

Eating Disorders in Lockdown

Symptoms:

BEHAVIOURS AND ATTITUDES THAT INDICATE WEIGHT LOSS, DIETING AND CONTROL OF FOOD ARE PRIMARY CONCERNS

SKIPPING MEALS

GATHERING FOOD AND KEEPING IT IN THEIR ROOM/ PRIVATE AREAS

MOOD SWINGS

REFUSAL TO EAT CERTAIN FOODS/ FOOD GROUPS

VISITING THE BATHROOM DIRECTLY AFTER EATING

PREOCCUPATION WITH WEIGHT, FOOD, CALORIES AND EXERCISE ETC