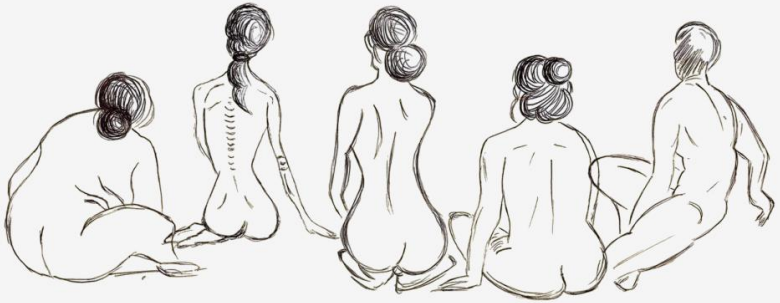
Disordered Eating in Correctional Settings: a Scoping Review

Presenter: Caitlyn Jowett (UNSW)

Professor Richard Kemp, Associate Professor Adrienne Withall, Laurie Hopkins & Professor Phillipa Hay

Eating Disorders: What are they?

- Characterised by:
  - Disturbed eating-related behaviour and thoughts
  - Physical or psychosocial issues



Point Prevalence: 4.5% (1.1m Australians)

Suicidality: 7-31x more likely than general population

Hay, Girosi & Mond, 2015; Hay et al., 2023; Paxton et al., 2012; Preti et al., 2011; van Hoeken & Hoek, 2020

Why is this important?

Burden of Disease

$84 billion in 2023

60% ↑ since 2012

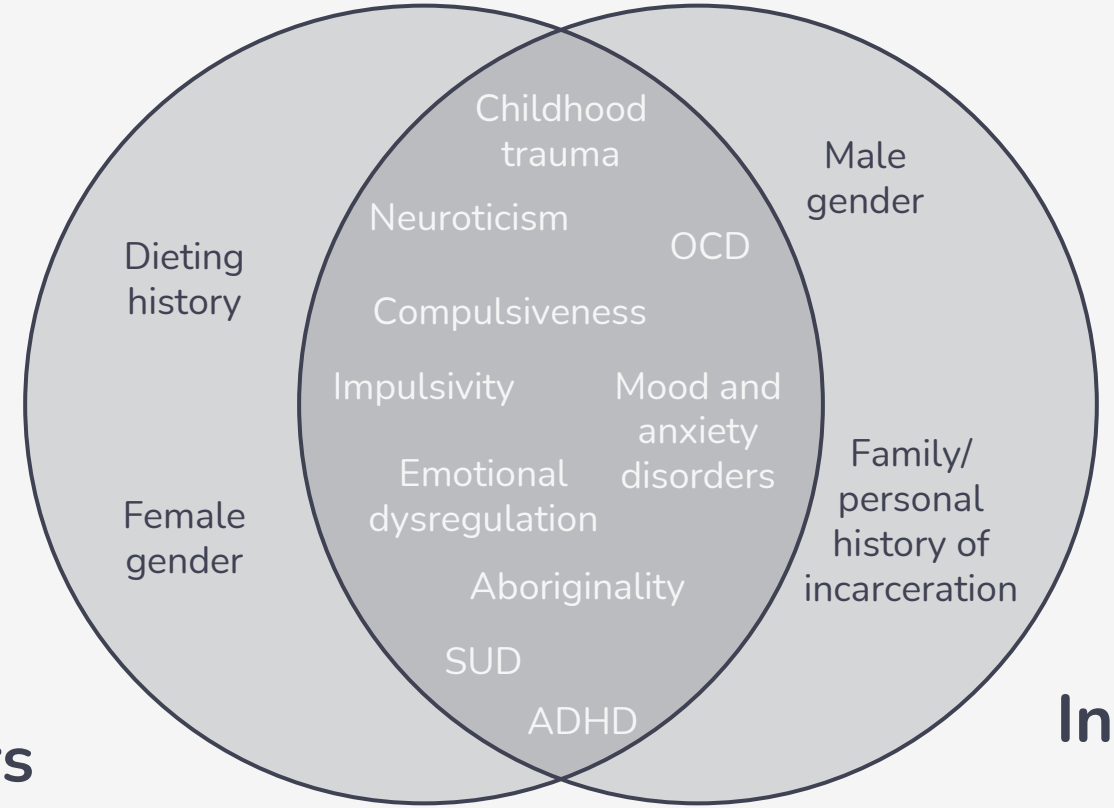
Healthcare Obligations

'The Prison Standards'

