

Follow-up of Treated Eating Disordered Males and Gender-specific Risk Factors - A Prospective, Controlled Study

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Authors

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Aim

The aim of the project is (1) to collect follow-up data in a large sample of adult males treated for an eating disorder, (2) to compare eating disorder characteristics between treated males and females, and (3) to identify gender-specific risk factors for poor course and outcome of eating disorder.

Background

Existing studies on eating disorders in adult males include small numbers of males and results are contradicting and inconclusive. This makes it difficult to get solid empirically based findings on gender-specific characteristics of patients treated for eating disorders. Even more limited is the analysis of diagnostic subgroups. Detailed knowledge on course and outcome of eating disorders and risk factors of very poor outcome is indispensable for developing better prevention and intervention schedules. At this date it is not known if eating disordered males carry other risks and risk factors than females and if gender-specific treatment approaches are necessary.

Method

For this prospective study, a large set of potential predictors was collected at admission to and discharge from treatment. Follow-up data of males will be collected by questionnaire and inter-view and compared to follow-up data of females matched according to eating disorder diagnosis, age at admission and length of follow-up.

Execution

January 2016 – December 2017

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