

CASE REPORT

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Childhood onset exercise addiction or atypical anorexia nervosa during Covid-19: case report

F. McNicholas^{1,2,3}

Abstract

Background: Childhood-onset Anorexia Nervosa (AN) is recognised to be atypical in presentation, both in terms of extent and nature of eating pathology, exercise and compensatory behaviours with many falling short of full diagnostic criteria. Failure to consider an eating disorder diagnosis in youth who present with extreme weight loss may have serious immediate and long term implications. However, failure to consider other non-organic causes of weight loss may be equally detrimental to the child's health.

Case presentation: This case reports on the acute presentation of a 12-year old boy, who presented to hospital in a severely malnourished state eight weeks into lockdown. To compensate for Covid-19 induced restrictions on sporting activity, this boy had followed a self-imposed daily schedule of arduous exercise, without increasing his nutritional intake. This report examines the clinical features suggestive of AN and other differential diagnosis. A discussion on the specific diagnostic differential of exercise addiction and challenges faced by youth during Covid-19 restrictions are presented.

Conclusion: Accepting that AN may present atypically in pre-pubertal youth, it is important that clinicians maintain an open mind in youth presenting without goal directed weight loss. Although weight loss was significant in this case, it was due to an excessive exercise regime. This may have commenced as a coping strategy in response to Covid-19 restrictions but subsequently became excessive and impairing in nature. The collateral damage of Covid-19 mandated restrictions, aimed at containing the spread of the virus, are evident in this case. Clinicians need to be alert to potentially maladaptive coping strategies and unusual or altered pathways of presentation, especially in younger children during these challenging times.

Keywords: Childhood-onset, Anorexia nervosa, AN, Exercise addiction, Covid-19

Background

Anorexia Nervosa (AN) is a disorder characterised by self-imposed food restriction resulting in weight loss coupled with an intense fear of weight gain, or of being fat, and an over-evaluation of body weight and shape (DSM5, 2013). Associated behaviours may

include over-exercising, binge eating, purging and use of diet pills or laxatives. In children failure to progress along expected weight trajectories occurs with detrimental effects on physical health. Although AN typically has its age of onset in adolescence, it may present both in pre-pubertal children and older adults. Presentation in younger children may be atypical with proportionally more boys presenting; ratio of girls: boys 4:1 as opposed to the adult ratio of 10:1 [1] and 5:1 in United Kingdom and Ireland [2].

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Childhood Onset Anorexia Nervosa

J. Kevin Thompson



Childhood Onset Anorexia Nervosa:

Childhood Onset Anorexia Nervosa and Related Eating Disorders Bryan Lask, 1993 This text concentrates on anorexia nervosa and related eating disorders in children looking specifically at childhood onset anorexia nervosa and eating disorders The editors aim has been to integrate theory research and practice The book shows how varied and complex the eating disorders of childhood and early adolescence are It includes a detailed review of the classification epidemiology causation and presentation of the various eating disorders The opening chapter is written by the mother of a young sufferer and describes in detail her experiences as well as those of other mothers in similar situations The latter half of the book is devoted to a practical description of the treatment techniques for those problems

Anorexia Nervosa and Related Eating Disorders in Childhood and Adolescence Bryan Lask, Rachel Bryant-Waugh, 2000 Includes an overview of eating disorders in childhood and adolescence epidemiology aetiology prognosis and outcome assessment and management

Childhood-onset Eating Problems Claudine Fox, Carol Joughin, 2002 Within the last few years eating problems in childhood have become a real public health issue Problems at this stage in the life course have a huge potential impact on the growth and development of the child and cause high anxiety for parents and carers This report provides an up to date information resource about childhood onset eating problems and discusses the current position of research within the field It will be of practical use to general practitioners and paediatricians as well as other specialists working with children Features Focuses on eating problems found in children between the ages of 5 12 years Provides data about incidence Practical information about interventions and treatments Examines aetiological and maintaining factors Assesses long term effects of an inadequate diet Discusses potential and actual outcomes for the different disorders Includes a review of the research conducted within the field and critical appraisal of key research papers

Feeding Problems and Eating Disorders in Children and Adolescents A. Cooper, 1992-02-12

Handbook of Treatment for Eating Disorders David M. Garner, Paul E. Garfinkel, 1997-04-18 Updated to reflect recent DSM categorizations this edition includes coverage of binge eating disorder and examines pharmacological as well as psychotherapeutic approaches to treating eating disorders

Eating Disorders in Childhood and Adolescence Bryan Lask, Rachel Bryant-Waugh, 2013 In the fourth edition of this accessible and comprehensive book Bryan Lask and Rachel Bryant Waugh build on the research and expertise of the previous three editions First published in 1993 this was the first book of its kind to explore eating disorders in children and young adolescents a population that is very different from those in their late teens and adulthood The contributors experience and knowledge have increased and the field has moved forward over the past 20 years This fully revised edition offers a distillation of current information relating to the younger population and contains brand new chapters on areas of experience research and practice including The perspective of a young person going through an eating disorder Experiences of a parent Updated information regarding advances from neuroscience Therapeutic engagement Cognitive remediation therapy Eating

