

# Atypical Anorexia

Atypical Anorexia is an eating disorder with all symptoms of Anorexia Nervosa but without being underweight.

## Symptoms

- Intense fear of gaining weight or becoming fat
- Significant restriction of food intake
- Distorted body image
- Obsession with food, body weight, and shape
- Ritualistic eating behaviors
- Excessive exercise
- Social isolation
- Fatigue
- Difficulty concentrating
- Low self-esteem
- Anxiety and depression
- Suicidal thoughts or self-harm

## Causes

- Family history of eating disorders
- Low self-esteem
- Perfectionism
- Difficulty coping with stress
- History of trauma or abuse
- Exposure to unrealistic body image standards
- Participation in sports or activities that emphasize thinness

## Health Risks

- Osteoporosis
- Heart problems
- Fertility problems
- Gastrointestinal problems
- Dental problems

# Myth busting: Atypical Anorexia

The main difference between atypical anorexia nervosa (AAN) and anorexia nervosa (AN) is that people with AAN do not have to be underweight to meet the diagnostic criteria for the disorder. People with AAN can be within a normal weight range or sometimes even be overweight.

## Reminder:

- Your weight doesn't determine if you need mental health support.
- Clinical services talk about BMI/weight to do risk assessments and see if any physical intervention is needed.
- Any disordered eating long-term will damage your digestive system and can cause you long-term health conditions.
- You are valid if you are underweight and deserve support!
- AAN and AN are clinical terms, try not to take it personally.

## Resources/Support

- Free online support - [Beat Eating Disorder support](#)
- Jenup's Eating disorder support - [Jenup](#)
- One to one therapy - [The Recovery Duo](#)