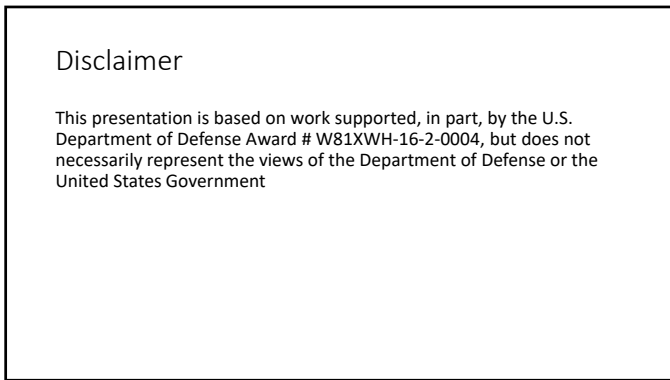


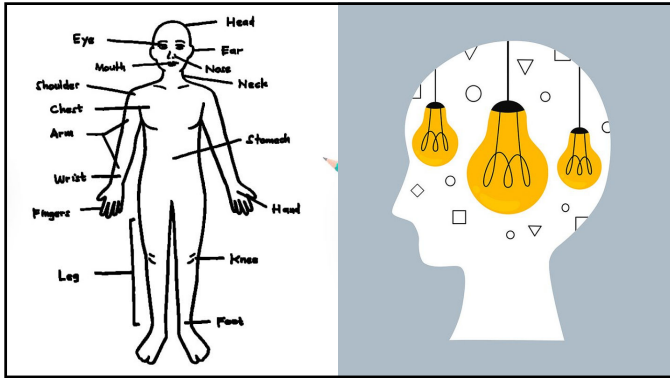
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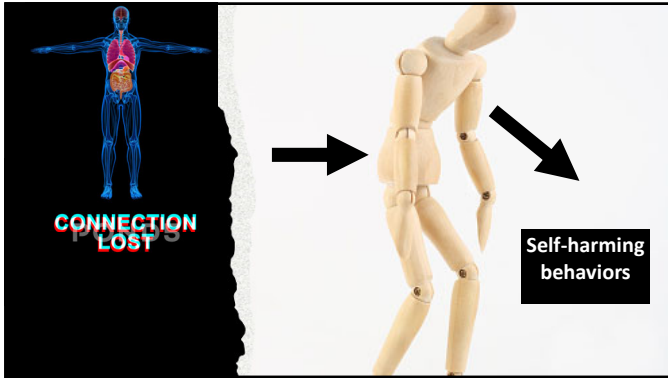
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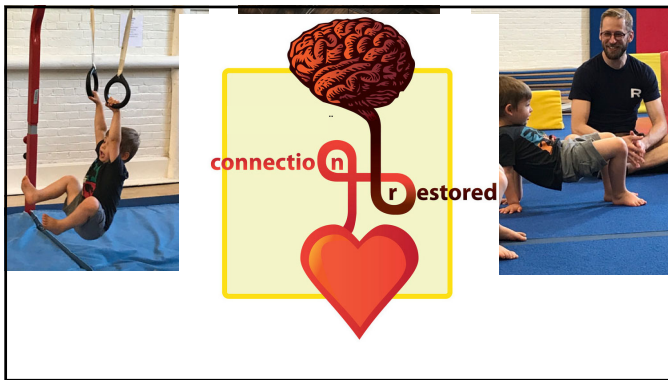
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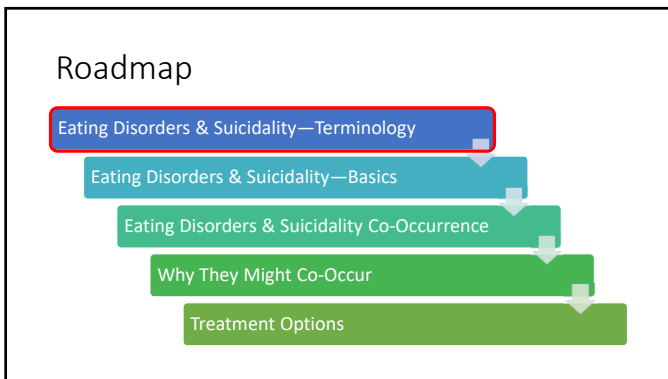
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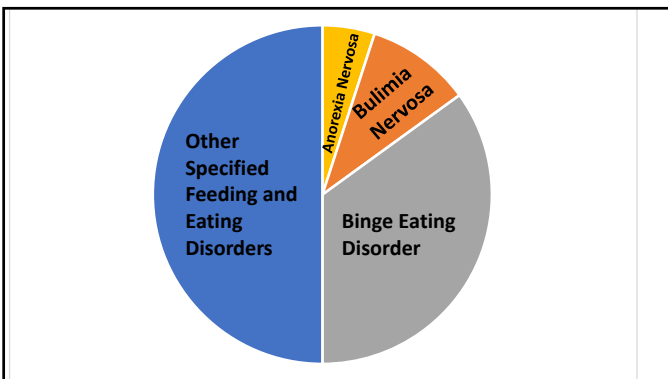
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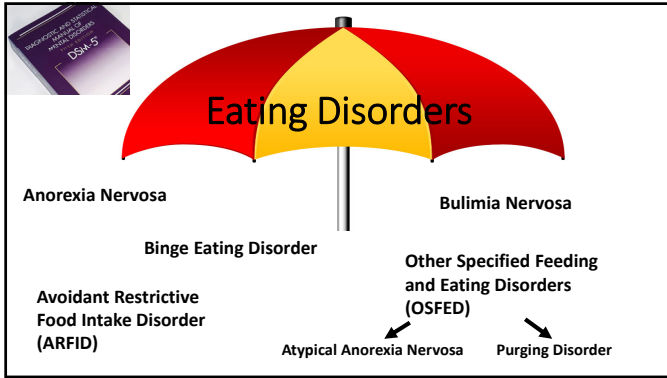
