**EDNOS (eating disorder not otherwise specified) now known as**

**(OFSED) Other Specified Feeding or Eating Disorders**

**Summary**

These are eating disorders where a person has some but not all the diagnostic signs for anorexia or bulimia. It may also be diagnosed as a “partial syndrome “, if for example a woman with anorexia still has irregular or normal periods or someone who’s bulimic episodes are very infrequent. Eating disorders frequently occur together with depression and anxiety disorders.

**Symptoms at school or college may include:**

* Avoid eating with friends, discard lunches or spend lunchtimes exercising
* Appear more lethargic or struggle to concentrate on college work
* Wearing baggier clothes
* Preoccupation with and/or secretive behaviour around food
* Self-consciousness when eating in front of others
* Low confidence and self-esteem
* Poor body image
* Irritability and mood swings
* Tiredness
* Social withdrawal
* Feelings of shame, guilt, and anxiety
* Difficulty concentrating

**Support**

It’s not always obvious that someone has an eating disorder – remember, they are mental illnesses.  If you’re worried about someone you know, you should seek help. A member of the college safeguarding team will be able to help in the first instance. Further details may be available on the student’s profile on Staff Advantage.

<https://www.beateatingdisorders.org.uk/>