



Exploring Disordered Eating in Adolescents with Type 1 Diabetes: Insights from DEPS-R Screening

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Abstract

OBJECTIVE: This study investigates the increased risk of disordered eating (DE) and eating disorders (ED) in individuals with type 1 diabetes (T1D), focusing on the efficacy and challenges of employing the Diabetes Eating Problem Survey Revised (DEPS-R) when screening for DE in adolescents with T1D.

METHODS: Cross sectional survey using DEPS-R, Youth Eating Disorder Examination Questionnaire (YEDE-Q), and medical records for clinical data.

RESULTS: Out of 131 adolescents aged 11-19 (average age 15.3), more than 20% were identified with DE. Comparative analysis revealed a higher prevalence of DE behaviors (excluding excessive exercise) in females above DEPS-R cutoff. Over half reported insulin restriction through DEPS-R, in contrast to 1.5% via YEDE-Q. While 32% exhibited weight control behaviors according to YEDE-Q, DEPS-R failed to identify approximately 50% of these cases. Item-level analysis highlighted weak correlations for DEPS-R items 4, 13, and 10 with T1D and ED-related variables.

DISCUSSION: The results underscore the clinical utility of DEPS-R yet challenge its ability in capturing specific ED risk behaviors like binge eating, excessive exercise, and insulin manipulation for weight control. Item analysis question relevance of selected items in detection of clinically relevant DE in adolescents living with T1D.

Topics: Prevention

For workshops only

No Answer Given

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