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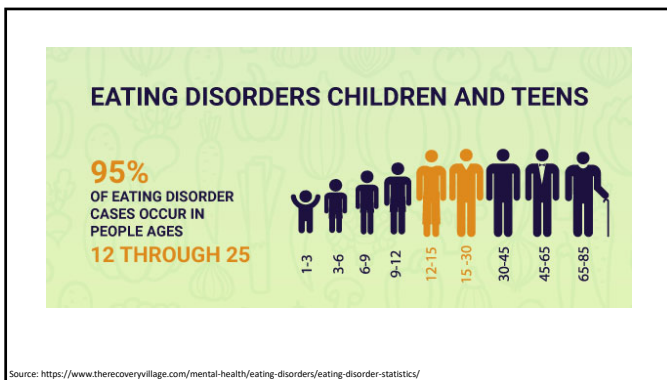
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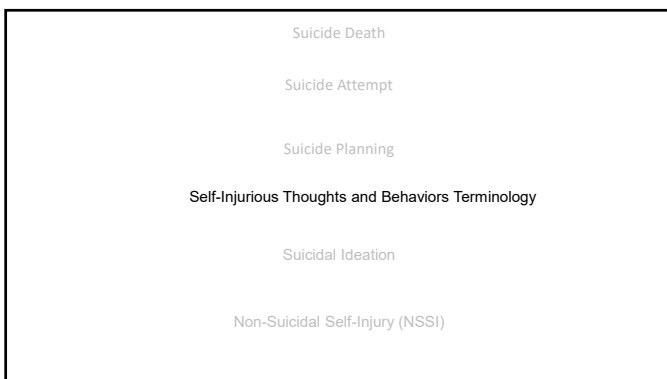
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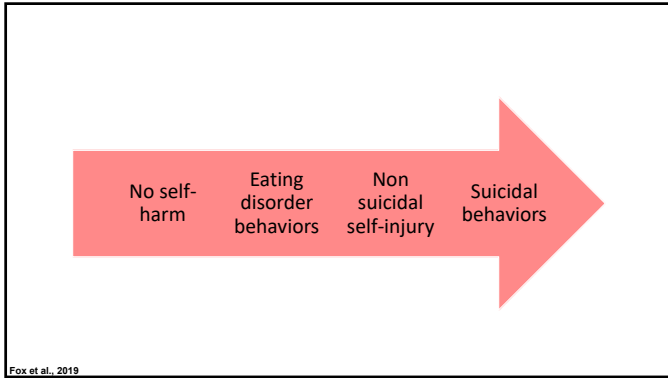
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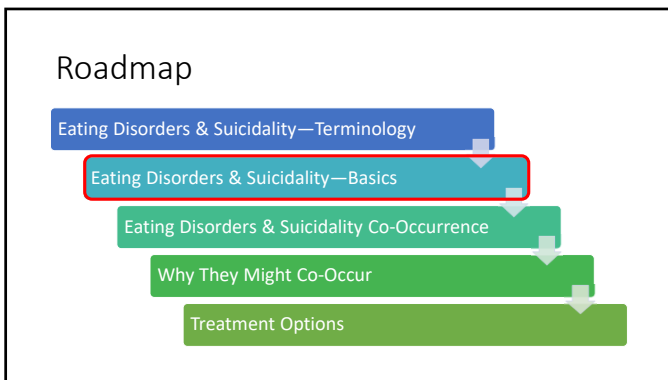
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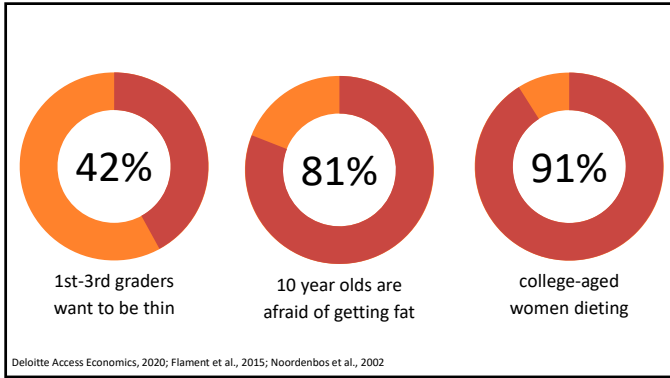
Eating Disorders affect 19.7% of women & 14.3% of men

