understanding-mental-illness/eating-disorders>
- Carlson, J. L., & Goldstein, R. (2020). Using the electronic health record to conduct adolescent telehealth visits in the time of COVID-19. *Journal of Adolescent Health*, 67, 157–158. <https://doi.org/10.1016/j.jadohealth.2020.05.022>
- Cooper, M., Reilly, E., Siegel, J., Coniglio, K., Sadeh-Sharvit, S., Pisetsky, E., & Anderson, L. (2020). Eating disorders during the COVID-19 pandemic and quarantine: an overview of risks and recommendations for treatment and early intervention. *The Journal of Treatment and Prevention*. <https://doi.org/10.1080/10640266.2020.1790271>

References

- Davis, C., Chong Ng, K., Yin Oh, J., Baeg, A., Rajasegaran, K., & Chew, C. S. E. (2020). Caring for children and adolescents with eating disorders in the current Coronavirus 19 pandemic: A Singapore perspective. *Journal of Adolescent Health*, 67, 131-134. <https://doi.org/10.1016/j.jadohealth.2020.03.037>
- Fernández-Aranda F., Casas M., Claes L., Bryan D.C., Favaro A., Granero R., & Le Grange D. (2020). COVID-19 and implications for eating disorders. *International Journal of Eating Disorders*, 28, 239-245. <https://doi.org/10.1002/erv.2738>
- Garner, D.M., Olmsted, M.P., Bohr, Y., Garfinkel, P.E. (1982). The Eating Attitudes Test: psychometric features and clinical correlates. *Psychological Medicine*, 12(4), 871-878. <https://doi.org/10.1017/S0033291700049163>
- Halter, M.J., Pollard, C.L., Jakubec, S.L. (2019). Varcrolis's Canadian Psychiatric Mental Health Nursing. A *Clinical Approach*. Canadian Second Edition.
- Keel, P. K., Gomez, M. M., Harris, L., Kennedy, G. A., Ribeiro, J., & Joiner, T. E. (2020). Gaining "The Quarantine 15:" Perceived versus observed weight changes in college students in the wake of COVID -19. *International Journal of Eating Disorders*, 1-8. <https://doi.org/10.1002/eat.23375>

References

Matheson, B. E., Bohon, C., & Lock, J. (2020). Family-based treatment via videoconference: Clinical recommendations for treatment providers during COVID-19 and beyond. *International Journal of Eating Disorders*, 53, 1142-1154.

<https://doi.org/10.1002/eat.23326>

Phillipou, A., Meyer, D., Neill, E., Tan, E. J., Toh, W. L., & Van Rheenen, T. E. (2020). Eating and exercise behaviors in eating disorders and the general population during the COVID-19 pandemic in Australia: Initial results from the COLLATE project. *International Journal of Eating Disorders*, 53, 1158-1165. <https://doi.org/10.1002/eat.23317>

Rodgers, R.F., Lombardo, C., Cerolini, S., Franko, D.L., Omori, M., Fuller-Tyszkiewiza, M., Linardon, J., Courtet, P., Guillaume, S. (2020). The impact of the COVID-19 pandemic on eating disorder risk and symptoms. *International Journal of Eating Disorders*, 53, 1166-1170. <https://doi.org/10.1002/eat.23318>

Santarossa, S., & Woodruff, S.J. (2017). #SocialMedia: Exploring the relationship of social networking sites on body image, self-esteem, and eating disorders. *Sage Pub Journals*. <https://doi.org/10.1177/2056305117704407>

References

Schlegl, S., Maier, J., Meule, A., & Voderholzer, U. (2020). Eating disorders in the times of the COVID-19 pandemic – Results from an online survey of patients with anorexia nervosa. *International Journal of Eating Disorders*.

<http://doi.org/10.1002/eat.23374>

Termorshuizen, J. D., Watson, H. J., Thornton, L. M., Borg, S., Flatt, R. E., MacDermid, C. M., Harper, L. E., van Furth, E. F., Peat, C. M., & Bulik, C. M. (2020). Early impact of COVID -19 on individuals with self-reported eating disorders: A survey of ~1,000 individuals in the United States and the Netherlands. *International Journal of Eating Disorders*.

<https://doi.org/10.1002/eat.23353y>

The National Eating Disorder Information Centre. (2020). Retrieved from <https://nedic.ca/>

References

- Waller, G., Pugh, M., Mulkens, S., Moore, E., Mountford, V. A., Carter, J., Wicksteed, A., Maharaj, A., Wade, T. D., Wisniewski, L., Farrell, N. R., Raykos, B., Jorgensen, S., Evans, J., Thomas, J. J., Osenk, I., Paddock, C., Bohrer, B., Anderson ... Smit, V. (2020). Cognitive-Behavioral therapy in the time of Coronavirus: Clinician tips for working with eating disorders via telehealth when face-to-face meetings are not possible. *International Journal of Eating Disorders*, 53, 1132-1141. <https://doi.org/10.1002/eat.23389>
- Weissman, R. S., Bauer, S., & Thomas, J. J. (2020). Access to evidence-based care for eating disorders during the COVID-19 crisis. *International Journal of Eating Disorders*, 53, 639-646. <https://doi.org/10.1002/eat.23279>