

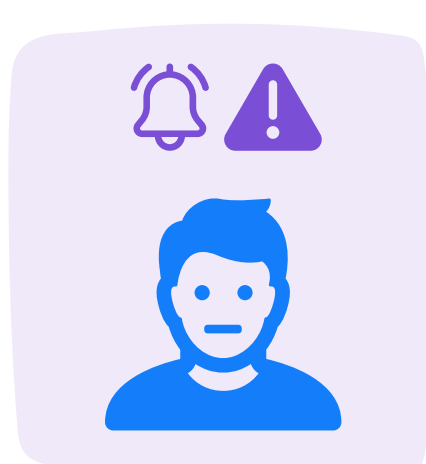
Are Anxiety and Eating/Feeding Disorders Related?

THE DIFFERENCE BETWEEN

ANXIETY, ANXIETY DISORDERS, EATING DISORDERS, AND FEEDING DISORDERS

ANXIETY

is our body's 'alarm system' to warn us of a potential danger in our environment. Anxiety can become a problem when it continues to show up when there is no real danger, and stops you from doing the things you enjoy.

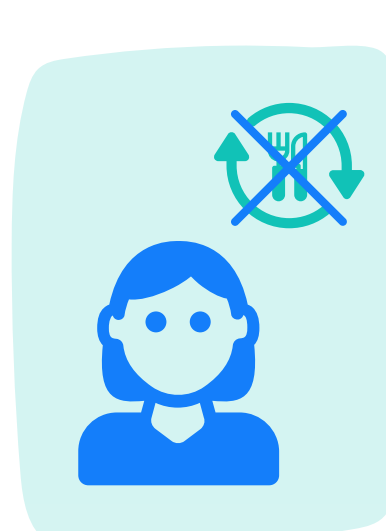
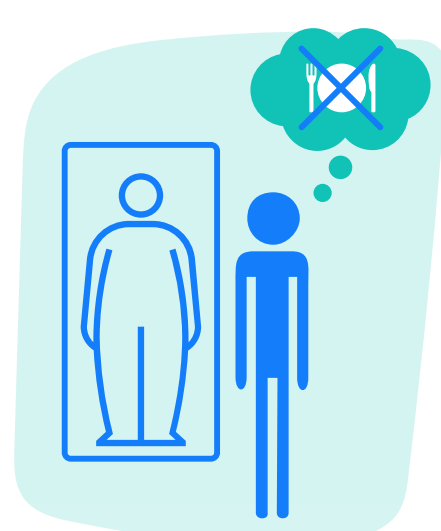


ANXIETY DISORDERS

are a group of mental illnesses that involve extreme levels of fear or worry.

EATING DISORDERS

are complex mental illnesses that also have physical impact on the body. They include a range of thoughts and behaviours, like worry about the size and shape of one's body, that negatively impact a person's health and quality of life.

