

## DSM-5 diagnostic criteria for anorexia nervosa

**A.** Restriction of energy intake relative to requirements, leading to a significantly low body weight in the context of age, sex, developmental trajectory, and physical health. *Significantly low weight* is defined as a weight that is less than minimally normal or, for children and adolescents, less than that minimally expected.

**B.** Intense fear of gaining weight or of becoming fat or persistent behavior that interferes with weight gain, even though at a significantly low weight.

**C.** Disturbance in the way in which one's body weight or shape is experienced, undue influence of body weight or shape on self-evaluation, or persistent lack of recognition of the seriousness of the current low body weight.

*Specify whether:*

**Restricting type:** During the last three months, the individual has not engaged in recurrent episodes of binge eating or purging behavior (ie, self-induced vomiting or the misuse of laxatives, diuretics, or enemas). This subtype describes presentations in which weight loss is accomplished primarily through dieting, fasting, and/or excessive exercise.

**Binge eating/purging type:** During the last 3 months, the individual has engaged in recurrent episodes of binge eating or purging behavior (ie, self-induced vomiting or the misuse of laxatives, diuretics, or enemas).

*Specify if:*

**In partial remission:** After full criteria for anorexia nervosa were previously met, criterion A (low body weight) has not been met for a sustained period, but either criterion B (intense fear of gaining weight or becoming fat or behavior that interferes with weight gain) or criterion C (disturbances in self-perception of weight and shape) is still met.

**In full remission:** After full criteria for anorexia nervosa were previously met, none of the criteria have been met for a sustained period of time.

*Specify current severity:*

The minimum level of severity is based, for adults, on current BMI (see below) or, for children and adolescents, on BMI percentile\*. The ranges below were derived from World Health Organization categories for thinness in adults; for children and adolescents, corresponding BMI percentiles should be used. The level of severity may be increased to reflect clinical symptoms, the degree of functional disability, and the need for supervision.

**Mild:** BMI  $\geq 17$  kg/m<sup>2</sup>†

**Moderate:** BMI 16 to 16.99 kg/m<sup>2</sup>

**Severe:** BMI 15 to 15.99 kg/m<sup>2</sup>

**Extreme:** BMI <15 kg/m<sup>2</sup>

DSM-5: Diagnostic and Statistical Manual of Mental Disorders, Fifth Edition; BMI: body mass index.

\* See "Calculator: Body mass index (BMI; Quetelet's index)".

† UpToDate defines mild severity as BMI 17 to 18.4 kg/m<sup>2</sup>; BMI  $\geq 18.5$  kg/m<sup>2</sup> and <25 kg/m<sup>2</sup> is a healthy weight.