

# Many teens with type 1 diabetes report disordered eating

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(HealthDay)—High rates of body dissatisfaction and disordered eating

behaviors (DEB) are reported by adolescents with type 1 diabetes, particularly females, according to a study published online Aug. 30 in the *International Journal of Eating Disorders*.

Emanuala Araia, from Deakin University in Australia, and colleagues used data from a national online survey (Diabetes Eating Problem Survey-Revised [DEPS-R]) of 477 adolescents (aged 13 to 19 years) with type 1 diabetes for at least one year. Four hundred thirty-one participants also completed the Body Mass Index Silhouette Matching Test (BMI-SMT).

The researchers found that the DEPS-R total score was higher for females than males and that females' scores increased with age. There was a moderate association between BMI, HbA1C, insulin omission, and binge eating frequency and DEPS-R scores for both genders. Eighty-eight percent of [females](#) wanted to be thinner on the BMI-SMT, while 76 percent of males reported body dissatisfaction—though just 43 percent of them expressed a desire for thinness. DEPS-R was positively associated with the discrepancy between perceived actual and ideal [body](#) size for both genders.

"Given the high levels of self-reported DEB and gender-based patterns of [body dissatisfaction](#), future research needs to examine the effectiveness of routine screening of DEB and consider implementation of stepped care approaches," conclude the authors.

**More information:** [Abstract](#)  
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