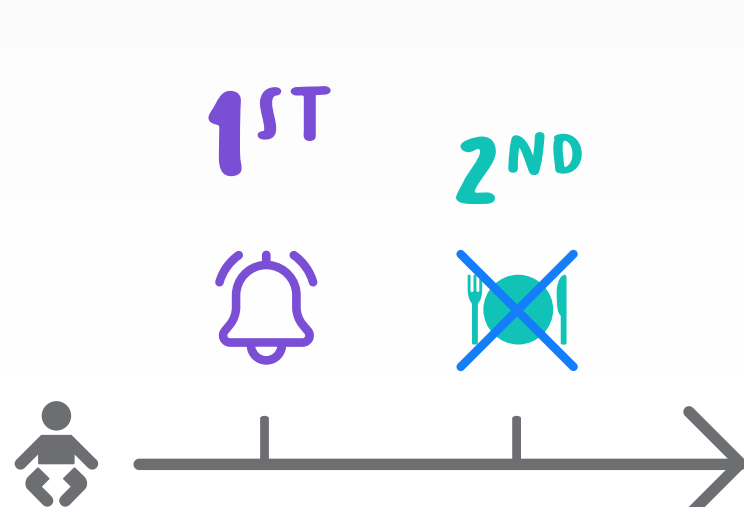


FEEDING DISORDERS

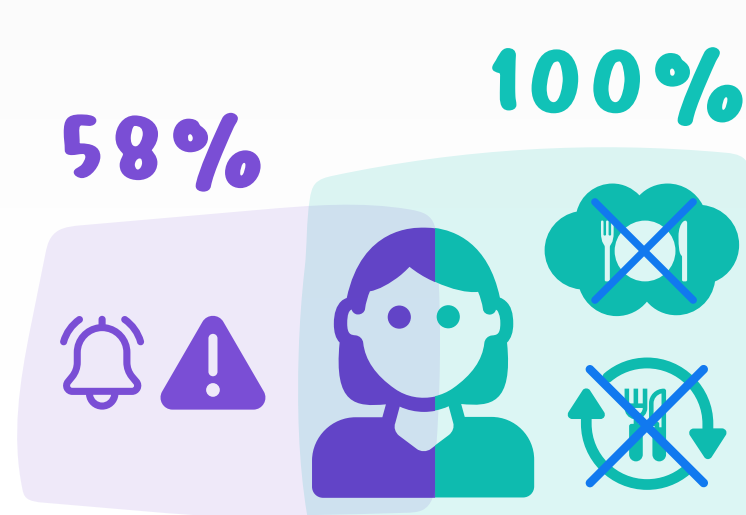
are similar to eating disorders in that they affect a person's thoughts and behaviours around food and can have serious negative consequences on a person's health and quality of life. Unlike eating disorders, feeding disorder behaviours are not related to a person's desire to change their body shape or weight.

WHAT WE KNOW

STATISTICS AND RESEARCH FINDINGS

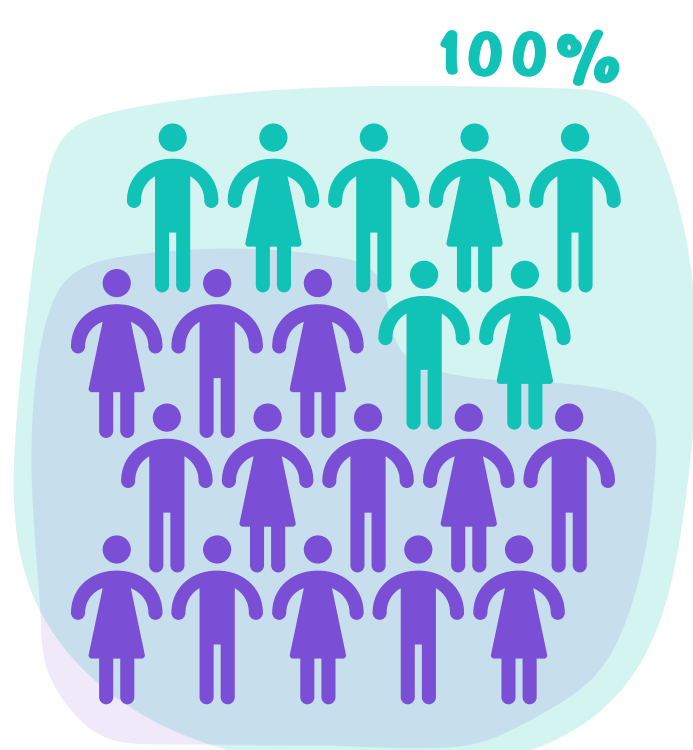


In most cases (47-94% of the time), anxiety symptoms show up before eating disorder symptoms.

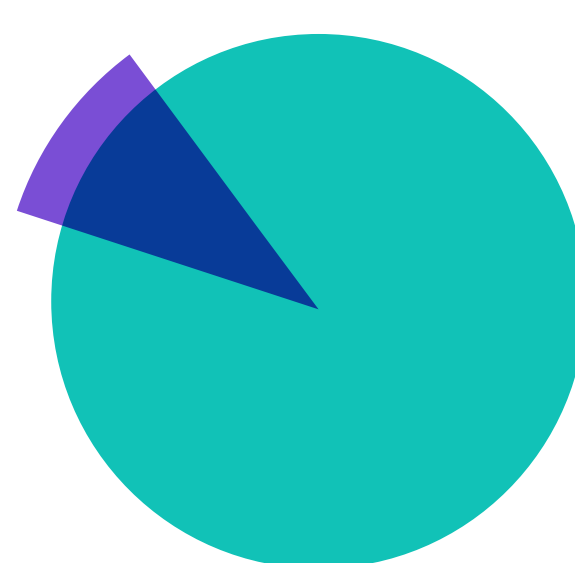


Anxiety is more common among those with feeding disorders than eating disorders:

58% of people with avoidant and restrictive food intake disorder (ARFID) also have an anxiety disorder.