Anorexia: 2nd highest mortality rate of any mental illness

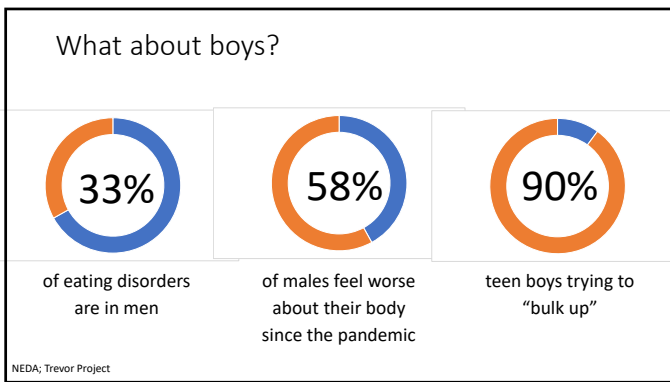
1 person dies every 52 minutes from an ED

(Ward, et al., 2019; CDC; Keshaviah, et al., 2014; Preti et al., 2011)

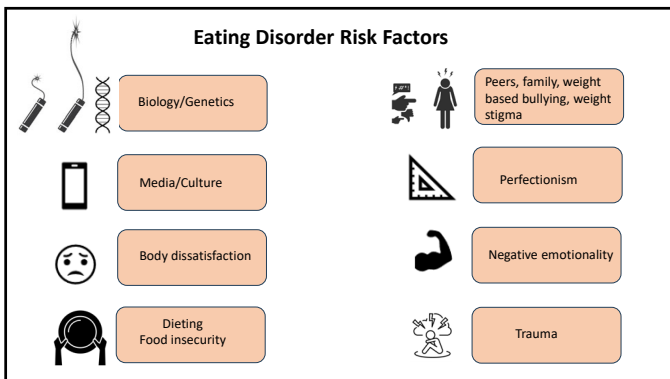
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19











20



21

Eating Disorder Warning Signs

 Restricting or eliminating foods to lose weight	 Hoarding or stashing food
 Excessively exercising, vomiting, using laxatives/diuretics	 Ritualistic eating habits and/or food rules
 Weight changes	 Eating alone or refusing to eat with others; using bathroom after
 Medical complications	 Low self-esteem and poor body image

22

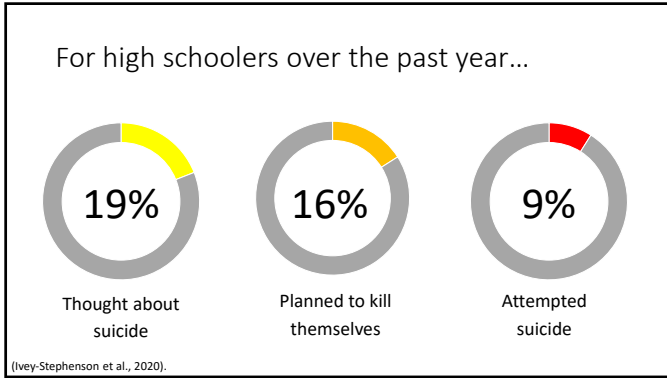
Suicidality Prevalence Rates

23

	Suicide accounts for >800,000 deaths/year
	#12 leading cause of death, overall; #2 for ages 10-24
	In the U.S., 1 death every 12 minutes; 1 attempt every 31 seconds

[Galmiche, et al., 2019; CDC; Keshaviah, et al., 2014; Preti et al., 2011]

24



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Youth Suicide Attempts Have Dramatically Increased, New Data Shows

Something is happening in adolescents that hasn't happened before," says an author of the study that looked at poisonings.

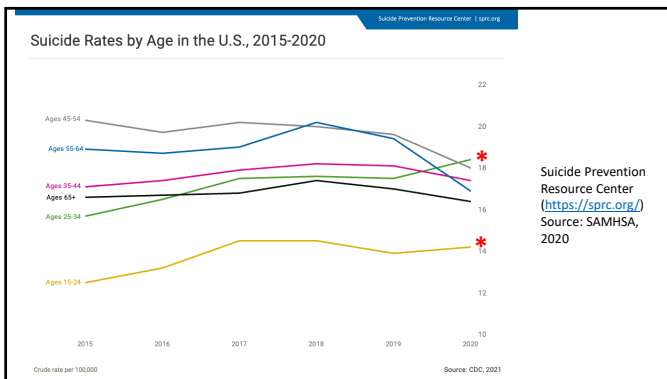
iGen 2-3x greater risk vs Millennials

Youth Suicide Attempts Have Doubled In The Last Decade

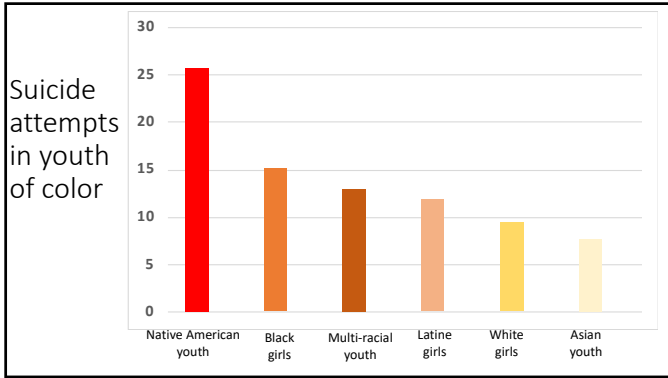
In a new national study, suicidal thoughts and attempts were reported in children as young as 5.

Burstein, et al., 2019, *JAMA Pediatrics*; Spiller et al., 2019, *Journal of Pediatrics*

