

## The Effect of a Non-Select Menu on Weight Restoration and Eating Concern in an Adolescent Population Hospitalized with Anorexia Nervosa

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## LHSC Inpatient Child and Adolescent Eating Disorders Program: Menu Types

- Pre April 2007
  - Select food service menu
  - Menu marking according to caloric requirements
- Post April 2007
  - Non-select food service menu
  - Set menu according to 4 calorie levels

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## Weight Restoration



- Structural brain abnormalities reversed<sup>1,2</sup>
- GI complications improved<sup>3-8</sup>
- Eating disordered thinking improved<sup>3-8</sup>
- IP readmission less likely<sup>9-14</sup>
- Weight gain target for medically stable IP
  - 2-3 lb/wk (0.9-1.3 kg/wk)<sup>9,10,13,14</sup>
  - 85% of IBW more intensive tx may be used<sup>9</sup>

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## Study Objectives

- Compare weight restoration and eating concern for select and non-select menus for IP with AN admitted to LHSC ED Program
- Non-select menu in IP paediatric AN
  - Weight restoration - ↑ ?
  - Eating concern - ↓ ?



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## Methodology



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## Sample Criteria

- Inclusion criteria
  - Diagnosis of AN as defined by DSM-IV
  - Admitted after Sept '05 & discharged by Jan '10
  - First IP ED admission of at least 14 days
- Exclusion criteria
  - NG feeding tube for > 3 consecutive days
- Sample
  - Select menu: 18 participants
  - Non select menu: 22 participants


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## Data Collection

- Descriptive data
  - Type of AN, age, gender, psychiatric co-morbidities
  - Admitting weight and BMI
- Weight gain (weekly and total) 
- Length of IP stay
- Eating concern score (EDE subscale<sup>15</sup>)
  - Preoccupation with eating and calories
  - Fear of losing control over eating
  - Anxiety related to eating in front of others
  - Guilt related to eating
  - Admitting and discharge score

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## Data Analysis

- Averages and ranges of descriptive data
- Validation of use of parametric tests
  - QQ plots to test for normality
  - Levene's test for equality of variances
- Independent samples t-tests
  - Difference score for eating concern
  - Two tailed tests, *p*-value of .05
  - SPSS Statistics 17.0

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## Results and Discussion

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## Sample Characteristics

Diagnosis	N	%
AN-R	38	95
AN-BP	2	5
Comorbid Axis I or II Diagnosis	22	55


  

	Mean	SD	Min	Max
Age	13.3	2.1	9	17
Admission Weight	36.0	6.1	23.0	50.0
Admission BMI	14.5	1.9	11.5	20.1

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## Statistical Analyses

Weight Restoration	Non-Select Menu	Select Menu	<i>t</i>	<i>df</i>	<i>p</i>
Average Weekly Wt Gain (kg)	.95 (SD=.35)	.72 (SD=.24)	2.33	38	.025
Total IP Weight Gain (kg)	7.49 (SD=2.67)	7.52 (SD=3.67)	-.03	37	.974
Length of IP Stay (days)	60.27 (SD=22.75)	74.22 (SD=28.72)	-1.72	38	.094




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## Statistical Analyses

+ve diff score = ↓ in concern  
-ve diff score = ↑ in concern

Eating Concern (EDE)	Non-Select Menu	Select Menu	<i>t</i>	<i>df</i>	<i>p</i>
preoccupation with eating	.57 (SD=2.62)	1.13 (SD=3.02)	-.53	27	.598
fear of losing control over eating	.00 (SD=2.39)	-0.60 (SD=3.20)	.57	27	.574
anxiety related to eating in front of others	1.01 (SD=2.29)	.27 (SD=3.26)	.70	27	.491
guilt related to eating	-.29 (SD=2.59)	-.20 (SD=2.24)	-.10	27	.925



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## Conclusions



- Rate of weight gain is significantly increased with non-select menus as compared to select menus in adolescents hospitalized with anorexia nervosa
- Eating concern is not significantly different with non-select menus as compared to select menus in adolescents hospitalized with anorexia nervosa

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## Future Research



- Data from other ED treatment programs
  - Varied population
  - Non-paediatric population
- Long term outcomes
  - Weight maintenance
  - Readmission
- Comparison to other menu types
  - Non-select vs non-select progressing to select

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Thank you for coming!



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