

# How can we help manage eating disorders?

November 24 2014

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These guidelines are for the clinical management of eating disorders. They are intended to provide current evidence based guidance on the assessment and treatment of people with eating disorders by psychiatrists and other health professionals in the Australian and New Zealand context and includes identifying further research needs.

The first of these Guidelines, written by a series of expert Advisory Panels, and endorsed by the Royal Australian and New Zealand College of Psychiatrists, is now available online [here](#).

Why are these Guidelines so important?

- These are the first guidelines to incorporate DSM-5 and the new disorder of ARFID
- They include consideration of recovery-orientated practice
- A special focus on anorexia nervosa, clearly showing the significant progress made in evidence-based treatments especially with specialist psychological therapies. The Guidelines look at the condition across the lifespan, and feature a section on severe and enduring cases.
- The Guidelines are evidence-based, multidisciplinary, and have been compiled with extensive community and stakeholder consultation.

Provided by SAGE Publications

Citation: How can we help manage eating disorders? (2014, November 24) retrieved 10 April 2024 from <https://medicalxpress.com/news/2014-11-disorders.html>

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