

26<sup>th</sup> International Conference on  
Diabetes and Endocrinology

&amp;

16<sup>th</sup> International Conference on  
Nutrition and Health

Nov 22-23, 2018 | Paris, France

## The assessment of eating disorders

**Bridget Rivera**

Purdue University Global, USA

Research illustrates that few professionals who work with clients struggling with eating disorders regularly used validated eating disorder instruments and many rely largely on clinical interactions (Anderson and Paulosky, 2004; Towne, DeYoung & Anderson, 2017). Given that eating disorders are a complex mental health issue, with potential high morbidity rates validated the use of assessment is warranted. Psychological assessment is an integral component of evidenced-based practice (APA Presidential Task Force on Evidenced Based Practice, 2006). This presentation will address the importance of assessing symptomatology of eating disorders as well as motivation for change and treatment. Tests and the assessment process in general will be reviewed with a discussion of the difference between interviews, self-report and performance-based tests. The Eating Disorder Examination (EDE) (Fairburn and Cooper, 1993) and the Eating Disorder Examination Questionnaire (EDEQ) (Fairburn & Beglin, 1994) will be discussed, as they are the most commonly used assessment methods for eating disorders (Towne, DeYoung & Anderson, 2017). In addition to using single methods to explore symptomatology, it is also imperative to understand a patient's psychological

functioning, personality organization and potential attachment style in order to accurately treatment plan. Michel (2002) presented the common challenges associated with assessment and treatment of eating disorders, these include: denial, lack of motivation for change and treatment resistance, and lack of insight. In addition, she recognized the importance of sociocultural and psychosocial variables that inform the etiology of the disorder and thus treatment for the patient. The psychological assessment process will be discussed with a focus on therapeutic assessment as an important method to ameliorate the challenges to the assessment and treatment of eating disorders.

### Speaker Biography

Bridget Rivera is a licensed clinical psychologist and full-time faculty member for Purdue University Global. Her research interests are in the field of psychological assessment and diversity training. She was awarded the Martin Mayman award from the Society for Personality Assessment in 2010 for distinguished contribution to the literature. She has over 15 years of clinical experience, including a focus on working with clients struggling with body image and eating issues. In addition to her time teaching for Purdue University Global, she also has a small private practice where she enjoys seeing clients individually and conducting psychological assessment.

e: [brivera@purdueglobal.edu](mailto:brivera@purdueglobal.edu)*Notes:*