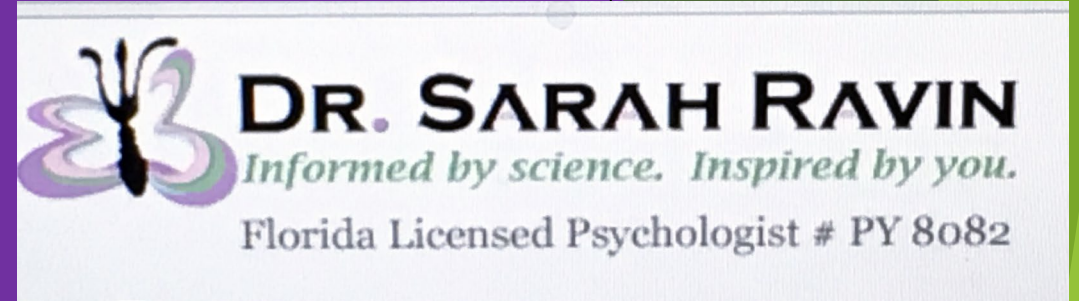


# ARFID 101: Subtypes, Symptoms, and Effective Treatment

Sarah K. Ravin, Ph.D.  
Licensed Psychologist





Psychologist in private practice for 12 years in Coral Gables, FL

Specialize in eating disorders in children, adolescents, and young adults

Primary treatment modalities: FBT & CBT

Professional advisor for FEAST

Active member of AED, ABCT, and APA



# What is ARFID?

- ▶ Avoidant-Restrictive Food Intake Disorder
- ▶ Characterized by a pattern of limited or restrictive eating which is associated with significant medical, developmental, and / or psychosocial consequences
- ▶ Reasons for food restriction include sensory sensitivity, lack of interest in eating, and/or fear of aversive consequences of eating
- ▶ No drive for thinness, fear of weight gain, or body dysmorphia



# ARFID is a heterogeneous diagnostic group





# History of ARFID

- ▶ Formally added to DSM-5 in 2013
- ▶ Prior to 2013, diagnosis could have been:
  - Feeding Disorder of Infancy or Early Childhood
  - Failure to thrive
  - Selective Eating Disorder
  - Food Neophobia
  - Food Avoidance Emotional Disorder
  - Emetophobia
  - Non fat-phobic AN
  - EDNOS

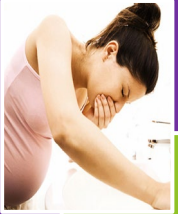


# Epidemiology of ARFID

- ▶ Prevalence of ARFID in the general population may be 0.3% - 3.2%
- ▶ Similar prevalence in males and females
- ▶ Onset is usually before age 5, except in some cases of trauma-related aversive subtype
- ▶ Approximately 75% of individuals with ARFID have anxiety disorders
- ▶ Approximately 20% of individuals with ARFID have Autism Spectrum Disorder
- ▶ Prevalence of mood disorders in ARFID is much lower than in AN, BN, or BED
- ▶ Average age at diagnosis is in childhood or early adolescence
- ▶ Amongst children and adolescents presenting for specialty ED treatment, 15-22% have ARFID diagnoses



# ARFID Subtypes



## AVERSIVE

- May have sudden onset if triggered by trauma
- Fear of choking
- Fear of vomiting
- Fear of contamination
- Fear of abdominal pain