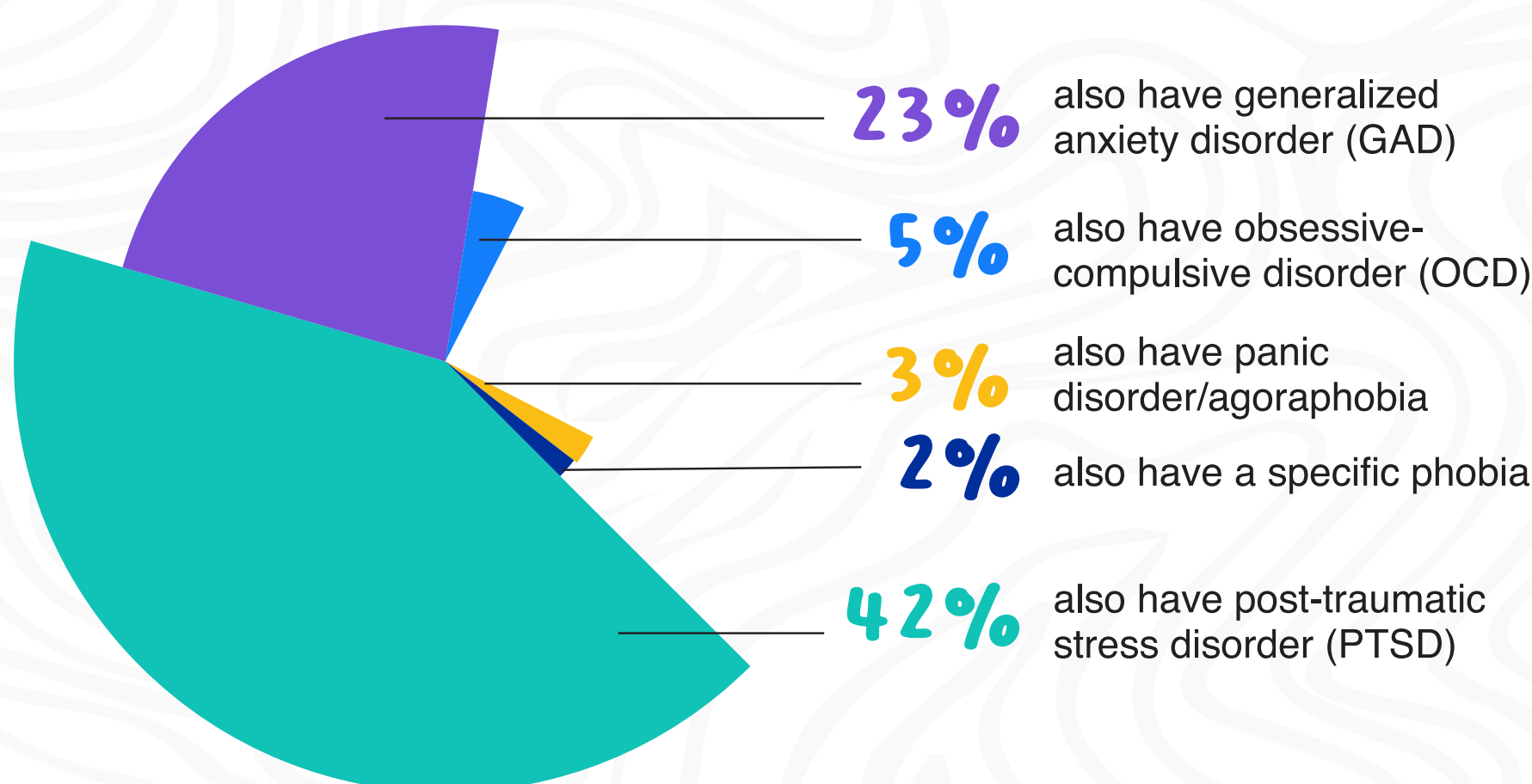
It's estimated that 24-65% of people with an eating disorder also have an anxiety disorder.



13.5%

of women in treatment for an eating disorder meet the requirements for an anxiety disorder.