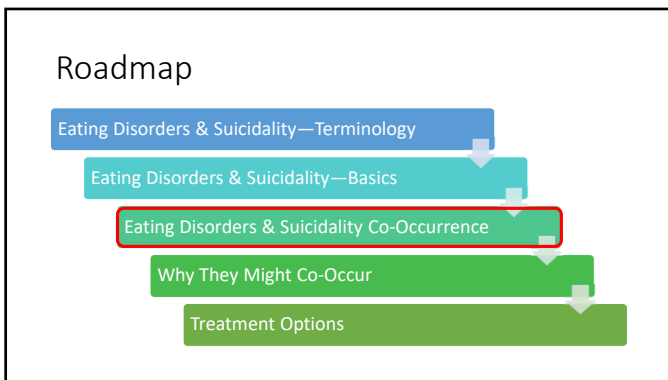
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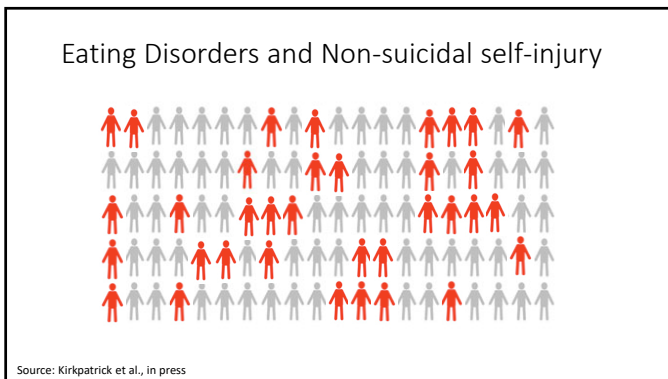
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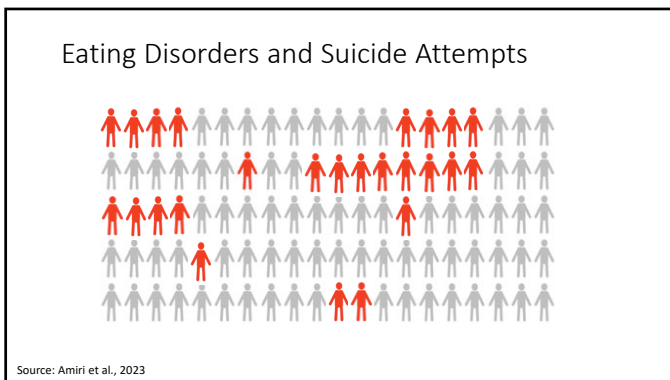
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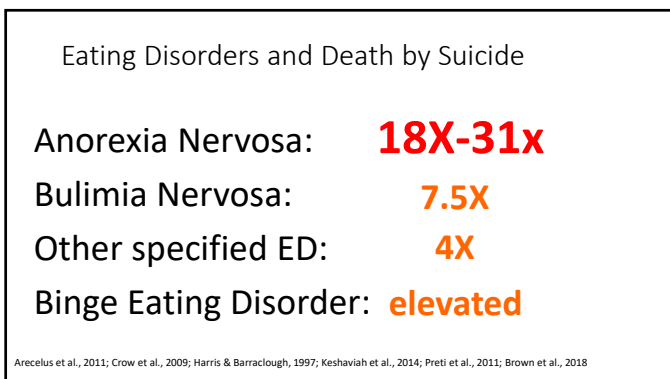
30



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Death by Suicide in Anorexia

AN:	18X-31x
Depression:	20X
Bipolar:	15X

Arecelus et al., 2011; Crow et al., 2009; Harris & Barraclough, 1997; Preti et al., 2011

34



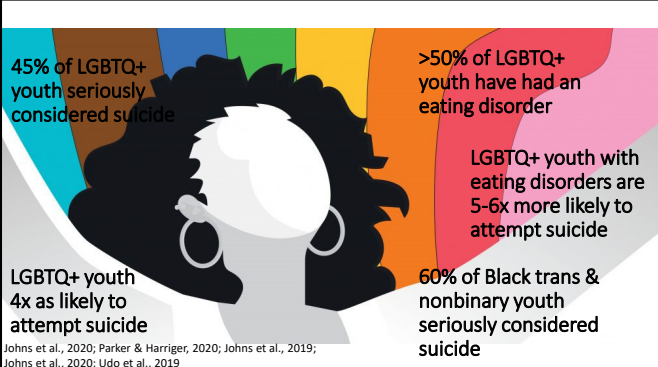
Since the pandemic, the incidence of eating disorders increased AND ideation and attempts among those with eating disorders has increased

nutrients MDPI

Brief Report
Sharp Increase in Eating Disorders among University Students since the COVID-19 Pandemic
Marie-Pierre Tavoracci ^{1,4}, Joel Ladner ² and Pierre Dechelotte ^{3,5}

Taquet et al., 2021

35



45% of LGBTQ+ youth seriously considered suicide

>50% of LGBTQ+ youth have had an eating disorder

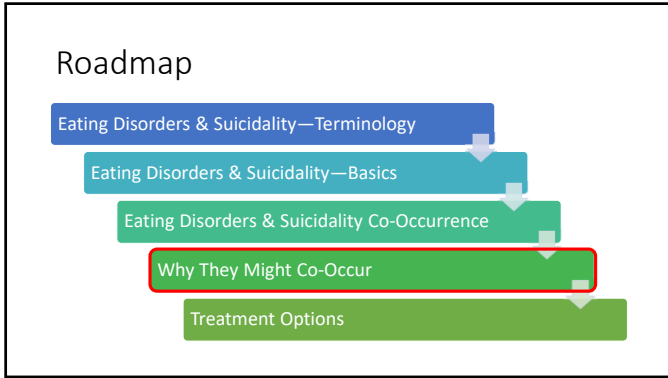
LGBTQ+ youth with eating disorders are 5-6x more likely to attempt suicide

LGBTQ+ youth 4x as likely to attempt suicide

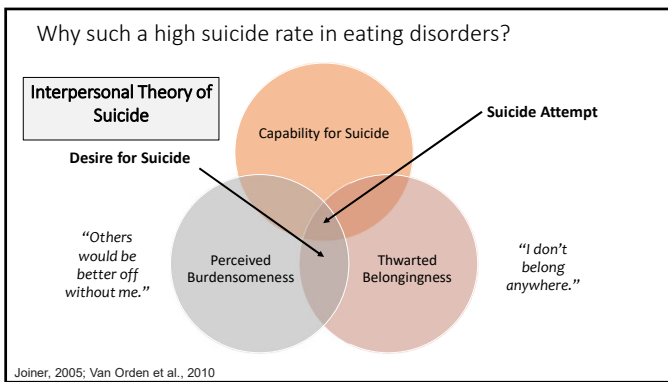
60% of Black trans & nonbinary youth seriously considered suicide

Johns et al., 2020; Parker & Harriger, 2020; Johns et al., 2019; Johns et al., 2020; Udo et al., 2019

