



Disordered eating and service contact in the Mental Health of Children and Young People 2017 survey

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Abstract

Objective:

Describe patterns of service contact in adolescents screening positive for possible eating problems.

Method:

We used the Mental Health of Children and Young People 2017 survey, a stratified probability sample of children and their parents and teachers across England. The screening questions from the Eating Disorders module of the Development and Wellbeing Assessment were used to assess possible eating problems in individuals aged 11-19. Individuals also answered questions regarding help-seeking for any mental health concern.

Results:

36.4% (95% CI 34.8, 38.1) of adolescents aged 11-19 in England screened positive for a possible eating problem, including 47.6% of females (95% CI 45.3, 50.0) and 25.6% of males (95% CI 23.7, 27.8). 60.7% (95% CI 57.9, 63.4) of those screening positive reported no help over the previous year; 13.1% (95% CI 11.2, 15.4) reported contact with informal help only; 17.0% (95% CI 15.0, 19.3) reported professional but not specialist help; and 9.13% (95% CI 7.67, 10.9) reported specialist help. Of individuals who reported formal support, 42.7% (95% CI 38.6, 47.0) had possible eating problems: of those reporting support from teachers, 46.9% (95% CI 40.9, 53.0) from GPs, 32.2% (95% CI 23.1, 42.9) from Child Health and 50.0% (95% CI 43.1, 56.8) from Mental Health Services.

Discussion:

Despite high numbers of adolescents screening positive for possible eating problems, rates of help seeking in this group were low. High proportions of those seeking professional help have possible eating problems. It is important for all professional groups to be aware of this.

Topics: Prevention, Other

For workshops only

No Answer Given

Submission Format: Scientific Paper

Is It a Student Paper? No