



Recommendations for Treatment of Athletes with Eating Disorders

Recognizing the Signs and Symptoms of Eating Disorders in Athletes

1. Weight loss/resistance to regain/weight lower than necessary for adequate sport performance
2. Poor body image
3. Excessive training
4. Vomiting after eating
5. Binge eating
6. Restrictive/rigid eating
7. Fainting, dizziness, dehydration
8. Amenorrhea
9. Fatigue beyond that normally expected in training or competition
10. Gastrointestinal problems
11. Muscle weakness
12. Overuse injuries/stress fractures

When to Refer an Athlete for Intensive Treatment*

1. Weight is less than 85% of expected weight based on height.
2. Caloric intake is quite low, and the athlete continues to resist increasing caloric intake.
3. Symptoms are worsening over time, and the athlete's health is compromised.
4. The athlete trains/exercises excessively despite injury or prohibitions from medical and training staffs.
5. The athlete is engaging in self-harming behaviors and/or has suicidal thoughts.
6. Psychiatric/psychological symptoms (i.e., depression, anxiety, etc.) prevent progress.
7. Progress is not made on an outpatient basis after 6 weeks of treatment.
8. The athlete has potentially serious medical complications (i.e., bradycardia, prolonged QT interval, electrolyte abnormalities, syncope, etc.).

Intensive treatment typically involves **at least 8 hours per day for at least 5 days per week, usually for a period of weeks.*

For more information, contact Program Directors:
Ron A. Thompson, PhD, FAED (rthomps2@sbcglobal.net)
Roberta Sherman, PhD, FAED (rsherman@indiana.edu)



McCallum Place
Eating Disorder Centers
— Saint Louis • Austin —