Eating Disorders & Borderline Personality Disorder

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- Dr. Javaras holds shares in Centene Corporation and Sanofi
Today’s Discussion

I. Overview of Eating Disorders
   - Co-occurring with borderline personality disorder

II. Treatment of Eating Disorders
   - Co-occurring with borderline personality disorder

III. How to Help

IV. Resources
Part I

Overview of Eating Disorders
Eating Disorders

For more on eating disorder myths:
Eating Disorders

Disordered Eating

- Wide range of unhealthy eating behaviors and attitudes toward food/eating and weight/shape
Eating Disorders

RESTRICTED EATING
- Skipping meals
- Eating only low-calorie foods
- Eating only at certain times

BINGE EATING
- Eating large amounts in a short period of time, with a sense of loss of control

NON-PURGING (COMPENSATION)
- Fasting
- Excessive/compulsive exercise

PURGING (COMPENSATION)
- Vomiting
- Laxatives
- Diuretics
- Insulin misuse

UNHEALTHY EATING BEHAVIORS
Eating Disorders

FOOD/EATING ATTITUDES
- Good versus bad foods
- Rigid eating rules

WEIGHT/SHAPE ATTITUDES
- Weight/shape and value
- Weight/shape and happiness
- Distorted body image

UNHEALTHY ATTITUDES
Eating Disorders

Unhealthy Eating Behaviors

Unhealthy Eating & Weight Attitudes
Eating Disorders

• Persistent disturbance in eating or eating-related behaviors . . . that significantly impairs physical health or psychosocial functioning (DSM-5, APA, 2013)
Eating Disorders

DSM-5 (APA, 2013)

OSFED = Other Specified Feeding or Eating Disorder
USFED = Unspecified Feeding or Eating Disorder
Eating Disorders

Anorexia Nervosa

Fear of (or persistent efforts to avoid) weight gain despite significantly low body weight

Anorexia Nervosa
• Full criteria

OSFED: Atypical Anorexia Nervosa
• All criteria except weight
Eating Disorders

Bulimia Nervosa

Recurrent episodes of binge eating and compensatory behavior in the context of overvaluation of weight/shape

Bulimia Nervosa
- Full criteria

OSFED: Bulimia Nervosa
- All criteria except lesser frequency/duration
Eating Disorders

Binge-Eating Disorder

Recurrent and distressing episodes of binge eating in the absence of regular compensatory behavior

Binge-Eating Disorder
• Full criteria

OSFED: Binge-Eating Disorder
• All criteria except lesser frequency/duration
Eating Disorders

Purging Disorder

Recurrent episodes of purging in the absence of regular binge eating

OSFED: Purging Disorder
Eating Disorders

Unspecified Feeding or Eating Disorder

*Disordered eating behaviors that don’t meet criteria for other eating disorders but cause significant distress or impairment in social, occupational, or other domains*
Eating Disorders

Transition Between Eating Disorders

- USFED
- OSFED: Purging Disorder
- OSFED: Binge-Eating Disorder
- OSFED: Bulimia
- Bulimia Nervosa
- Anorexia Nervosa
Eating Disorders and Borderline Personality Disorder

How Many Patients with Eating Disorders Have BPD?

- Anorexia Nervosa
- Bulimia Nervosa
- Binge-Eating Disorder

- Doesn't have borderline personality disorder
- Also has borderline personality disorder
Eating Disorders

Eating Disorders and Borderline Personality Disorder

How Many Patients With BPD Have Eating Disorders?

- Hasn't had eating disorder in lifetime
- Also has had eating disorder in lifetime

Borderline Personality Disorder
Part II

Treatment of Eating Disorders
# Treatment

## Intervention Type

<table>
<thead>
<tr>
<th>Type</th>
<th>Anorexia Nervosa</th>
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</thead>
<tbody>
<tr>
<td>Therapy</td>
<td><strong>Adolescents:</strong></td>
</tr>
<tr>
<td></td>
<td>• Family-based therapy (conjoint or separate)*</td>
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<td></td>
<td><strong>Adults:</strong></td>
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<tr>
<td></td>
<td>• Specialist supportive clinical management</td>
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<td></td>
<td>• Cognitive behavior therapy for ED</td>
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<td></td>
<td>• Psychodynamic/psychoanalytic therapy</td>
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<tr>
<td>Medication</td>
<td>• Atypical antipsychotics (e.g., olanzapine)?</td>
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</tbody>
</table>

**Notes:**
- ED = Eating disorders
- * Considerable evidence for efficacy
- ? Inconsistent evidence for efficacy
## Treatment

