

subjective (e.g., figure skating and gymnastics) or where weight class is prerequisite to participation (e.g., wrestling) have been associated with a higher incidence of eating disorders ([Bratland-Sanda and Sundgot-Borgen, 2013](#)). The term **female athlete triad**, characterized by an eating disorder, amenorrhea, and osteoporosis, has been applied to young women with restrictive eating disorders and amenorrhea ([Deimel and Dunlap, 2012](#)).

### Diagnostic Evaluation

Diagnosis is made on the basis of clinical manifestations ([Box 16-6](#)) and conformity to the criteria established by the [American Psychiatric Association \(2013\)](#). Characteristics of BN and AN are listed in [Table 16-3](#).

#### **Box 16-6**

### **Clinical Manifestations of Anorexia Nervosa**

- Severe and profound weight loss
- Secondary amenorrhea (if menarche attained)
- Primary amenorrhea (if menarche not attained)
- Sinus bradycardia
- Low body temperature
- Hypotension
- Intolerance to cold
- Dry skin and brittle nails
- Appearance of lanugo hair
- Thinning hair
- Abdominal pain
- Bloating