



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

1/3 

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

69% 

OF PATIENTS WITH
ANOREXIA NERVOSA
ALSO HAVE OBSESSIVE-
COMPULSIVE DISORDER

81% 

OF PEOPLE WITH BULIMIA
NERVOSA ALSO HAVE
AN ANXIETY DISORDER

1/4 

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