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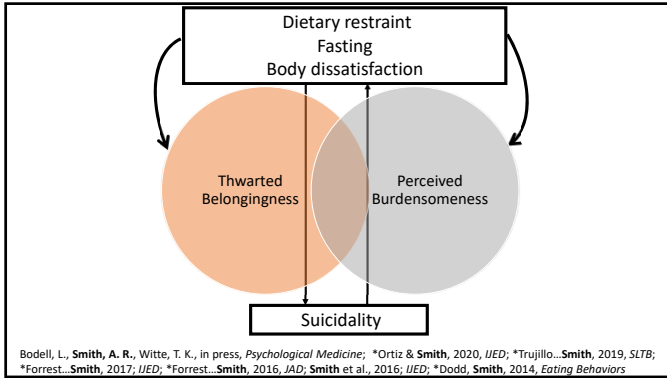


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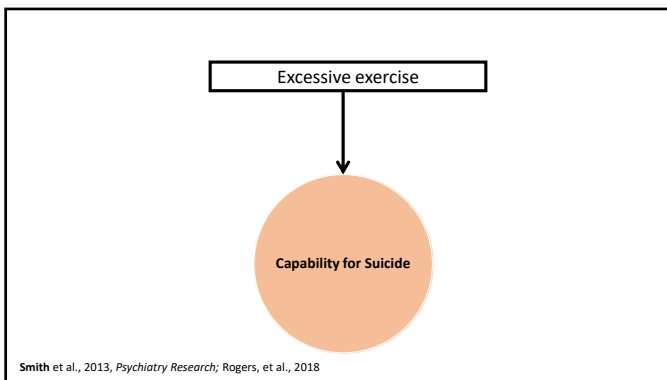
Why such a high suicide rate in eating disorders?

- Thwarted belonging
 - Secrecy, failure to achieve “appearance ideal”
- Burdensomeness
 - High cost of treatment, care giver burden, illness/injury from disorder
- Capability for suicide
 - Eating disorder behaviors are painful to engage in

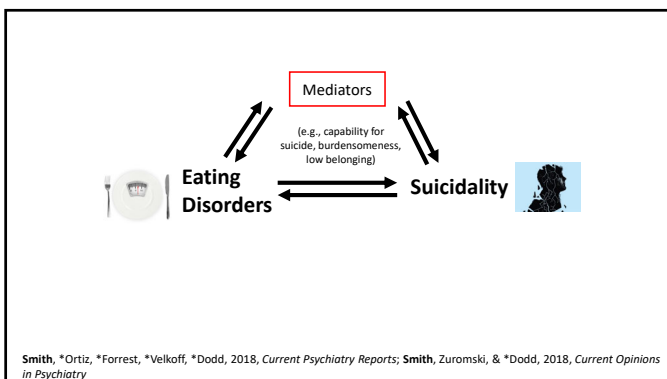
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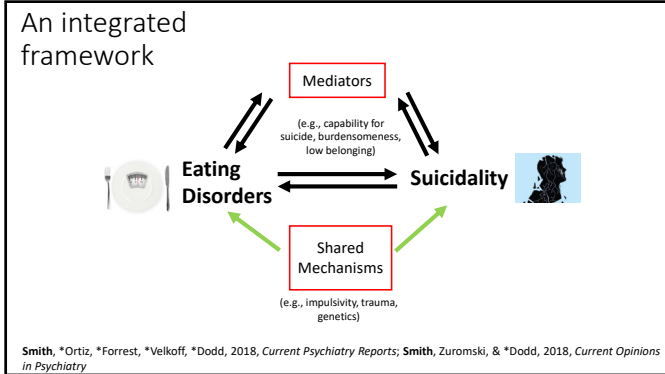
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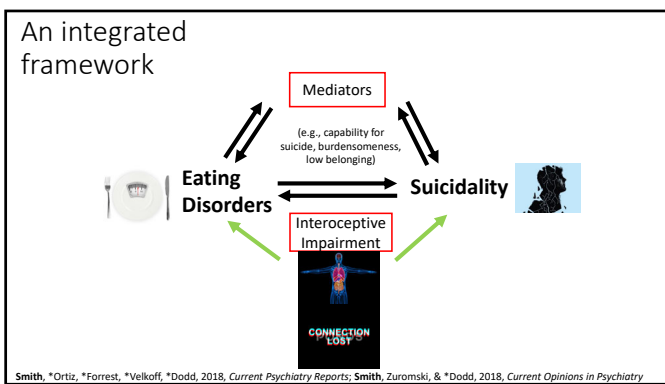
41



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Interoception- a demonstration

- You need: pen, paper, and a calculator (or just a smart phone)
- When I tell you to start, I want you to **estimate the number of times your heart beats just by listening to your body.**
 - Multiply this number by 3. Remember this **first** number.
- Now, find your pulse. When I tell you to start, count the number of actual heartbeats.
 - Multiply this number by 3. Remember this **second** number.

45

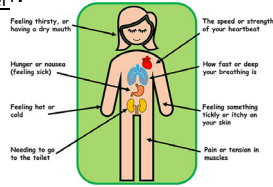
Now, some math

$$1 - \frac{|\text{abs}(\text{first number} - \text{second number})|}{\text{second number}}$$

E.g., $1 - \frac{|\text{abs}(60-65)|}{65} =$

- $1 - (5/65) =$
- $1 - .076 = .92$

- .80 = very good interoceptive accuracy
- .60-.79 = moderately good interoceptive accuracy
- .59 = poor interoceptive accuracy



