

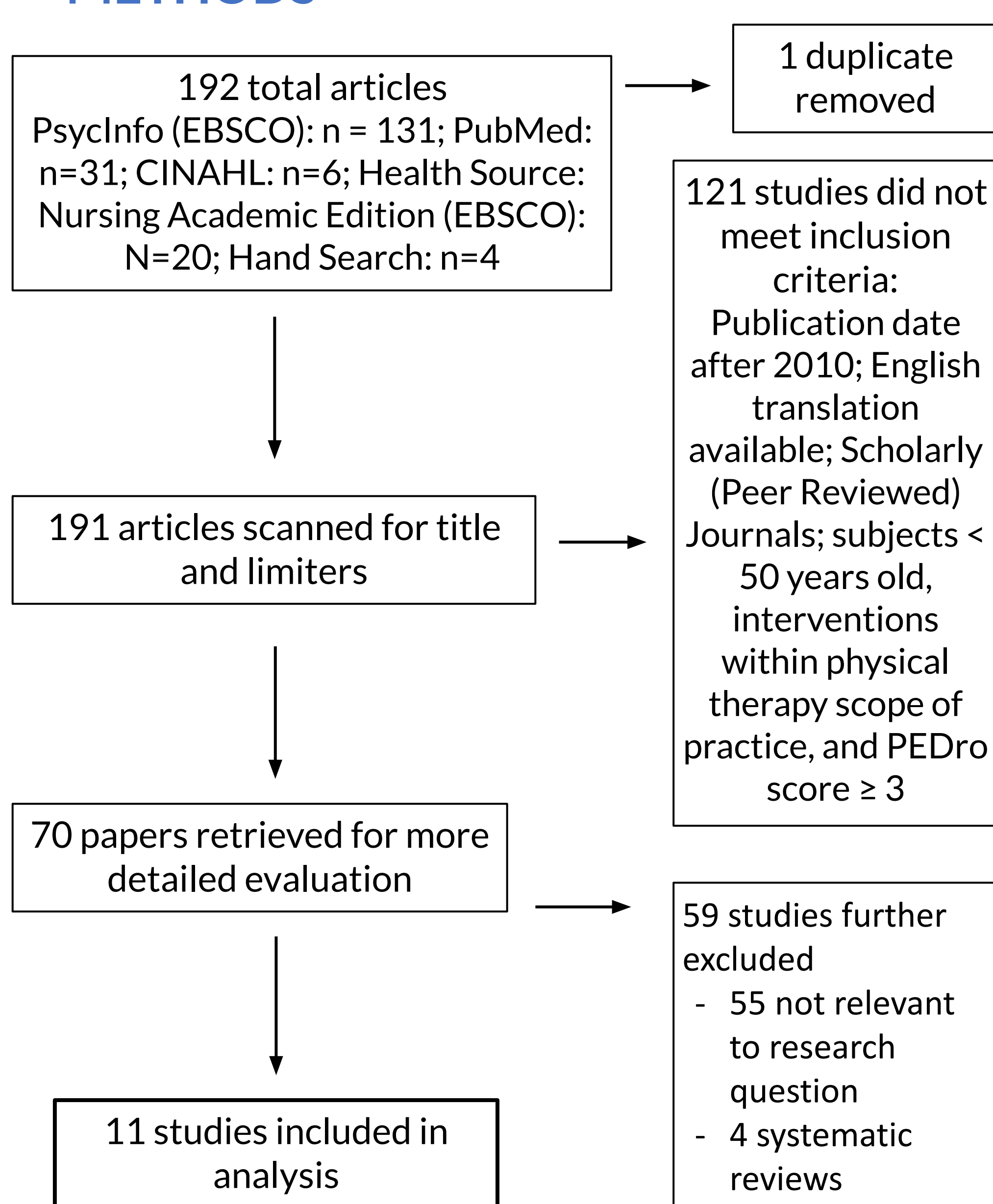
Efficacy of Exercise Interventions Applied to Populations Diagnosed With Anorexia Nervosa, Bulimia Nervosa, and/or Binge Eating Disorder(s) on Health Outcomes: A Systematic Review.

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

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



Scan to view the abstract



Lauren Anderson, SPT
Patrick Hoffman, SPT
Jared Houser, SPT
Marissa Prince, SPT
Kaitlyn Weatherby, SPT
Kristen Karnish, PT, MPH, D.Ed

RESOURCES

