Vision for Reducing the Incidence and Prevalence of Eating Disorders and Related Comorbidities on College Campuses

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Prevalence of Eating Disorders in a University Female Population
Prevalence of Eating Disorders in a University Female Population

- Low Risk (50%)
- High Risk (30-35%)
- Very High Risk or Subclinical (10-15%)
- Clinical (2-4%)

Taylor et al., Arch Gen Psychiatry, 2006;
Jacobi et al., Psychol Med, 2011;
Drewnowski et al., Am J Psychiatry, 1994
Prevalence of Eating Disorders in a University Female Population

Less than 20% of students who screen positive for eating disorders report receiving treatment

Taylor et al., Arch Gen Psychiatry, 2006;
Jacobi et al., Psychol Med, 2011;
Drewnowski et al., Am J Psychiatry, 1994
Eisenberg et al., J Am Coll Health, 2011
Eisenberg et al., J Nerv Ment Dis, 2011
Model for Intervention
The *Healthy Body Image* Program
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The *Healthy Body Image* Program

Stanford Washington University Eating Disorders Screen

- Clinical ED
  - AN, Medically unstable
  - Referral
  - Student Bodies – Eating Disorders

- High Risk
  - BN, BED, OSFED
  - Female
  - Student Bodies

- Low Risk
  - Male
  - ED History
  - Staying Fit

Integrating into the Campus Community

- Student Health Services
- Residential Life
- Health-oriented Student Groups
Using Technology to Improve Eating Disorders Treatment

• Two complementary system-level initiatives:
  – Statewide initiative in Missouri (13 colleges targeted)
  – National randomized controlled trial (R01 MH100455; 30 colleges targeted)
Barriers to Sustainability

• Limited person-based resources, impacts
  – Adoption
  – Implementation
  – Sustainability

• Limited funding, affects
  – Research teams
  – Universities
Vision for College Student Mental Health

Comprehensive Mental Health Screen

Clinical and Risk Profiles

- Anxiety
- Depression
- Sleep
- Substance Abuse
- Self-Injury
- Eating Disorders

Referral as Appropriate

Great **clinical benefit** to users
Appealing to university stakeholders
Rectifies barriers to sustainable implementation
Questions/Comments?

Thank you!