OF THOSE WHO HAVE AN EATING DISORDER:



23% also have generalized anxiety disorder (GAD)

5% also have obsessive-compulsive disorder (OCD)

3% also have panic disorder/agoraphobia

2% also have a specific phobia

42% also have post-traumatic stress disorder (PTSD)

COMMON RISK FACTORS AND FEATURES

THINGS TO WATCH OUT FOR

BIOLOGICAL FACTORS

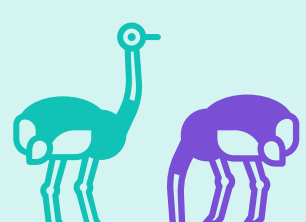


A parent who has anxiety or obsessive-compulsive disorder

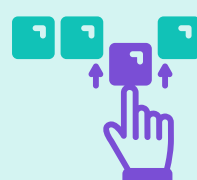


Early puberty

PERSONALITY FACTORS



A personality profile that focuses on avoiding harm



Perfectionism

COGNITIVE/BEHAVIORAL FACTORS



Imagining the worst-case scenario



Inability to handle uncertainty

OVERTHINKING



Sensitivity to physical sensations



Avoiding tough emotions

FAMILY FACTORS



Family problems



Overprotective or controlling parents



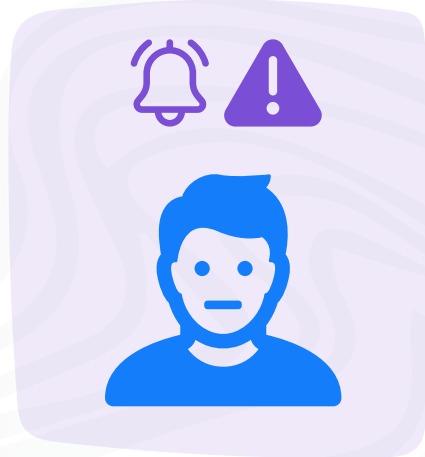
Hostile parenting style

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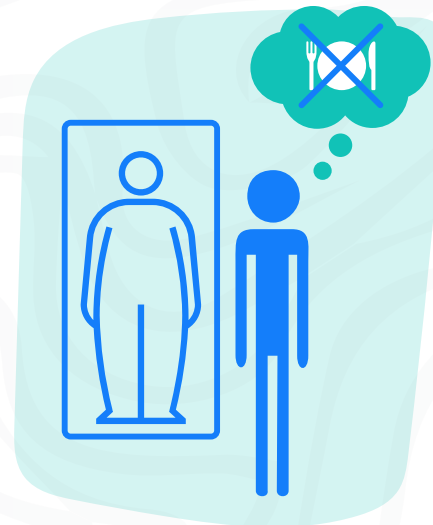


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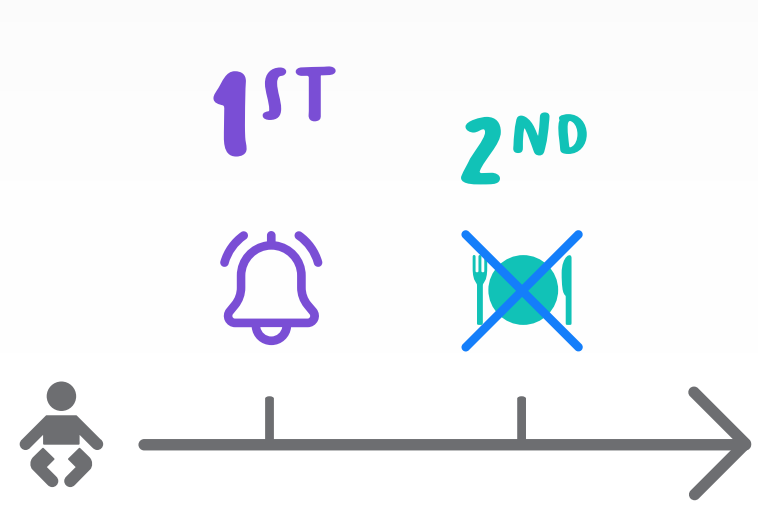


