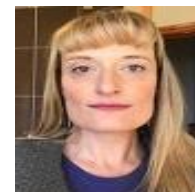


ARFID (Avoidant/Restrictive Food Intake Disorder): Latest literature review and current pharmacological treatment options

Anne-Frédérique Naviaux

Summerhill Mental Health Centre, Ireland



Abstract

Background: At the cross-roads of feeding and eating disorders, avoidant/restrictive food Intake disorder (ARFID) is sometimes used as an “umbrella diagnosis” as it covers a certainly large and rather heterogeneous list of eating symptoms. It appeared in the DSM5 in 2013, but still, there are no clear guidelines for both diagnosis and treatment.

Purpose: Review and synthesize the latest publications on ARFID as a relatively new and emerging diagnostic category and regarding the current pharmacological management/treatment options.

Subjects and Methods: Between March 2018 and May 2019, a literature search based on electronic bibliographic databases as well as other sources of information (grey literature) was conducted in order to investigate the current ARFID characteristic and treatment modalities, especially regarding medication.

Results: ARFID patients have some identified characteristics that separate them from other patients with other eating disorders. Multiple molecules have been successfully tried in the ARFID management, usually in combination with at least one psycho-dynamic approach and various models of care.

Conclusion: This research offers the opportunity to discuss how to currently diagnose and manage this newly identified condition, and more specifically the different pharmacological molecules that have been helpful for young patients with ARFID.

joined the College of Psychiatrists of Ireland in 2012. She currently works for the Health Service Executive in Ireland as Head of Service in Summerhill Adult Mental Health Centre (Wexford) and as Clinical Lead for Liaison Psychiatry in Wexford General Hospital (WGH). Since 2016, she has been developing in collaboration with the Paediatric Team in WGH and University Hospital Waterford, an out of hours emergency service for young people with Mental Health Issues.

Speaker Publications:

1. “Quantity does not equal quality: Scientific principles cannot be sacrificed”; June 2020 *International Immunopharmacology* 86:106711.
2. “La pandémie du Covid-19: surdosage médiatique, craintes et bientôt antonomase? Une pandémie exposant deux”; June 2020 *Annales Médico-psychologiques revue psychiatrique*.
3. “Response-Ability Facing Covid-19: A Matter of Psyche, Behavior and Civism”; May 2020.
4. “Medico-psychological aspects relating to the coronavirus epidemic (Covid-19): the contribution of the theory of signal detection and the concept of place of control”; March 2020 *Annales Médico-psychologiques psychiatric journal* 178 (3): 223-225.
5. “Management of ARFID (Avoidant Restrictive Food Intake Disorder) in a 12-year-old on a Paediatric Ward in a General Hospital: Use of Mirtazapine, Partial Hospitalization Model and Family Based Therapy”; September 2019 *Psychiatria Danubina* 31(Suppl 3):421-426.

[5th International Conference on Pediatrics and Pediatric Surgery](#); Rome, Italy- March 11-12, 2020.

Abstract Citation:

Anne-Frédérique Naviaux, ARFID (Avoidant/Restrictive Food Intake Disorder): Latest literature review and current pharmacological treatment options, *Pediatrics Surgery* 2020, 5th International Conference on Pediatrics and Pediatric Surgery; Rome, Italy- March 11-12, 2020

<https://pediatrics.insightconferences.com/abstract/2020/arfid-avoidant-restrictive-food-intake-disorder-latest-literature-review-and-current-pharmacological-treatment-options>



Biography:

Anne-Frédérique Naviaux is a Consultant Psychiatrist and Child Psychiatrist, who finished her Master in Psychiatry in 2004 (Universite Catholique de Louvain, Belgium). She worked in France as a ‘praticien hospitalier’ in Child Psychiatry and for The World Health Organization, before joining the Research Department in Trinity College (Dublin, Ireland) in 2011. She has been a Lecturer in France (IFSI) since 2004 but has also