Abstract Template

Abstract Title: Are the DSM-5's severity criteria for eating disorders adequate in athlete patients?

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Abstract (not more than 300 words)

The establishment of the level of severity in athlete eating disorder patients is a challenge for clinical teams. Athlete patients with anorexia nervosa and bulimia nervosa, often included in the eating disorder not otherwise specified cluster, are poorly represented or could be under-represented. If the body mass index and inappropriate compensatory behaviors are guarantors of the level of severity in non-athlete patients, those indicators are not well adapted anymore in athlete patients. In view of the limits of DSM-5' severity criteria, other indicators of severity must be considered in athlete patients. Associated with poor prognosis, the excessive physical exercise should be a core symptom to consider as well as the diversity of inappropriate compensatory behaviors when it is time to determine the level of severity in these patients. Even more, anorexia nervosa and bulimia nervosa severity indicators should be considered without distinguishing the severity criteria associated with each of those eating disorders. Through a dimensional perspective, a complementary transdiagnostic is proposed. This second diagnosis – Athlete eating disorder patients' transdisciplinary diagnostic – leaves room for a global perspective and the integrated (vs complementary) expertise of the caregivers and for the adjustment of severity level based on alternative severity indicators. The importance of establishing a transdiagnosis that echoes athlete eating disorder patients' reality is discussed.

Keywords—*Athletes*, *Eating Disorder, Excessive Physical Exercise, Inappropriate Compensatory Behaviors, Transdiagnostic,*

Professional Biography (100-150 words)

Marilou Ouellet is a doctoral student in psychology at the University of Quebec in Trois-Rivieres (Canada). Her research focuses on eating disorders and physical self-perceptions in athletes and non-athletes. She is involved in the organization of a multitude of scientific events and she is the scientific coordinator at the Transdisciplinary Research Group for Eating Disorders (Loricorps) since 2014.



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Any Comments: n.a