



Title: Time Trends in the Healthcare-Detected Incidence and Prevalence of Eating Disorders in Norway across the COVID-19 Pandemic (2010-2023)

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Abstract

OBJECTIVE: The COVID-19 pandemic led to dramatic increases in the number of hospital admissions and referrals for eating disorders (ED) worldwide, particularly anorexia nervosa (AN) in young women. It remains unclear whether the upward trends seen during the peak pandemic years have stabilized or declined. This study aimed to investigate age, sex, and diagnostic trends in the annual incidence and prevalence of healthcare- detected ED prior to, during, and after the peak pandemic years (2010-2023). **METHOD:** Diagnoses (main and secondary) will be retrieved from the Norwegian National Patient Register (NPR) as defined by the International Classification of Diseases (ICD-10). Annual trends in the age-and sex-adjusted incidence and prevalence and incidence will be examined using segmented regression for AN (50.0 + 50.1), BN (50.2 + 50.3), OSFED (50.4-50.9) and total ED (50.0-50.9). **RESULTS:** Initial analyses (data up to 2021) showed a stark increase from roughly 1% to 1.5% in the total prevalence of ED among females aged 15-19, driven mainly by increases in AN, AAN, and OSFED, whereas BN declined. Correspondingly, incidence nearly doubled for this group, increasing from ca. 400 to 750/100,000. Additional analyses will be conducted upon receipt of the 2022-2023 data from the Norwegian NPR. **DISCUSSION:** Few recent nationally-representative studies have reported epidemiological trends in ED since the COVID-19 pandemic. Despite the inherent limitations of register data, i.e., by providing an underestimate of the "true" occurrence of ED in the community, data can help improve our understanding of the immediate and residual impact of the pandemic on ED.

Topics: Other

For workshops only

No Answer Given

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