



EPA EATING DISORDERS SECTION REPORT 2025

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LAST SECTION COMMITTEE ELECTIONS HELD:

Date: October, 2024

Venue: Online

ACTIVITIES OF THE SECTION IN 2025:

Meetings/events

Incompleteness of current diagnostic criteria of eating disorders: prognostic and therapeutic implications Description:

Current DSM-5 and ICD-11 diagnostic criteria for anorexia nervosa (AN) and bulimia nervosa (BN) are quite similar. Both diagnostic systems focus on eating-specific psychopathology as main aspects of the disorders. However, recent studies suggested that also general psychopathological symptoms, such as depressive, anxiety or post-traumatic symptoms, have a central role in the psychopathology of both AN and BN, although they are not accounted for in the diagnostic criteria. Moreover, the severity of AN and BN is graduated only based on the degree of underweight and the frequency of purging behaviors, respectively, while no consideration is given to the chronicity of the disorders and/or to their unresponsiveness to treatments. Furthermore, in some people with AN or BN excessive physical activity is the prevalent behavior to obtain weight loss and/or prevent weight gain, being an extremely rewarding activity that may persist despite its potential harmful consequences. The aim of this symposium is to provide the scientific evidence supporting the need to implement current diagnostic criteria of eating disorders with a more accurate characterization of psychopathology and a more precise graduation of the severity of the disorder.

To this purpose, Prof. Alessio M. Monteleone will illustrate the psychopathology of eating disorders seen through the lens of the network analysis and will show how the knowledge provided by that assessment method may inform diagnostic and treatment procedures. Prof. Laura Di Lodovico will discuss the importance of compulsive physical exercise in the clinical presentation of anorexia nervosa and its potential role in the diagnostic criteria. Prof. Fernando Fernandez-Aranda will focus on the usefulness of severity criteria in DSM-5 eating disorders and will show the existing gaps. Prof. Ulrike Schmidt will discuss current knowledge about illness stages in anorexia nervosa and their therapeutic and prognostic implications.

Alessio Maria Monteleone: Can network analysis inform diagnostic and treatment procedures? Evidence and perspectives in eating disorders



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Department of Psychiatry, University of Campania "Luigi Vanvitelli", Naples, Italy

Ulrike Schmidt: What do we know about illness stages in anorexia nervosa?

Professor of Eating Disorders, King's College London

Fernando Fernandez-Aranda: usefulness of Severity criteria in DSM EDs and existing gaps.

Director Unitat Trastorns Alimentaris

Catedràtic, Universitat de Barcelona

Subdirector CIBERObn

Servei Psicologia Clínica

Hospital Universitari de Bellvitge-ICS

Laura Di Lodovico: Compulsive exercise: the neglected "Cinderella" of the diagnostic criteria of anorexia nervosa

Hôpital Sainte-Anne

GHU Paris Psychiatrie et Neurosciences

Université de Paris

Institut Psychiatrie et Neurosciences de Paris (INSERM U1266)

FRANCE

Location: Madrid EPA Congress 2025

Start date: 05/04/2025

End date: 08/04/2025

Eating Disorder Section of EPA Business Meeting

Description:

Participants:

- In Person: Giovanni Castellini, Sebastien Guillaume, Livio Tarchi, Rami Bou Khalil
- Online: Kate Kucharska, Nicolas Ramoz



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Summary: Giovanni Castellini gave a brief presentation, outlining the composition of the session, past activities, and proposals from the board regarding future activities, aligned with the section's main objectives.

Improving Participation:

Several actions were proposed to enhance member engagement in decision-making processes and general section activities:

- Integrating the annual meeting at the EPA conference with business meetings held every three months.
- Encouraging members to suggest topics for symposia and upcoming webinars, or to vote on topics suggested by the board. The deadline for proposals is April 24 2ti25.

Meetngs and Education:

- Symposia and Webinars:
 - o In addition to the symposium proposed for EPA 20026 in Prague (see attached slides for board proposals), it was decided to organize online webinars on specific topics (refer to attached slides for board proposals).

- o The webinars will serve as opportunities to foster networks for collaboration, draft statement and position papers, and establish partnerships with other EPA sections and scientific societies, such as:

§ World Psychiatric Association

§ Academy of Eating Disorders

§ Eating Disorders Research Society

§ European Society of Cardiology § European Society for Sexual Medicine o Topics for

these webinars will be developed in the coming weeks, and all sessions will be recorded and shared with EPA members.

- Workshops:

- o In addition to symposia, workshops will also be proposed for the upcoming EPA conference.



