



WHAT IS THE LINK BETWEEN DISORDERED EATING AND BORDERLINE PERSONALITY DISORDER?



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What is disordered eating?

- Disturbances in eating, weight, and body image.
- Symptoms include vomiting, eating in secret, skipping meals.

What is borderline personality disorder?

- Disturbances in emotional and behavioural functioning.
- Symptoms include emotional instability, separation anxiety, risk taking.

Why might there be a link?

- Both disorders share common elements
- Clinical comorbidity rates = 50%

Why is this important?

- Both disorders increase the risk of early mortality

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Which symptoms develop first?

How did we investigate this?

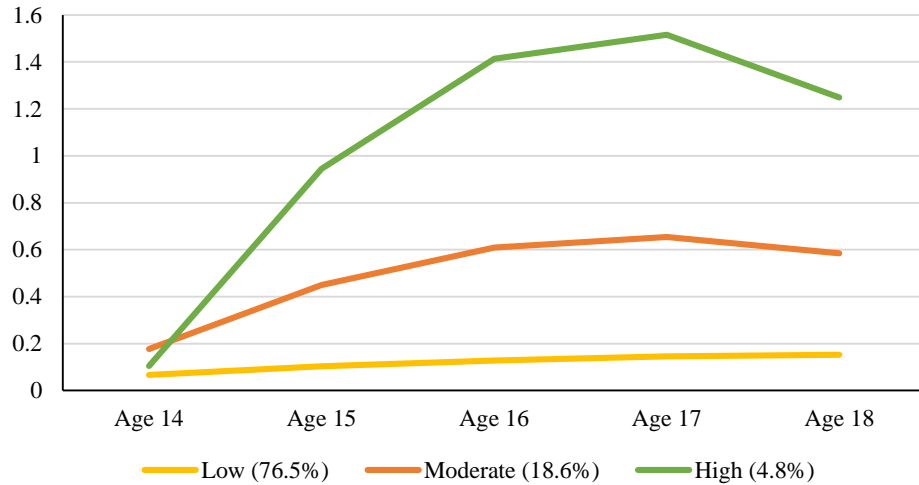
- Cohort data from Canada
- 544 adolescents followed from age 14-18-years
- 56% girls

What did we examine?

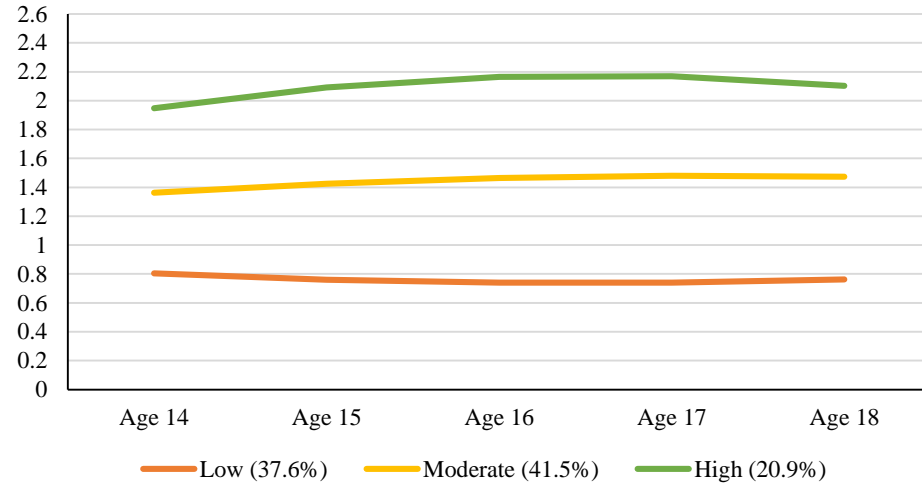
- Trajectories of symptoms over time
- Temporal effects (which symptoms come first)

What did we find?

Disordered eating behavior

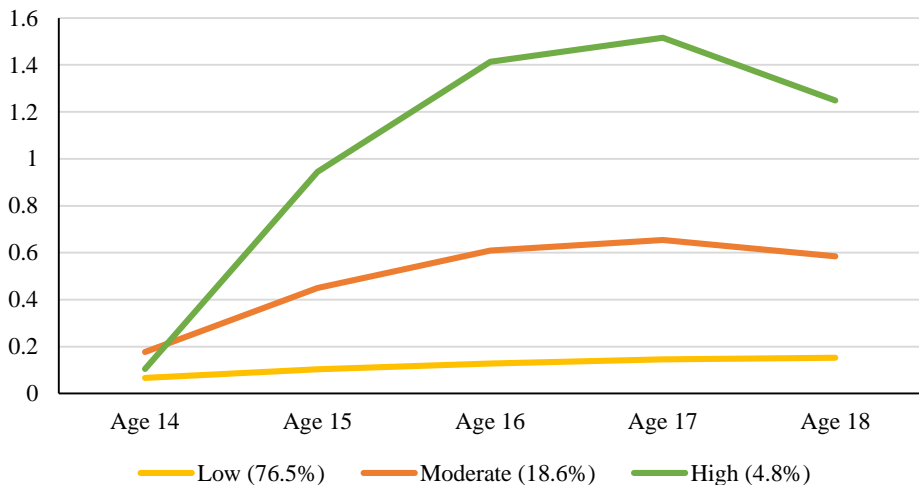


Boderline personality disorder features



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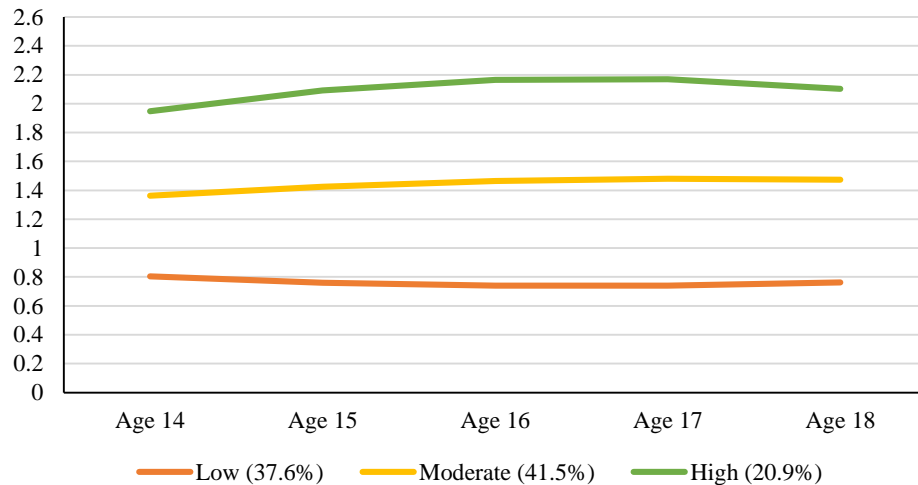
Disordered eating behavior



ED leading to BPD

83%

Boderline personality disorder features



BPD leading to ED

17%

What are the implications?

- Treating disordered eating should be prioritised in clinical practice
- More research on eating behavior in mental health
- Public health interventions to reduce disordered eating