## AVOIDANT

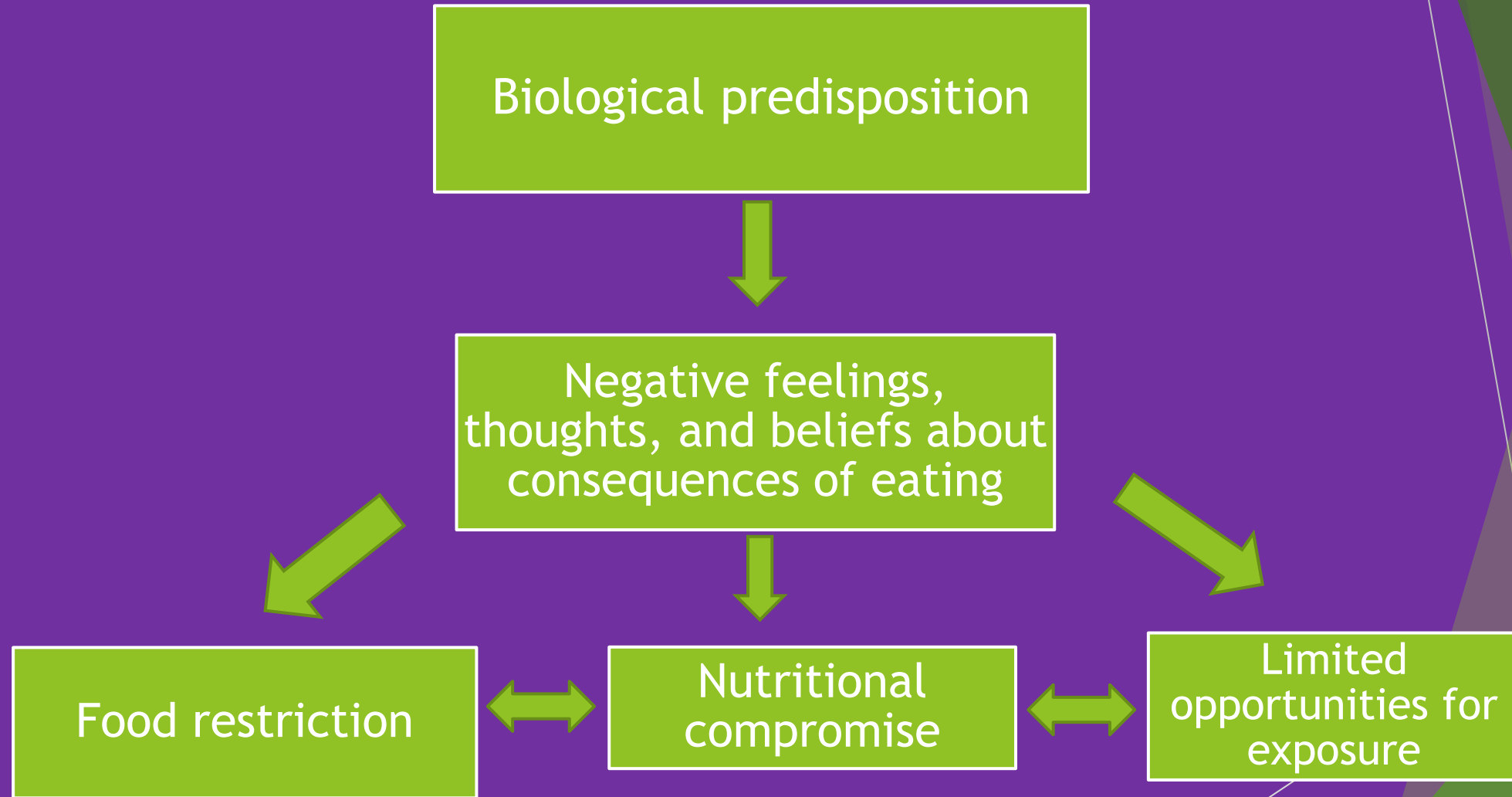
- Usually present since infancy or early childhood
- Sensory sensitivity
- Extreme picky eating
- Often comorbid with ASD



## RESTRICTIVE

- Poor appetite
- Apparent lack of interest in food
- Feels full easily
- Little pleasure or enjoyment from eating