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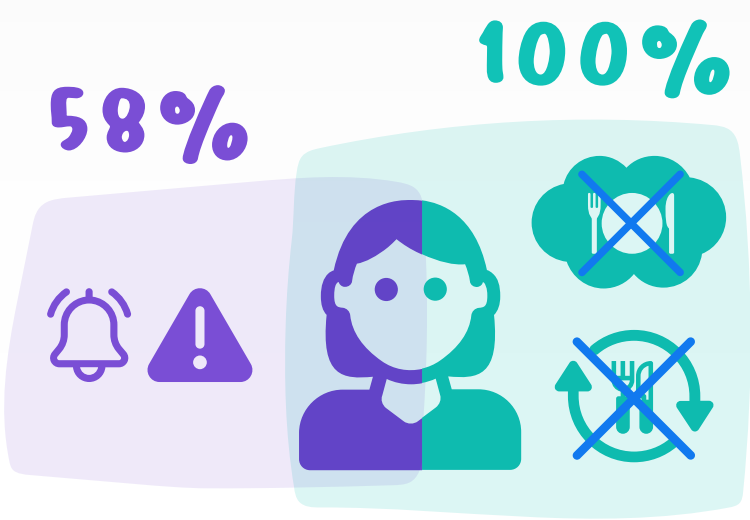
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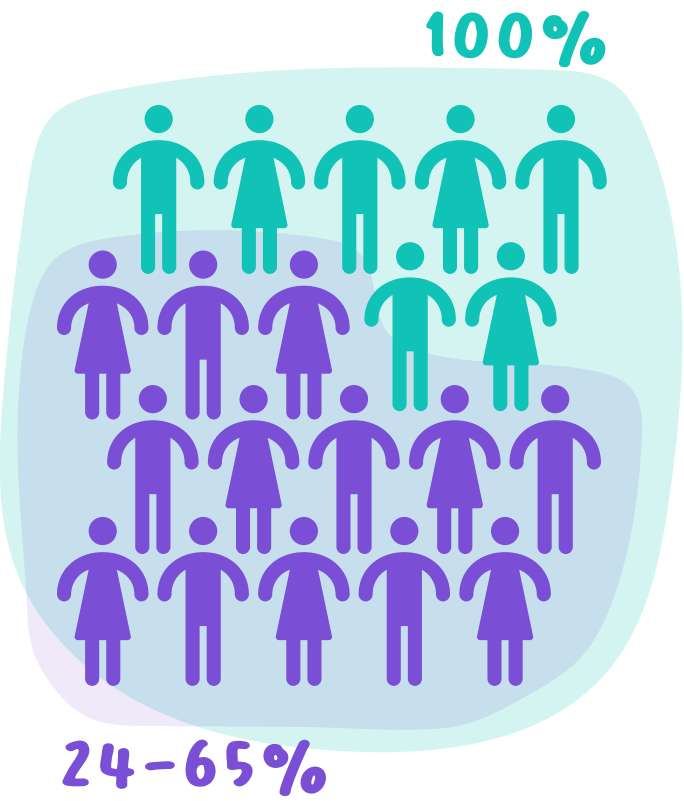


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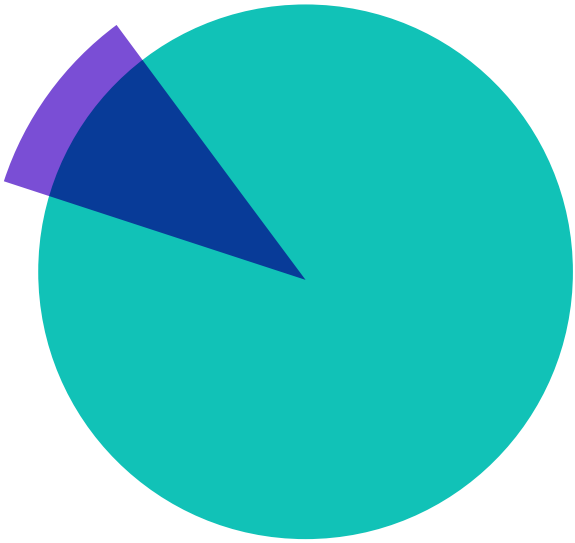


