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The risk of developing eating disorders in young adults with and without type-1 diabetes mellitus in southern India

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Introduction: Type-1 diabetes mellitus patients are at a risk for developing eating disorders because of their intense diet consciousness which is imbibed at an early age. The main objectives of this study were to screen for the risk of developing of eating disorders amongst young adults with and without type-1 diabetes mellitus and study its associations with metabolic control in type-1 diabetes mellitus patients.

Materials & Methods: This cross-sectional study with cases and gender-age matched controls was conducted on young adult type-1 diabetes mellitus patients (n=113) who were managed at the Young Adults Diabetes Clinic, Department of Endocrinology, Diabetes and Metabolism of Christian Medical College & Hospital, Vellore, India. They were screened using the Eating Attitude Test-26 questionnaire.

Results & Discussion: With type-1 diabetes patients had a higher risk for developing eating disorders when compared to their counterparts without diabetes ($p=0.000$; 95% CI=8.7, 170.7, Odds Risk Ratio=38.5). The only factor associated with the risk of developing eating disorder was the duration of the disease. There was no significant difference in risks of developing eating disorder between the male and female subjects.

Conclusion: Nutritionists and medical personnel should maintain a high index of suspicion when managing type-1 diabetes mellitus patients. Timely intervention with the help of mental health professional during routine hospital visits will enable better glycemic control and prevent diabetes related complications.

Biography

Mini Joseph is an Assistant Professor in Food & Nutrition at Government College for Women, Trivandrum, Kerala. She is presently a Post-doctoral Fellow at the Department of Endocrinology, Diabetes & Metabolism at Christian Medical College, India. She is the recipient of Young Scientist Award from the Nutrition Society of India in 2012. Her interests are in community nutrition, energy expenditure research, sports nutrition and Diabetes

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