46

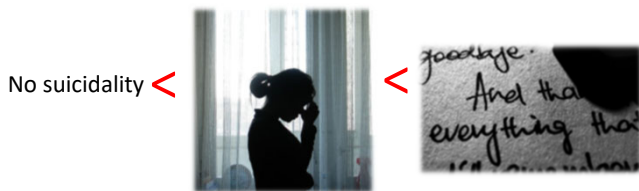
Losing touch may facilitate self-harm



Muehlenkamp, 2012; Brausch & Muehlenkamp, 2014

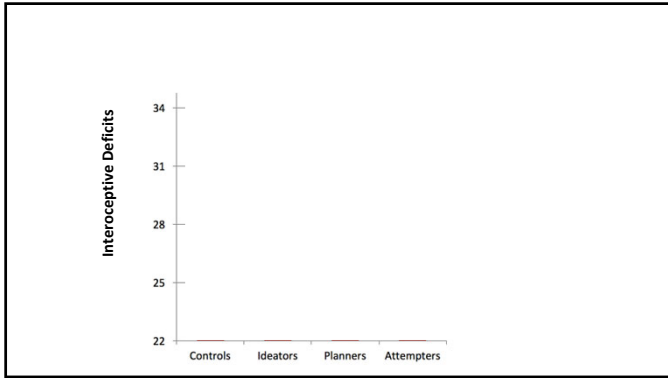
47

Paper 1: Study 1

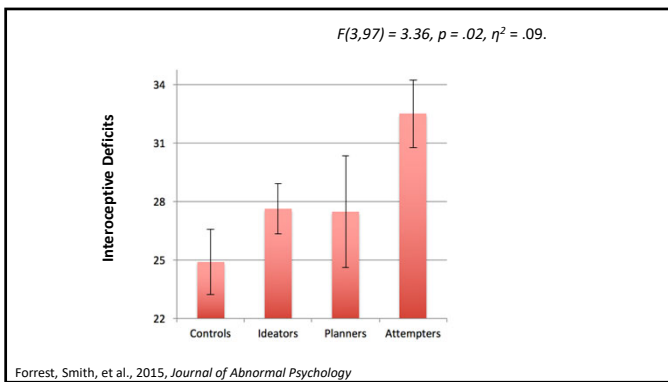


*Forrest, Smith, et al., 2015, *Journal of Abnormal Psychology*

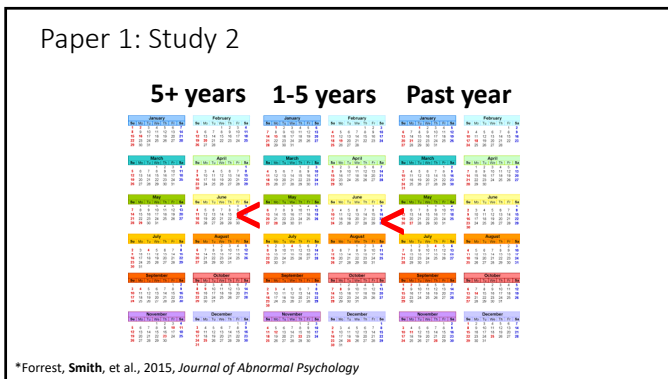
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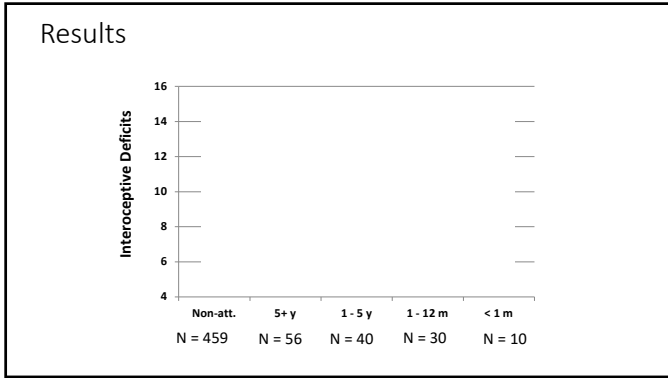
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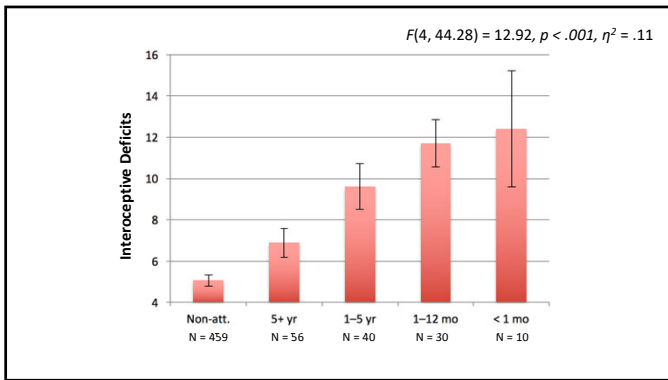
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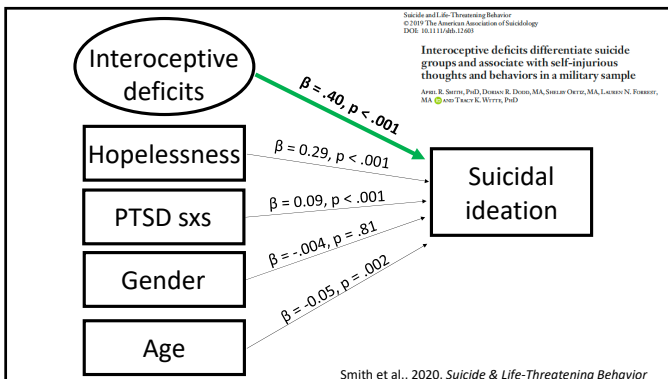
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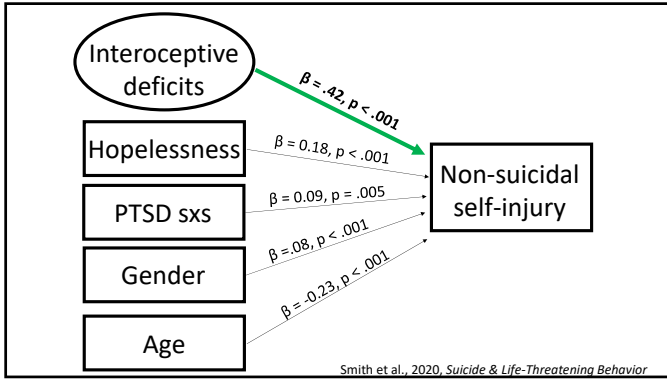
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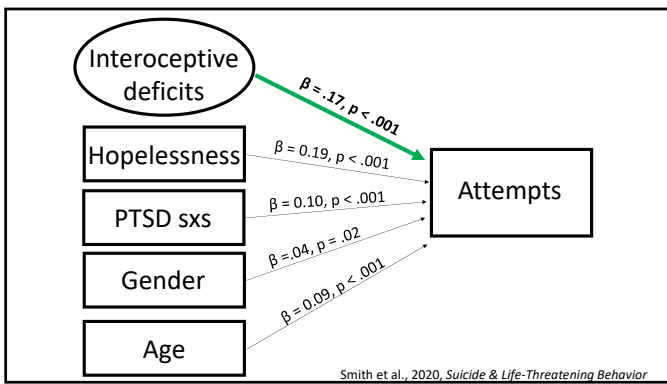
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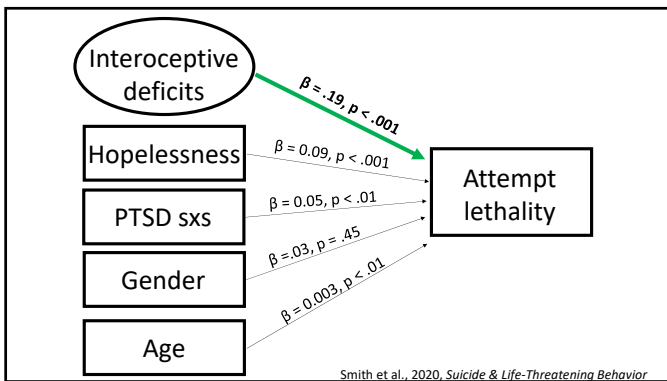
54