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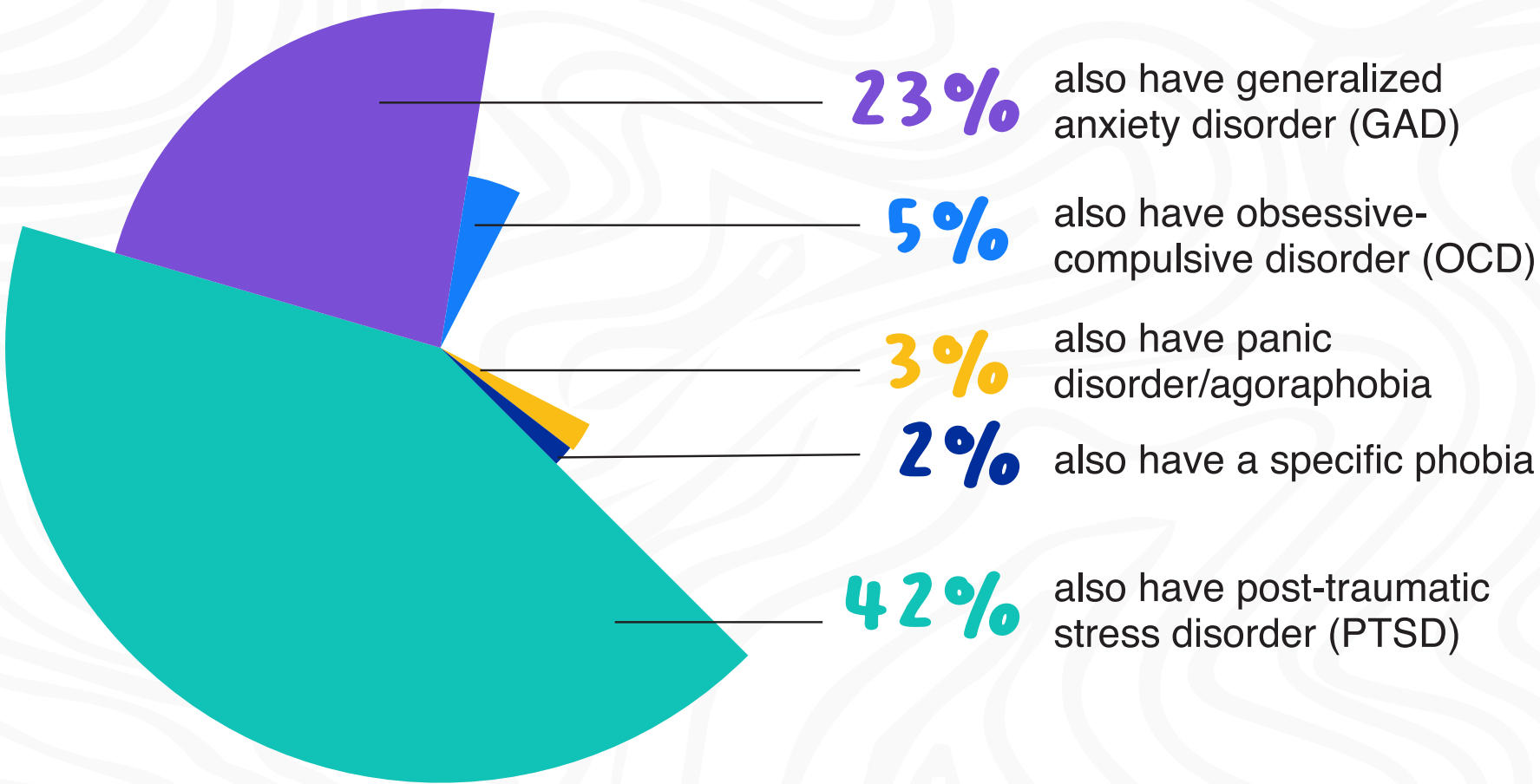


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OF THOSE WHO HAVE AN EATING DISORDER:



Anxiety
CANADA



jessie's legacy
EATING DISORDERS PREVENTION + AWARENESS
A Family Services of the North Shore program



COMMON RISK FACTORS AND FEATURES

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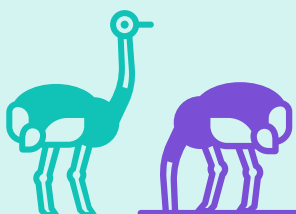


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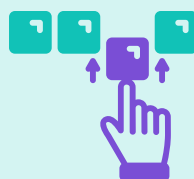


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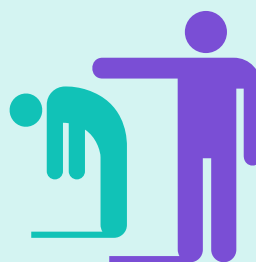
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