Halfway PhD review abstract for Karin Wallin to be presented on April the 27th, 2017

Gender differences in eating disorders in Nordic child and adolescent psychiatry

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Background
Eating disorders (ED) affect over ten percent of the population before the age of eighteen years. About ten percent of all cases are males. Males seeking treatment for ED stand the risk of being underdiagnosed, undertreated and misunderstood in the health care system.

Methods
Study I: To describe how former male patients perceive life after recovery from an ED, a qualitative method with a phenomenographic approach was used. Recovered male patients were recruited through various health care units in Norway and Sweden. Fifteen men previously treated for ED participated in qualitative interviews.

Study II: Case record study that investigates vulnerability factors before onset of ED. Data will be collected from case records at a child and adolescent psychiatric ED unit. Males admitted to treatment before the age of 18 will be compared with age-matched female patients.

Study III: Data from a national data base (Stepwise, 2005, KÄTS, KI) will be collected. To investigate gender differences in the clinical presentation of ED, male patients aged 15 to 20 years at admission will be compared with female patients matched by age. (EPN Lund; Dnr: 2015/479).

Preliminary results
Study I:
Paper 1: Attributed factors contributing to recovery were acceptance of their body, having a relaxed attitude toward food, and having a social life. This is in line with earlier studies on female ED. However, males emphasized a need to learn to handle compulsive physical training.
Paper 2. Onset of ED was attributed to self-dissatisfaction, family climate and stressful events.

Study II: The case record study was approved (EPN Lund; Dnr 2012/598).
Half (n=45) of all treated males gave written consent. Their case records were compared to case records of 45 age-matched female patients.

Importance
The project will add to the knowledge on symptoms and recovery in male ED.
Publications included in the half-way control