Collaborative Care for Eating Disorder Presentations

Jo is fourteen years old, and attends an academically selective girls high school with plans to study medicine.

Recently, Jo's mother has become concerned that Jo is not herself. Over the last six months or so, Jo has become irritable and impossible to live with. She has been refusing to attend family functions and staying up very late at night. Jo's mother is worried her bad attitude and behaviour is rubbing off on her younger siblings. She begins to wonder if there is something wrong, over and above Jo being a teenager.

Jo has been slim and athletic all her life. She is "allergic to lactose and gluten" but has had no other significant medical problems. Recently, Jo decided to become a vegetarian because of her love for animals. She is currently training for a half-marathon that the whole family enters every year. She is determined to beat her older brother so he will stop gloating about being faster than her.

Careful history reveals that Jo has been gradually reducing her food intake for some time. On the pretext of study, and because she says she can't bear to watch them eat meat, Jo has been insisting on eating her meals in her room away from the rest of the family. Jo gets up early to go for a morning run before school, and then claims she cannot eat at that hour.

Examination reveals Jo is quite muscular but very underweight with a BMI of 14.5. She notes she hasn't has a period for six months, but believes this is because of her recent exercise regime. Jo says she does not know if she has lost weight or not, and does not admit to any concerns about weight or body shape.

Did you know . . .

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This is a de-identified vignette.