

Table 5.2. From Dalle Grave R & Calugi S, *Cognitive Behavior Therapy for Adolescents with Eating Disorders*, Guilford Press, New York, 2020.

Main Topics to Cover when Educating Adolescent Patients about Eating Disorders

The patient's eating disorder and its treatment

- The patient's eating-disorder diagnosis.
- Its prevalence and main features.
- Associated health risks.
- Its course and prognosis without treatment.
- The treatment options and their likely effects.

Clinical features of eating disorders

- Being underweight.
 - Characteristic extreme concerns about shape and weight.
 - Characteristic form of dieting.
 - Binge eating.
 - Self-induced vomiting.
 - Laxative misuse.
 - Over-exercising.
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