



UNIVERSITÀ DI PAVIA
Dipartimento di
Sanità Pubblica, Medicina
Sperimentale e Forense

Direttore Prof.ssa Cristina Montomoli

TRANSVERSAL COURSE

Proponents

Prof.ssa Anna Tagliabue e Dr. Cinzia Ferraris

Title

“Eating Disorder Prevention & Treatment in athletes”

Learning Outcomes

Upon completion of this course, students will:

1. Understand the public health problems and the consequences of eating disorders, LEA and RED-S in athletes across the lifespan;
2. Differentiate between eating disorder diagnoses, their unique features, co-existing psychological and/or behavioral conditions (including compulsive exercise disorder), and complex presentations;
3. Understand the multi-factorial risk factors that influence the development and maintenance of eating disorders in athletes including psycho-social, cultural, behavioral, and environmental factors;
4. Learn to critically evaluate prevention and intervention strategies based on existing and emerging literature to identify evidence-based best practices for prevention, treatment and return-to-play;
5. Identify appropriate screening tools, referrals, behavioral assessments, counseling strategies and treatment interventions;
6. Articulate the role of the Registered Dietitian Nutritionist on the multi-disciplinary sports medicine and eating disorder treatment teams.

Number of hours and timing

12 hours during the second semester

Period

February - September 2021

Lecturer

Prof. ssa Paula A. Quatromoni, Associate Professor and Chair, Department of Health Sciences, University of Boston

Scientific committee

Prof.ssa Anna Tagliabue, Prof.ssa Cristina Montomoli, Dr. Cinzia Ferraris
Dipartimento di Sanità Pubblica, Medicina Sperimentale e Forense

Location

Aule Cascina Cravino or web lessons

Language

English

Disciplines involved the course

The course was designed primarily for the doctoral course in PSYCHOLOGY, NEUROSCIENCE AND DATA SCIENCE - "Psychiatry, Public Health and Education" curricula, but has the intention of being transversal and providing useful skills for any disciplines of PhD students.

Evaluation criteria

Students will be evaluated on the following criteria:

- attendance
- participation in the discussions and simulations
- final multiple choice questionnaire

Abstract

This course will critically discuss the prevention and treatment of eating disorders (ED) in athletes. Risk factors for the development of eating disorders in sport will be explored alongside the clinical situations of low energy availability (LEA) and relative energy deficiency in sport (RED-S). We will take an in-depth look at the contributors to risk among youth, adolescent and adult athletes engaging in a variety of different sports considering psycho-social, cultural, behavioral, and environmental factors. Clinical presentation and consequences to mental health, physical health and athletic performance will be discussed. Emerging literature will inform a discussion of behavioral strategies for promoting nutritional adequacy and proper fueling for sport along with strategies for ED prevention. The professional role and scope of practice of the Registered Dietitian Nutritionist will be articulated in the context of the multidisciplinary sports medicine team and the eating disorders treatment team. Eating disorder treatment goals, intervention strategies, and return-to-play guidelines will be tailored to discussions of vulnerable populations, barriers to treatment, and care delivered across the continuum of care. As we examine the evidence base, we will identify gaps in knowledge, unmet needs, and areas where additional research is needed.

Preliminary program

Class #1

The Public Health Problem of Eating Disorders in Sport

- Scope of the problem; prevalence estimates by sport and gender
- Eating disorder diagnoses and presentations
- Low energy availability (LEA) and Relative energy deficiency in sport (RED-S)

Class #2

Risk Factors for Eating Disorder Onset in Sport

- Youth, adolescent and adult onset and presentation of eating disorders in sport
- Multi-factorial contributors: psycho-social, cultural, behavioral, environmental

Class #3

Consequences of Eating Disorders in Sport

- Mental health
- Physical health
- Athletic performance, social, academic and other consequences

Class #4

Screening and Identification of Risk

- Screening tools: validity, practicality, and gaps
- Who and when to screen?
- When to intervene and where to refer
- Removal from sport and Return-to-Play guidelines

Class #5

Treatment of Eating Disorders in Sport

- Continuum of care in eating disorders treatment and treatment barriers
- Evidence to guide treatment interventions for athletes
- Role of the nutrition professional in treatment
- Gaps, unmet needs, and research opportunities

Class #6

Prevention of Eating Disorders in Sport

- Evidence to guide prevention activities
- Role of the nutrition professional in prevention
- Gaps, unmet needs, and research opportunities