



ANOREXIA NERVOSA

DIAGNOSTIC CRITERIA + FAMILY-BASED TREATMENT

EARLY IDENTIFICATION + MEDICAL MONITORING + FAMILY SUPPORT SAVE LIVES

1 DSM-5-TR DIAGNOSTIC CRITERIA

- **A.** Restriction of energy intake relative to requirements, leading to a significantly low body weight for age, sex, developmental trajectory, and physical health.
- **B.** Intense fear of gaining weight or becoming fat, or persistent behavior that interferes with weight gain, even at a significantly low weight.
- **C.** Disturbance in the way body weight or shape is experienced; undue influence of weight or shape on self-evaluation; or persistent lack of recognition of the seriousness of the current low weight.

Specify type (during the last 3 months)

- **Restricting type:** No recurrent binge-eating or purging episodes.
- **Binge-eating/purging type:** Recurrent binge eating or purging (for example, vomiting or misuse of laxatives, diuretics, or enemas).

Diagnosis requires clinical judgment; no single weight, BMI, or appearance alone confirms or rules it out.

2 FBT IN A NUTSHELL

The illness is the problem - not the child and not the family.

Family-Based Treatment (Maudsley model) is an evidence-based outpatient approach for adolescents. Caregivers are empowered as the primary resource for recovery while the therapist coaches the family and the medical team monitors safety.

PHASE 1

Restore safety

Caregivers temporarily take charge of meals, nutrition, supervision, and interruption of eating-disorder behaviors.

PHASE 2

Return control gradually

As eating and weight stabilize, responsibility is carefully returned in age-appropriate steps.

PHASE 3

Support development

Address healthy independence, identity, family transitions, and relapse-prevention planning.

Core stance: agnostic about cause • non-blaming • practical • family-centered • focused first on recovery behaviors

3 NEED SUPPORT OR A PROFESSIONAL PERSPECTIVE?

Online counseling is available in Massachusetts, Florida, and South Carolina.

Learn more, verify insurance options, or request an appointment through Headway.

**BOOK AN APPOINTMENT THROUGH
HEADWAY**

care.headway.co/providers/celia-campos-beuter-2