<table>
<thead>
<tr>
<th>Intervention Type</th>
<th>Bulimia Nervosa</th>
<th>Binge-Eating Disorder</th>
</tr>
</thead>
<tbody>
<tr>
<td>Therapy</td>
<td><strong>Adolescent:</strong></td>
<td>• Cognitive behavior therapy for ED*&lt;br&gt;• Interpersonal therapy&lt;br&gt;• Dialectical behavior therapy for BE&lt;br&gt;• Mindfulness-based therapy for BE</td>
</tr>
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<td></td>
<td>• Family-based therapy</td>
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<td></td>
<td><strong>Adult:</strong></td>
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<tr>
<td></td>
<td>• Cognitive behavior therapy for ED*&lt;br&gt;• Interpersonal therapy&lt;br&gt;• Dialectical behavior therapy for BE&lt;br&gt;• Integrated cognitive-affective therapy</td>
<td></td>
</tr>
<tr>
<td>Medication</td>
<td>• Antidepressants* (e.g., fluoxetine&lt;sup&gt;a&lt;/sup&gt;)</td>
<td>• 2&lt;sup&gt;nd&lt;/sup&gt; generation antidepressants*&lt;br&gt;• Lisdexamfetamine*&lt;sup&gt;a&lt;/sup&gt;&lt;br&gt;• Topiramate*</td>
</tr>
</tbody>
</table>

**Notes:**
ED = Eating disorders; BE = Binge eating
* More evidence for efficacy
<sup>a</sup> FDA approved
Cognitive Behavior Therapy for ED

- Over-evaluation of shape and weight and their control
- Strict dieting; non-compensatory weight-control behavior
- Binge eating
- Significantly low weight
- Compensatory vomiting/laxative misuse

Events and associated mood change
Treatment for Eating Disorders & BPD

• Dialectical behavior therapy (DBT)
  – Standard DBT with additional eating disorders skills module
  – Standard DBT adapted for binge eating

• Mentalization-based therapy (MBT)?
  – Ongoing trial of MBT adapted for eating disorders
Part III
How to Help
How to Help

Warning Signs

Preoccupied with food, weight, calories
✓ Often cooks/bakes food, but does not eat it
✓ Watches cooking shows often
✓ Counts calories obsessively
✓ Weighs self often
✓ Goes to extremes!

Stops eating with others
✓ Brings own lunch
✓ Frequently says “I’ve already eaten”

Food rituals
✓ Eating same thing every day
✓ Chopping food into tiny pieces
✓ Moving food around on the plate
✓ Excessive gum chewing

Courtesy of Dr. Cristin Runfola & UNC Center of Excellence for Eating Disorders
How to Help

Warning Signs

Food is missing

Bathroom after eating

Excessive, rigid exercise

Weight/shape concern

✓ Baggy clothes to hide shape
✓ Scrutinizes self in mirror
✓ Fat talk
✓ Anxiety about weight gain

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How to Help

DO

• Express your concerns in a loving and supportive way. Let them know you are worried.
  — Set a private time to talk

• Ask your loved one to talk with their parents or a counselor, doctor, nutritionist, or other health professional.
  — Give resources

• Keep supporting her/him
  — Remind your loved one that you care and want him/her to be healthy and happy.

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How to Help

DON’T

• Avoid conflicts

• Don’t place shame, blame, or guilt on your loved one
  — Use “I” statements: “I’m noticing that you’ve been skipping lunch and
    I’m starting to worry.” Or, “It makes me sad to hear you say bad things
    about your body.”
  — Elicit more information – “Are you okay?”

• Don’t give simple solutions. Like, “If you'd just eat, then
  everything would be fine!”

• Think you can help on your own

Courtesy of Dr. Cristin Runfola & UNC
Center of Excellence for Eating Disorders
How to Help

What to Say To Someone in Recovery

If you say:  
You look great!  
You look healthy!  
You look so much better!

He/she might hear:  
You look FAT!  
You looked FAT before!

Stay away from talking about appearances—tell him/her how you feel.

I’m glad you’re back!  
I’m happy you’re here.  
It’s so good to see you.

Courtesy of Dr. Cristin Runfola & UNC Center of Excellence for Eating Disorders
Part IV

Resources
Resources

General

• National Eating Disorders Association
  • www.nationaleatingdisorders.org

• Binge Eating Disorder Association
  • www.bedaonline.com

• Academy for Eating Disorders
  • www.aedweb.org/index.php/education/eating-disorder-information/eating-disorder-information-2

• The Project Heal
  • www.theprojectheal.org
Resources

For Families and Loved Ones

• NEDA Parent Toolkit
  • www.nationaleatingdisorders.org/parent-toolkit

• F.E.A.S.T.
  • www.feast-ed.org

• *Help Your Teenager Beat an Eating Disorder, 2*nd edition (2015) by Lock & Le Grange

• *Skills-based Learning for Caring for a Loved One with an Eating Disorder* (2007) by Treasure, Smith, and Crane
Thank You!