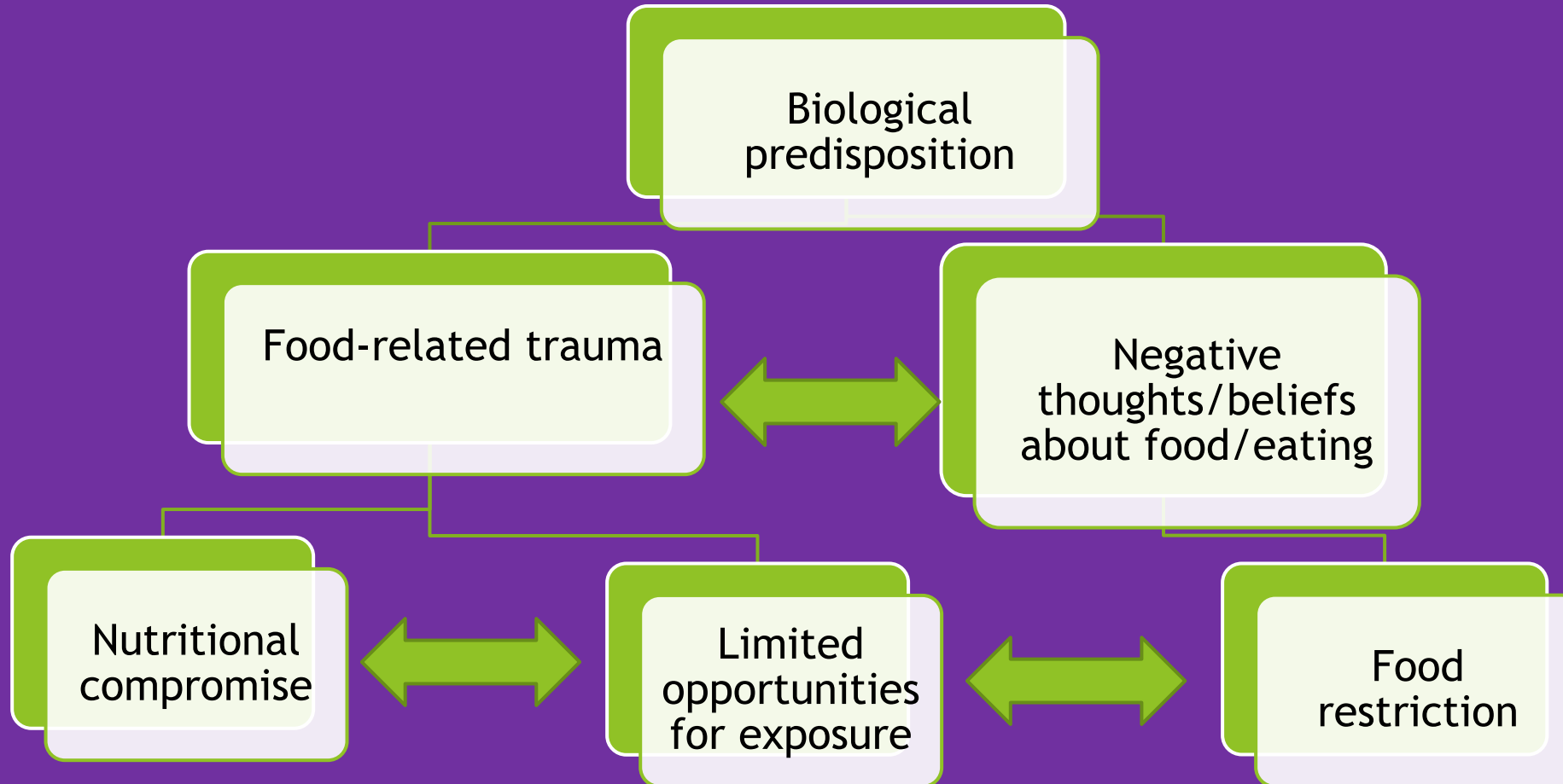
# Formulation of Avoidant & Restrictive ARFID



Adapted from Thomas, J.J. & Eddy, KT. (2019). Cognitive-Behavioral Therapy for ARFID.



# Formulation of Aversive ARFID



Adapted from Thomas, J.J. & Eddy, KT. (2019). Cognitive-Behavioral Therapy for ARFID.

# Evaluation and Treatment Priorities



# Treatments for ARFID

## Cognitive-Behavioral Therapy (CBT)

- Family involvement for young patients
- Psychoeducation & self-monitoring
- Targets maintaining mechanisms

## Family-Based Treatment (FBT)

- Increase urgency & mobilize parental anxiety
- Empower parents to take responsibility for helping child achieve treatment goals
- Establish healthy identity

