# Article information:

Burden and health-related quality of life of eating disorders, including Avoidant/Restrictive Food Intake Disorder (ARFID), in the Australian population | Journal of Eating Disorders | Full Text
<https://jeatdisord.biomedcentral.com/articles/10.1186/s40337-017-0149-z>

# Article summary:

1. The prevalence of full spectrum eating disorders, including Avoidant/Restrictive Food Intake Disorder (ARFID), is less common than Other Specified Feeding or Eating Disorder (OSFED) or Unspecified Feeding or Eating Disorder (UFED) in the Australian population.

2. Individuals with ARFID and bulimia nervosa have lower role performance and poor mental health-related quality of life compared to those without an eating disorder.

3. Eating disorders are represented throughout sociodemographic groups, including men, socio-economically disadvantaged groups, and those with obesity.

# Article rating:

May be slightly imbalanced: The article presents the information in a generally reliable way, but there are minor points of consideration that could be explored further or claims that are not fully backed by appropriate evidence. Some perspectives may also be omitted, and you are encouraged to use the research topics section to explore the topic further.

# Article analysis:

The article "Burden and health-related quality of life of eating disorders, including Avoidant/Restrictive Food Intake Disorder (ARFID), in the Australian population" provides a comprehensive analysis of the prevalence and impact of eating disorders in Australia. The study is based on two sequential population-based surveys conducted in 2014 and 2015, which included individuals aged over 15 years.

The article presents a detailed overview of the prevalence rates for different types of eating disorders, including anorexia nervosa, bulimia nervosa, BED, ARFID, OSFED, and UFED. The study found that while full-spectrum eating disorders were less common than OSFED or UFED, they were associated with poor mental HRQoL and significant functional impairment. The authors also note that eating disorders are represented throughout sociodemographic groups and those with bulimia nervosa and BED-broad had mean weight (BMI, kg/m2) in the obese range.

One potential bias in this study is that it only focuses on the Australian population. Therefore, it may not be generalizable to other populations or countries. Additionally, the study relies on self-reported data from participants which may be subject to recall bias or social desirability bias.

Another limitation is that the study does not explore potential causes or risk factors for developing eating disorders. This information could provide valuable insights into prevention strategies or early intervention programs.

Overall, this article provides important insights into the prevalence and impact of eating disorders in Australia. However, further research is needed to explore potential causes and risk factors for these conditions.

# Topics for further research:

* Risk factors for developing eating disorders
* Prevention strategies for eating disorders
* Cross-cultural prevalence rates of eating disorders
* Impact of eating disorders on physical health
* Comorbid mental health conditions associated with eating disorders
* Effectiveness of different treatment approaches for eating disorders

# Report location:

<https://www.fullpicture.app/item/8e3f193319ede2bafea831a1ac28d07d>