



MENTAL HEALTH & EATING DISORDER STATISTICS

EATING DISORDERS AND MENTAL ILLNESSES COMMONLY OCCUR TOGETHER.

ONE STUDY OF PEOPLE HOSPITALIZED FOR AN EATING DISORDER FOUND THAT

97% 

HAD AT LEAST ONE CO-OCCURRING MENTAL HEALTH DISORDER, WITH

 94%

SUFFERING FROM MOOD DISORDERS LIKE MAJOR DEPRESSION

69% 

OF PATIENTS WITH ANOREXIA NERVOSA ALSO HAVE OBSESSIVE-COMPULSIVE DISORDER

81% 

OF PEOPLE WITH BULIMIA NERVOSA ALSO HAVE AN ANXIETY DISORDER

1/3 

OF PEOPLE WITH BINGE EATING DISORDER ARE ALSO DIAGNOSED WITH MAJOR DEPRESSION

1/4 

PEOPLE WITH AN EATING DISORDER ALSO HAVE SYMPTOMS OF POST-TRAUMATIC STRESS DISORDER

SOURCE: <https://www.nationaleatingdisorders.org/statistics-research-eating-disorders> UNDER THE "CO-OCCURRING DISORDERS" HEADING