## Medical Interventions

- Hospitalization for medical instability
- Feeding tube
- Medications

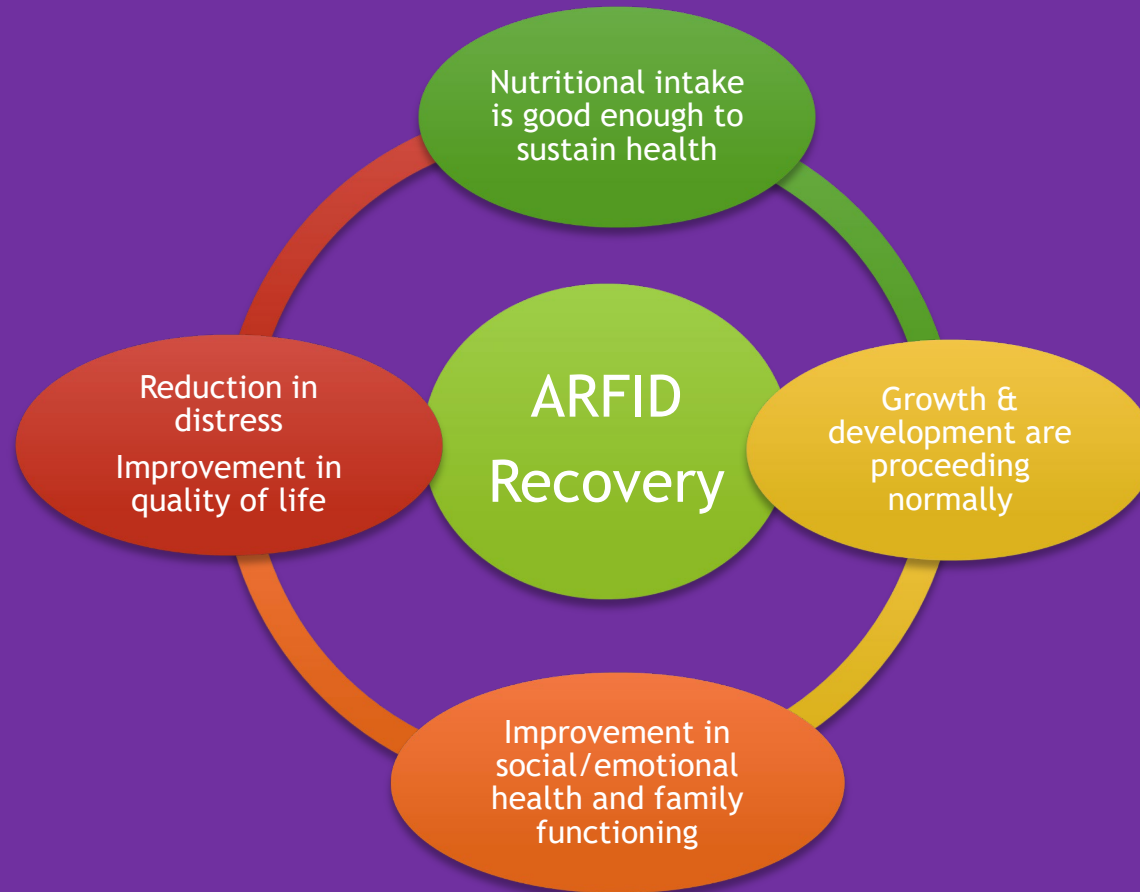


# ARFID Toolbox

- ▶ Strategies for increasing caloric intake
- ▶ Food hierarchy
- ▶ Exposure therapy
- ▶ Cognitive therapy
- ▶ Food chaining
- ▶ Fading in
- ▶ Deconstructing foods
- ▶ Food detective (explore with 5 senses)
- ▶ Relaxation training
- ▶ Values work
- ▶ Medications to reduce anxiety/obsessive thinking, increase appetite, and promote weight gain



# Defining Recovery



# Bibliography

- ▶ Bryant-Waugh, R. (2019). Avoidant-Restrictive Food Intake Disorder: A Guide for Parents and Carers.
- ▶ Bryant-Waugh, R. & Higgins, C. (2020). Avoidant-Restrictive Food Intake Disorder in Childhood and Adolescence: A Clinical Guide.
- ▶ Special issue: Child and Adolescent Feeding and Eating Disorders and Avoidant-Restrictive Food Intake Disorder (2019). International Journal of Eating Disorders, 52(4).
- ▶ Rowell, K. & McGlothlin, J. (2015). Helping Your Child With Extreme Picky Eating: A Step-by-Step Guide for Overcoming Selective Eating, Food Aversion, and Feeding Disorders.
- ▶ Thomas, J.J. & Eddy, K.T. (2019). Cognitive Behavioral Therapy for Avoidant-Restrictive Food Intake Disorder.



# QUESTIONS?



Please feel free to  
reach out to me  
directly!

[info@drsarahravin.com](mailto:info@drsarahravin.com)

[www.drsarahravin.com](http://www.drsarahravin.com)