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CONNECTION LOST

People with suicide attempts
People with multiple suicide attempts
People with more lethal attempts

Eating disorders
Adolescents
Service members and Veterans
Black Americans

Smith et al., 2021; Dodd et al., 2017; Duffy et al., 2021; Hagan et al., 2019; Hielscher & Zopf, 2021; Perkins...Smith, 2022; Rogers et al., 2018; Duffy et al., 2018; Smith et al., 2018; Smith et al., 2019; Smith et al., 2022; Gioia, Forrest & Smith, 2022; S/7B, Velkoff & Smith, in press, JPCS

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CONNECTION LOST

Self-harming behaviors

59

Roadmap

Eating Disorders & Suicidality—Terminology
Eating Disorders & Suicidality—Basics
Eating Disorders & Suicidality Co-Occurrence
Why They Might Co-Occur
Treatment Options

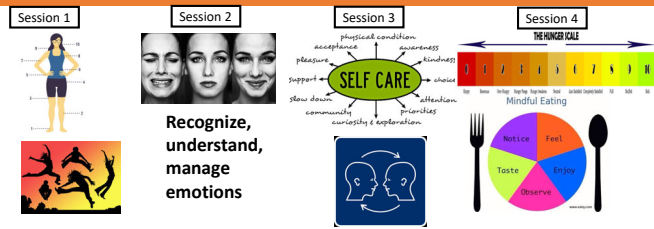
60

Can improving interoception reduce self-harm?



61

RISE: Reconnecting to Internal Sensations and Experiences



Smith et al., 2021, *Behavior Therapy*; Smith et al., 2022, *Brain Sciences*; Smith et al., in prep

62

RISE initial results-Pilot studies and randomized controlled trial

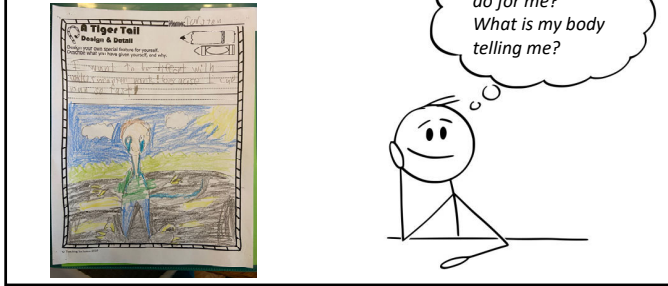
- Acceptable ✓
- Feasible-91% retention ✓
- Lasting improvement in interoception ✓
- Pilot work showed decreases in suicidal ideation and eating disorder symptoms ✓



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63

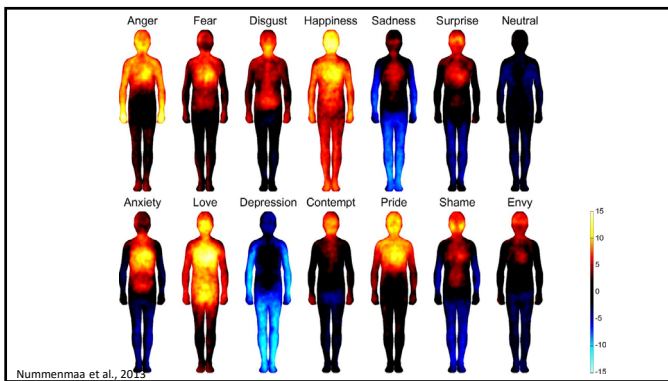
Using RISE principles in your own work



64



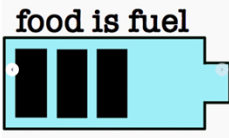
65




66

Nutrition Facts	
∞ servings per container	
Serving size Depends on mood	
Amount Per Serving	Fuel
Calories	% Daily Value*
Total Amount of Nourishment To	
Simply function	lit. the bare minimum
Focus	on your goals
Socialize	to make memories
Move	or just sleep, whatever.
Total Amount of Fuel To	
Dance	until you can't
Laugh	as hard as possible
Including Smile	as big as possible
Enjoy Life	as u should
Vitamin B	as in Bliss
Vitamin C	as in Confidence

