

News & Comments

Scientists have Evidence that Anorexia can Change Brain Structure

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Studies have shown that anorexia affects brain structure more than depression and OCD.

Anorexia is not just an eating disorder but also mental health condition, and almost 1/4th of a million people are affected by it just in the UK. Its obvious symptom is that the person tries to keep the weight low by not eating enough.

The findings, published in the journal *Biological Psychiatry*, are based on extensive analyses of brain scans taken from patients worldwide.

Three measures of brain thickness and surface area are more likely to be reduced in people with anorexia, according to the study. Gray matter reductions may not be permanent if anorexia is treated early. Anorexia nervosa patients' brains can change in shape and size, but they can also change again after recovery.

These are the first of its kind of clear evidence linking eating disorders with structural changes in the brain. According to the results, early treatment is imperative for avoiding long-term, structural changes in the brain in people with anorexia. Weight gain is a crucial aspect of the treatment. Typically, cognitive behavioural therapy is used. The results show that successful treatment of anorexia has a positive impact on brain structure for many people with anorexia.

Paul Thompson, a professor of neurology said, "This is a wake-up call, showing the need for early interventions for people with eating disorders."

KEYWORDS

Subcortical volume, cortical thickness, surface area, MRI, BMI, anorexia nervosa, anorexia, body mass index, brain, cognitive behavioral therapy