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- **Newsletter:**

- It has been proposed to prepare a newsletter for the new most relevant articles or initiatives published each month for the members of the section.

- **Publications:**

- We proposed to set up a working group for working on publication in the context of the eating disorder psychopathology, authored by the Section, on behalf of EPA. Several topics has been considered, including staging of eating disorders.

Location: Location: meeting room La Paz or Virtual Platform

Start date: 06/04/2025

End date: 06/04/2025

Online business meeting of the Section

Description:

Agenda of the meeting

1. Welcome and Introductions

- Opening remarks by the Chair
- Introduction of new members

2. Review of Previous Meeting Minutes

- Summary of key points and actions from the last meeting
- Approval of minutes

3. Updates and Reports

- EPA next conference in Prague 2026: submitted and approved symposiums
- Proposed webinar in collaboration with Neurodevelopmental Disorder Section of the

European Psychiatric Association. Title: The complex interplay between eating disorder psychopathology and neurodivergence: overlap and boundaries.

4. Planning Ahead

- Logistics and next steps for congress symposiums: Planning a new online business meeting in January; planning an in person/online business meeting in Prague, March 2026
- Proposal of future projects and initiatives: WPA and EPA Joint Position paper of Sections of Eating Disorders on staging models. Scoping review open to all the members. ☐ Proposals for other position paper from the section members
- Member contributions to future newsletters.



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- Shared research initiatives of members. Institution of a Research Collaborative Group of young members
5. Closing Remarks
- Next meeting date
 - Final thoughts and acknowledgements

Location: online meeting

Start date: 25/09/2025

End date: 25/09/2025

FUTURE ACTIVITIES:

Meetings/events

EPA conference 2026

Description:

Core Programme of EPA conference in Prague: title of the
symposium: Update in Neurobiology in Eating Disorders

Co-chair Giovanni Castellini

Location: Prague

Start date: 28/03/2026

End date: 31/03/2026

EPA conference 2026

Description:

Symposium in collaboration with Suicidology and Prevention section

Symposium Description: Eating disorders are psychiatric illnesses heavily burdened by death risk. This can be related to either facet of EDs as psychosomatic disorders, i.e. the somatic one (death because of somatic complications of starvation, organ failure, electrolyte imbalance, etc) and the psychiatric one. In this latter case, suicide and suicidal behavior represent an issue for ED patients. Self-destructive behaviors beyond the eating disordered behaviors and symptom are frequently comorbid. Furthermore, while previous reports have



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underscored a higher risk of suicide in anorexia nervosa and of suicide attempt in bulimia nervosa, more recent ones have stressed the need to address suicidal behavior in all ED diagnoses.

The aim of this inter-section symposium is to delve into the meaning and declinations of destructiveness in patients with EDs, and how this dimension can come into play in the treatment process: hence the involvement of the EPA Section on Suicidology and Suicide Prevention and of the EPA Section on Eating Disorders (EDs).

Chair - First name: Philippe

Chair - Last name: Courtet

Chair - Country: France

Co-chair - First name: Giovanni

Co-chair - Last name: Castellini

Co-chair - Country: Italy

Speaker 1 - First name: Laura

Speaker 1 - Last name: Di Lodovico

Speaker 1 - Country: France

Speaker 1 - Presentation title: Clinical, cognitive and psychopathological markers of suicide attempts in eating disorders.

Speaker 2 - First name: Giovanni

Speaker 2 - Last name: Castellini

Speaker 2 - Country: Italy

Speaker 2 - Presentation title: Early traumatic experiences, emotion dysregulation and self injuries in eating disorders: a candidate echophenotype.

Speaker 3 - First name: Carla

Speaker 3 - Last name: Gramaglia

Speaker 3 - Country: Italy

Speaker 3 - Presentation title: The unbearable heaviness of Being. The Interpersonal Theory of Suicide in the understanding of Eating Disorders.

Speaker 4 - First name: Philippe

Speaker 4 - Last name: Courtet

Speaker 4 - Country: France

Speaker 4 - Presentation title: Interoception and suicide in Eating Disorders.

Location: Prague 2026

Start date: 28/03/2026

End date: 31/01/2026

EPA conference 2026

Description:

Proposed symposium by the Eating Disorder Section



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Title: What do we need for a clinical staging model in eating disorders? State of the art and future directions.

