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### Efficacy of Exercise Interventions Applied to Populations Diagnosed with Anorexia Nervosa, Bulimia Nervosa, and/or Binge Eating Disorder(s) on Health Outcomes: A Systematic Review

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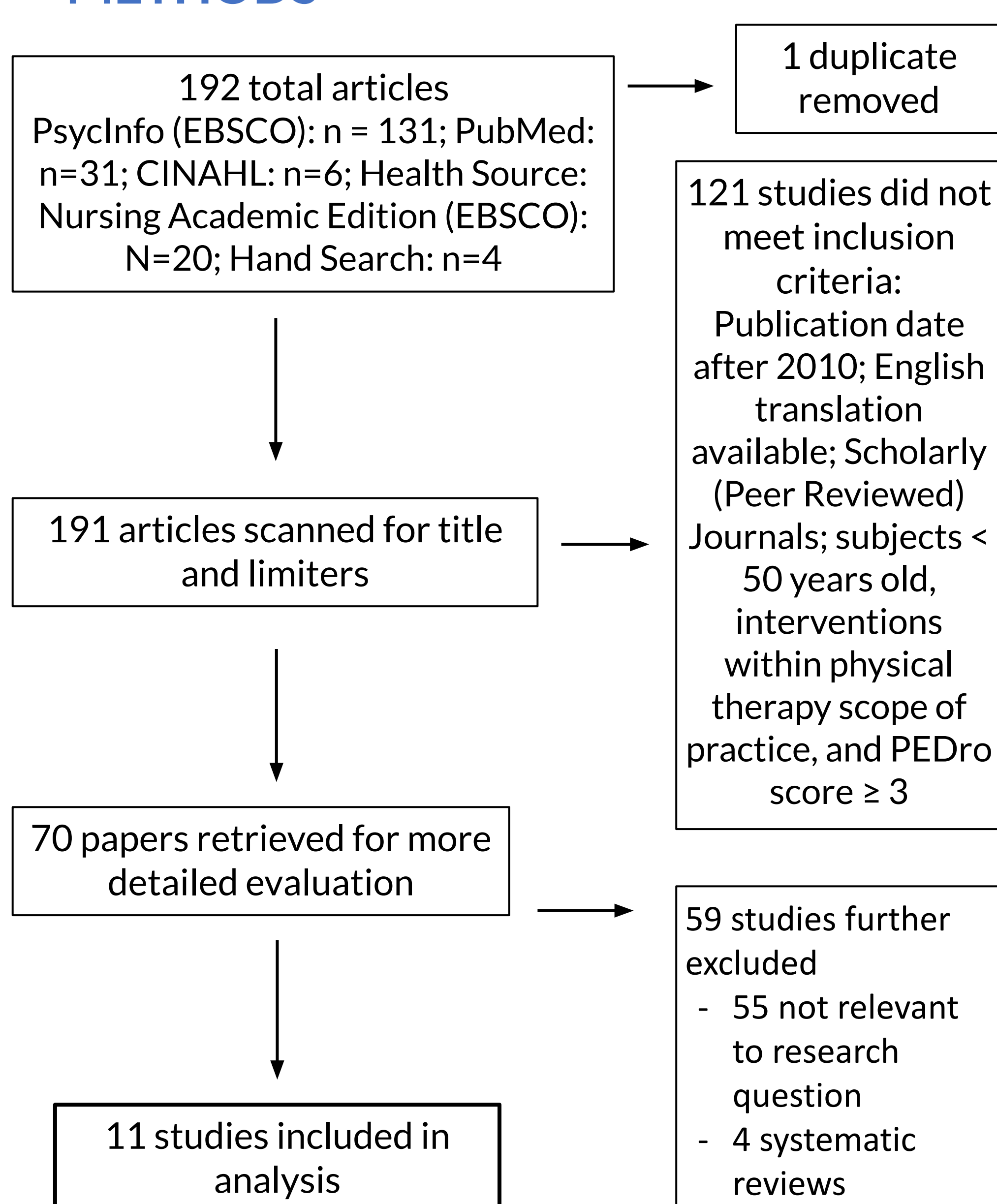
# Efficacy of Exercise Interventions Applied to Populations Diagnosed With Anorexia Nervosa, Bulimia Nervosa, and/or Binge Eating Disorder(s) on Health Outcomes: A Systematic Review.

## PURPOSE

To investigate the effects of physical exercise interventions including resistance training, yoga, and aerobic training on **quality of life, physiologic status, and functional outcomes** in those diagnosed with Anorexia Nervosa (AN), Bulimia Nervosa (BN), and/or Binge Eating Disorder (BED).

To raise **awareness** of the effects of eating disorders and aid physical therapists in clinical decision making regarding their role within the interdisciplinary team.

## METHODS



# Physical therapists can play an integral role in the treatment of patients with eating disorders



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## RESULTS and DISCUSSION

- High intensity resistance training is more effective in comparison to low/moderate intensity resistance training for patients with AN.
- Physical Exercise and Dietary therapy was just as successful as CBT in alleviating symptoms of BED and BN
- Positive effects on psychological well-being and emotional regulation skills were noted with groups who participated in **yoga or resistance interval training** for patients with BN and BED.
- Incorporation of **aerobic exercise** alongside cognitive behavioral therapy (CBT) can improve outcomes and physical performance for patients with BED.
- Physiological measures were improved when patients underwent PT-supervised mental health counseling sessions that focused on **physical activity** for patients with BED.
- Studies involving an in-patient population were not notable for any negative intervention effects, suggesting that **structured exercise** is safe to perform in an acute setting.

## PT IMPLICATIONS

- Know the warning signs
- Be aware of common comorbidities
- Utilize safe interventions
- Use patient-centered language

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## RESOURCES