* The % Daily Value tells you how much nutrient in a serving of food contributes to your simple daily routine, your goals, your happiness and your energy to live life, not just exist. No number a day can be used for general nutrition advice. Numbers have no meanings.



food is fuel



nourish to flourish

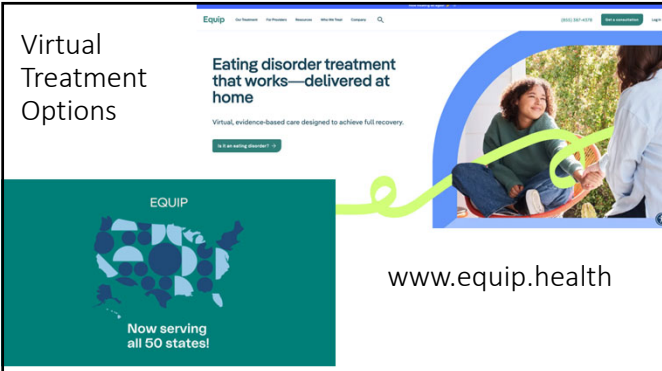
67

Additional Treatment Options



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Virtual Treatment Options



Eating disorder treatment that works—delivered at home

Virtual, evidence-based care designed to achieve full recovery.

www.equip.health

Now serving all 50 states!

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Eating Disorder Prevention

CONNECT WITH OTHERS IN THE BODY ACCEPTANCE MOVEMENT

The National Eating Disorder Association (NEDA) invites female students to participate in the Body Project, a program that builds tools and skills to confront unrealistic beauty ideals and engages participants in the development of a healthy body image.

WHAT IS THE BODY PROJECT?
The Body Project is a dissonance-based, body acceptance program for high school girls that is backed by two decades of research and shown to effectively reduce body dissatisfaction and have a positive impact on eating disorders.

WHAT YOU WILL GET
Students will attend four 1-hour (or six 45-min) sessions designed to improve body image by critiquing unrealistic ideals of beauty.

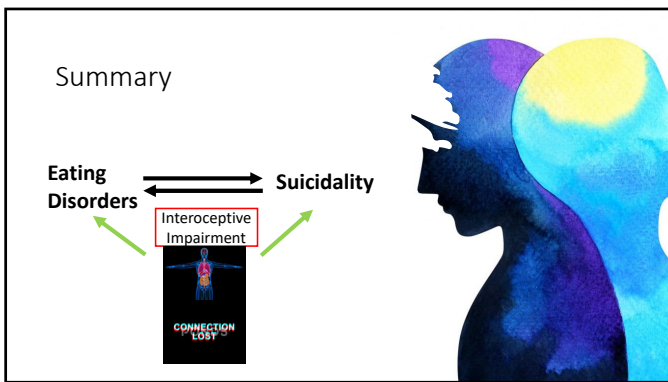
BODY PROJECT'S REACH:

- 400 trained facilitators
- 90% of participants gain improved body image
- 100% of participants gain new friendships
- 90% of facilitators report feeling confident modeling body positivity for their friends

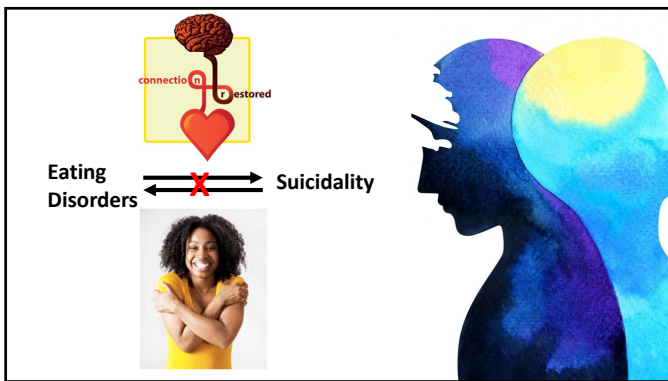
HELP US REACH 2,000 GIRLS IN THE NEXT YEAR!
SCAN HERE FOR MORE INFORMATION



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Thank You & Resources

April Smith
 • ars0152@auburn.edu
 • <https://www.redslab.org/>
 • Twitter @REDSlabAuburn





If you or someone you know is struggling with an eating disorder, we are here to help.
 Call our toll free, confidential Helpline at 1-800-931-2237




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Extra


74



Assessment Options

- Eating Disorders
 - Eating Pathology Symptom Inventory (EPSI; Forbush et al., 2013)
- Suicidality
 - Depression Screening Inventory-Suicidality Subscale (Joiner et al., 2002)
- Interoception
 - Multidimensional Assessment of Interoceptive Awareness 2 (MAIA-2; Mehling et al., 2018)
 - Body Trust Scale (Grunewald et al., in prep)

• Also fine to just ask!
 • If your student is endorsing either, would be good to inquire about the other



75

Suicide Attempt
(Times when you tried to kill yourself with at least some intent to die)

79

Suicide Death
(Someone died as a result of intentional self-harm with the intent to kill themselves)

80

Non-Suicidal Self-Injury (NSSI)
(Intentionally harming the body without intent to die; Can include cutting, burning, scratching, hitting, etc)

81

Eating Disorder Behaviors
(E.g., Restriction, purging, over-exercise, bingeing; can be engaged in for self-harm reasons)

Fox et al., 2019
