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Diagnostic Distribution of eating disorders: Comparison between DSM-IV-TR and DSM-5

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Introduction. The fifth edition of Diagnostic and Statistical Manual of Mental Disorders (DSM-5) includes a significant revision of Eating Disorders (ED). The objective of this study is to compare the distribution of diagnosis of ED in adolescents according to DSM-IV-TR and DSM-5 criteria. A second objective is to study the psychopathological differences between patients with ED (based on DSM-IV-TR) and those whose diagnosis changed by applying DSM-5 criteria.

Methodology. One hundred and one adolescents diagnosed with ED (mean: 14.68 years; SD: 1.46) were evaluated with clinical interviews and scales for eating psychopathology, perfectionism, anxiety, and depression.

Results. Applying the DSM-5 criteria led to a significant decrease in the diagnosed cases of Eating Disorders Not Otherwise Specified (EDNOS) (from 34.7% to 23.8%; $p<0.001$) and to a significant increase in those of anorexia nervosa (AN) (from 58.4% to 66.3%; $p<0.001$) and of bulimia nervosa (BN) (from 6.9% to 8.9%; $p<0.001$). No significant psychopathological differences were found between patients diagnosed with AN and BN based on DSM-IV-TR criteria and those newly diagnosed with AN and BN based on DSM-5 criteria.

Discussion. Using DSM-5 criteria for adolescents with ED leads to a significant decrease in the frequency of an EDNOS diagnosis. As similar psychopathological characteristics were observed between ED patients diagnosed based on DSM-IV-TR and those who were switched from EDNOS to AN or BN based on DSM-5, we conclude that the new criteria for ED in DSM-5 are valid for an adolescent population.

Keywords: Eating disorders, DSM-IV-TR, DSM-5, Diagnostic criteria, Adolescents

Actas Esp Psiquiatr 2017;45(1):32-8

Distribución diagnóstica de los trastornos de la

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conducta alimentaria: comparativa entre el DSM-IV-TR y el DSM-5

Introducción. La quinta edición del Manual Diagnóstico y Estadístico de los Trastornos Mentales (DSM-5) incluye una significativa revisión de los Trastornos de la Conducta Alimentaria (TCA). El objetivo de este estudio es comparar la distribución diagnóstica en adolescentes con TCA según los criterios de la 4ª edición revisada del DSM (DSM-IV-TR) y del DSM-5. Un segundo objetivo es estudiar las diferencias psicopatológicas entre los pacientes con TCA (DSM-IV-TR) y los que cambian de diagnóstico al aplicar los criterios del DSM-5.

Metodología. Se evaluaron a 101 pacientes con TCA (Media: 14,68 años; DE: 1,46) a través de entrevista clínica y escalas de psicopatología alimentaria, perfeccionismo, ansiedad y depresión.

Resultados. Se observa una disminución significativa de los casos diagnosticados de TCA-No Especificado (TCA-NE) aplicando los criterios DSM-5 (34,7% frente a 23,8%; $p<0.001$) y un aumento significativo de los casos de Anorexia Nerviosa (AN) (58,4% frente a 66,3%; $p<0.001$) y Bulimia Nerviosa (BN) (6,9% frente a 8,9%; $p<0.001$). No se encontraron diferencias significativas a nivel psicopatológico entre los pacientes diagnosticados de AN y BN según criterios DSM-IV-TR y los nuevos casos diagnosticados de AN y BN con el DSM-5.

Conclusiones. La aplicación de los criterios DSM-5 en adolescentes con TCA hace disminuir de forma significativa la frecuencia del diagnóstico de TCA-NE. Las similares características psicopatológicas entre los pacientes con TCA según el DSM-IV-TR y los nuevos casos que pasan de TCA-NE a AN y BN (DSM-5) apoyan la validez de los nuevos criterios de los TCA del DSM-5 en población adolescente.

Palabras clave: Trastornos de la conducta alimentaria, DSM-IV-TR, DSM-5, Criterios diagnósticos, Adolescentes

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