

# Lower microbial diversity in the gut in anorexia nervosa

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(HealthDay)—Females with anorexia nervosa (AN) have lower gut

microbial diversity, according to a study published online Nov. 13 in the *International Journal of Eating Disorders*.

Sabrina Mörkl, M.D., from the University of Graz in Austria, and colleagues included 106 female patients in a cross-sectional study: 18 with AN, 20 athletes, 26 normal-weight, 22 overweight, and 20 [obese women](#). DNA was extracted from stool samples and 16S rRNA gene analysis was performed.

The researchers found that patients with AN and obese participants had lower alpha [diversity](#) compared with other groups, while the highest alpha diversity was seen for athletes. Significant associations were identified for several categories with community structure: body fat parameters, serum lipids, C-reactive protein, depression scales, and smoking. In comparative analysis, *Coriobacteriaceae* was the only enriched phylotype in AN versus other entities.

"This study provides further evidence of intestinal dysbiosis in AN and sheds light on characteristics of the [gut microbiome](#) in different body mass index and physical activity groups," the authors write. "These insights point to new modulation possibilities of the [gut microbiota](#) which could improve the standard therapy of AN."

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