Symposium description

Eating disorders pose a significant challenge for both clinical practice and research due to their multifactorial etiology and severe consequences. Reliable biomarkers are still controversial, limiting the development of effective pharmacological treatments. However, the multi-organs involvement of these pathologies reflects higher-order dynamics across different functions including appetite, reward, and stress regulation. Staging models

have become crucial in neurology, cardiology, clinical oncology, and in mood and psychotic disorders for psychiatry, improving time and choice of treatment interventions. This symposium will highlight groundbreaking advancements in the neurobiology of eating disorders, emphasizing their implications for staging models and novel therapeutic strategies. Fernando Fernandez-Aranda will introduce the theoretical and clinical foundations of staging models in psychiatry, demonstrating their relevance in understanding and treating eating disorders. The second presentation, delivered by Hubertus Himmerich, will discuss the World Federation of Societies of Biological Psychiatry (WFSBP) consensus statement on biological markers for anorexia nervosa. Furthermore, Katarzyna Kucharska will explore the interplay between emotion regulation strategies in anorexia nervosa and borderline personality disorder using fMRI techniques, providing insights into both shared and distinct mechanisms. Finally, Rami Bou Khalil will present stage-specific therapeutic strategies, focusing on innovative pharmacological approaches that show promise in improving patient outcomes. This symposium aims to foster a multidisciplinary dialogue, bridging neurobiology, clinical psychiatry, and therapeutic innovation to address the complexities of eating disorders.

Chair - Giovanni Castellini Co-chair - Alessio Maria Monteleone

Speaker 1 - Fernando Fernandez-Aranda; Presentation title: The theoretical and clinical foundations of staging models in psychiatry and their relevance to eating disorders.

Speaker 2 - Hubertus Himmerich; Presentation title: The World Federation of Societies of Biological Psychiatry (WFSBP) consensus statement on biological markers for anorexia nervosa

Speaker 3 - Katarzyna Kucharska; Presentation title: Emotion dysregulation in Anorexia Nervosa and Borderline Personality Disorder: overlap and boundaries.

Speaker 4 - Rami Bou Khalil; Presentation title: Stage-specific therapeutic strategies.

Location: Prague 2026

Start date: 28/03/2026

End date: 31/03/2026

Webinar date to be defined

Description:

Joint webinar as section of Eating Disorders and Neurodevelopmental disorder in the lifespan

Webinar title: The complex interplay between eating disorder psychopathology and neurodivergence: overlap and boundaries.



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Chair: Giovanni Castellini; Co-Chair: Ozge Kilic, member secretary of the EPA Section on Neurodevelopmental Disorders across the Lifespan

Speakers:

Dora Wynchank: ADHD and Eating Disorders: Prevalence, Mechanisms and Clinical Implications

Nadia Micali: Understanding ARFID: Recognition in the context of neurodevelopment, Treatment, and Support Across the Lifespan

Jakob Unterholzner: Comorbidity between ADHD and obesity: long term outcomes and implications for new pharmacological treatments.

Location: online webinar

Start date: 05/01/2026

End date: 30/12/2026

EPA conference 2026

Description:

Title of the symposium: Challenging Conditions in the Treatment of LGBTIQ+ Patients (Joint symposium with the Sexual Orientation and Gender Identities Section)

Comorbid disorders often pose a major challenge in the treatment of LGBTIQ+ patients. The joint symposium of the EPA Sections „Sexual orientations and gender identities“ and „Eating disorder“ will therefore provide an overview of frequently asked questions and uncertainties. Giovanni Castellani, Chair of the EPA Section „Eating disorders“ will report on special features of the psychopathology of eating disorders in LGBTIQ+ patients. Dagmar Pauli, Head of Child and Adolescent Psychiatry Zurich, will discuss the overlap between neurodiversity and gender dysphoria. Marcus Gertzen, Chairman of the Federal Initiative on Sexualized Substance Use, will report on challenges in the treatment of chemsex patients. Koray Basar, will highlight the particular challenges in the treatment of patients for whom coming out is not possible due to different conditions in the family or society.

Giovanni Castellini: Eating Disorder: Psychopathology in LGBTIQ+ patients,

Dagmar Pauli: Neurodiversity and Gender Dysphoria: Understanding the intersections,

Marcus Gertzen: Chemsex – A challenge for the LGBTIQ+ community

Koray Basar: Assisting the burden of concealment



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Location: Prague 2026

Start date: 28/03/2026

End date: 31/01/2026

FUNDING IN 2025

Income: NONE

Source(s) of funding:

NONE

Expenditure: NONE

Balance: ZERO

EPA Treasurer audit: No

Confirmation that income / expenditure is via EPA: No