Disorders in Childhood and Adolescence offers the reader knowledge insight and understanding into this fascinating but challenging patient group It has both a clinical and research focus and will be an essential text for a wide range of professionals as well as being readable for parents of children suffering from eating disorders

Functional Neuroimaging in Child Psychiatry Monique Ernst, Judith M. Rumsey, 2000-10-12 An authoritative account of clinical and research applications of functional imaging techniques in child psychiatry

Developmental Psychopathology Cecilia Ahmoui Essau, Franz Petermann, 1997 Presents a comprehensive summary of the most recent empirical findings on the prevalence nature and treatment of specific childhood and adolescent disorders The volume is divided into three sections Section One covers general issues in the scientific study of mental disorders The chapters in Section Two will cover definition and classification epidemiology risk factors course and outcome etiologic factors and treatment The third and final section contains a chapter on progress and unresolved issues in the field with some recommendations for future studies This book is written by experts in the field with a comprehensive range of the most recent research findings and provides an invaluable reference source for the understanding of the current status of specific developmental psychopathology

Pediatric Neuropsychiatry C. Edward Coffey, Roger A. Brumback, 2006 Pediatric Neuropsychiatry provides the most updated and clinically relevant information on psychiatric disorders in children and adolescents with disturbances of brain function Bridging the fields of psychiatry and neurology this landmark work emphasizes the link between developmental brain biology and behavior Major sections focus on neuropsychiatric aspects of specific psychiatric and neurologic disorders highlighting the influence of the developing nervous system on these disorders pathophysiology manifestations clinical course treatment and prognosis Other sections discuss all contemporary diagnostic and therapeutic modalities Chapters include case histories algorithms tables and appendices that explain the rudiments of testing

Adolescent Nutritional Disorders Marc S. Jacobson, 1997 Key issues common to nutritionally related disorders of adolescents atherosclerosis hypertension obesity anorexia nervosa bulimia nervosa and birth of suboptimal weight infants are examined here in terms of macro and micro nutrient requirements and their effects on growth and pubertal development Key investigators present data addressing the genetic behavioural and environmental contributors to these nutritional disorders including diet exercise habitual physical activity body composition dyslipidemia and risk taking behaviour The effects of changing roles of women and ideals in body shape on the eating habits of adolescents are examined as well Progress in research on the risk factors for and the prevention of these various disorders are described as are innovative new programmes for young women and ethnic minorities This volume should serve as an important scientific update for all clinicians involved in adolescent health and medicine

Childhood Onset Anorexia Nervosa ,1988 *Psychiatry* Joseph A. Flaherty, John Marcell Davis, Philip G. Janicak, 1993 British Journal of Hospital Medicine ,1994

The Art and Science of Mental Health Nursing Ian Norman, Iain Ryrie, 2009-04 This is a Pageburst digital textbook With more than 400 projections presented Merrill's Atlas of

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Handbook of Eating Disorders and Obesity J. Kevin Thompson,2004 Special coverage addresses cosmetic surgery and cosmetic medical treatments how the media influences eating disorders weight and shape concerns of boys and men cross cultural aspects of eating disorders child sexual abuse and eating disorders and a feminist approach to eating disorders Book cover

Exceptional Child Education Resources ,1997 Child Psychiatry Philip Jeremy Graham, Frank C. Verhulst, Dr. Jeremy Turk,1999 For the third edition of this comprehensive textbook of child and adolescent psychiatry Philip Graham is joined by two co authors Jeremy Turk and Frank Verhulst Their shared experience and expertise covers all aspects of developmental psychology behaviour and emotional disorders and types of therapy As in the two previous editions there is special emphasis on developmental considerations and on ways in which physical health and psychological problems

interact This new edition contains additional sections on adolescence The book will provide necessary and useful information for all professional dealing with disturbed children and their families

Handbook of Child and Adolescent Assessment
Thomas H. Ollendick, Michel Hersen, 1993 A comprehensive presentation of assessment strategies actual strategies and a review of specific populations for psychologists psychiatrists social workers and mental health social workers who work with children and adolescents Chapter authors address only those strategies that have a firm empirical base and proceed beyond behavioral assessment to cover those assessment practices that are used more routinely by traditional clinicians

The Normal Child Ronald Stanley Illingworth, 1991 In this revised edition there are alterations and additions to the three chapters on breast feeding with a discussion of infantile colic rewritten chapters on physical growth sleep problems travel problems the prevention of infection and the prevention of accidents with completely new chapters on helping a child to achieve its potential and on the controversial matter of child health surveillance Its 300 new references have been also been added

Food in Europe: Food consumption and health , 1997

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