Management Concerns

Hay et al., 2023; Paxton et al., 2012; AIHW, 2023; RACGP, 2023

Risk Factors for EDs and Incarceration



Eating Disorders

Incarceration

Bakarat et al, 2023; Farstad et al., 2016; Tharshini et al., 2021; Wardell & Yeudall, 1980; Reavis et al.., 2013; Stewart et al., 2008; Thornberry et al., 2001; Young & Thome, 2011; Bulten et al., 2009

The Prison Environment as a risk factor

- Removal of Control
- Social Isolation
- Increased Stigma
- Negative mood and stress
- Trauma

Polivy & Herman, 2002; Haynos & Fruzzetti, 2011; Bruch, 1974; Becker et al., 2010; Masheb & Grilo, 2006; Talbot et al., 2015; Tchanturia et al., 2012

So what are we doing? (NSW)

Important: states have legal duty of care

- Screen for eating disorders ✖
- Specific assessment tools ✖
- Dedicated services ✖
- Include EDs in patient care guidelines ✖

Aims & Methodology

Research Question:
What is the current state of research literature exploring any type of disordered eating across all correctional settings?

Methodological Guidelines

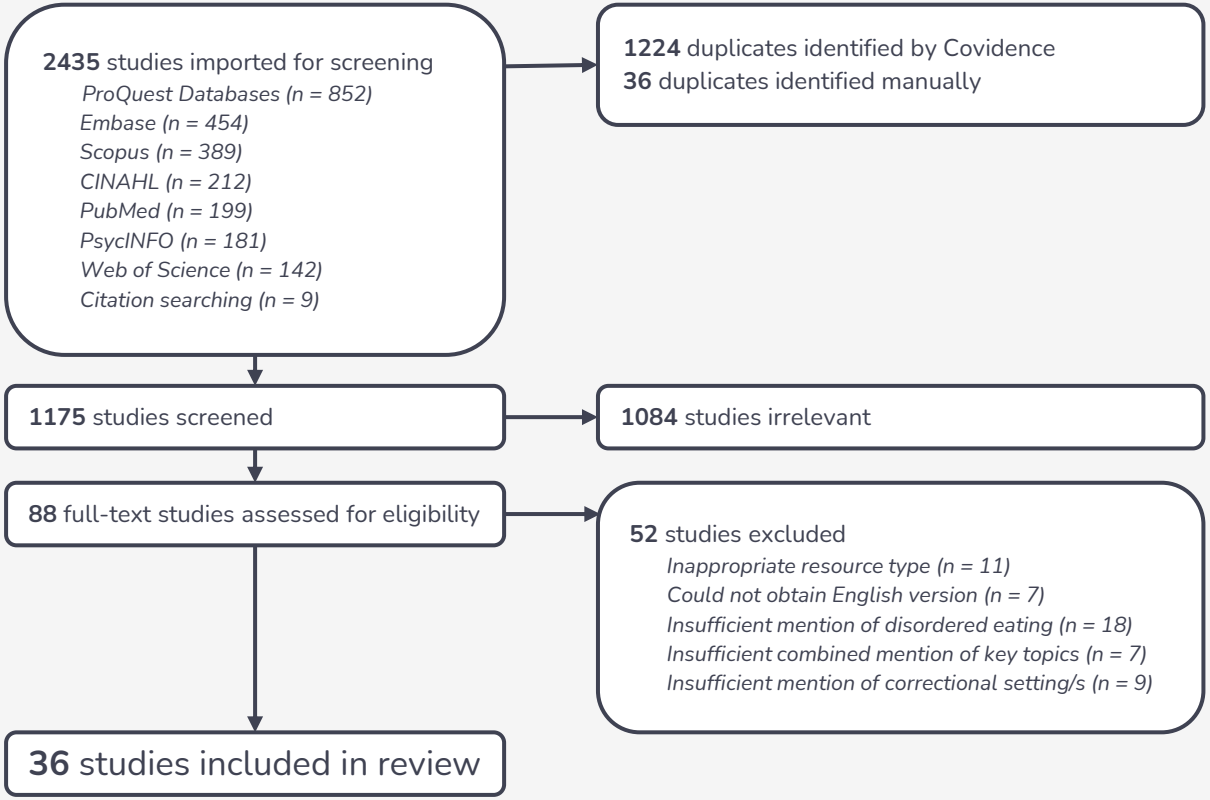
- PRISMA-ScR
- Joanna Briggs Institute (JBI)
- Covidence software

Potential Implications of Review

- Inform targeted interventions
- Inform policy development
- Broaden understanding of eating disorders in restricted environments

Aromatis & Munn, 2020

PRISMA Diagram



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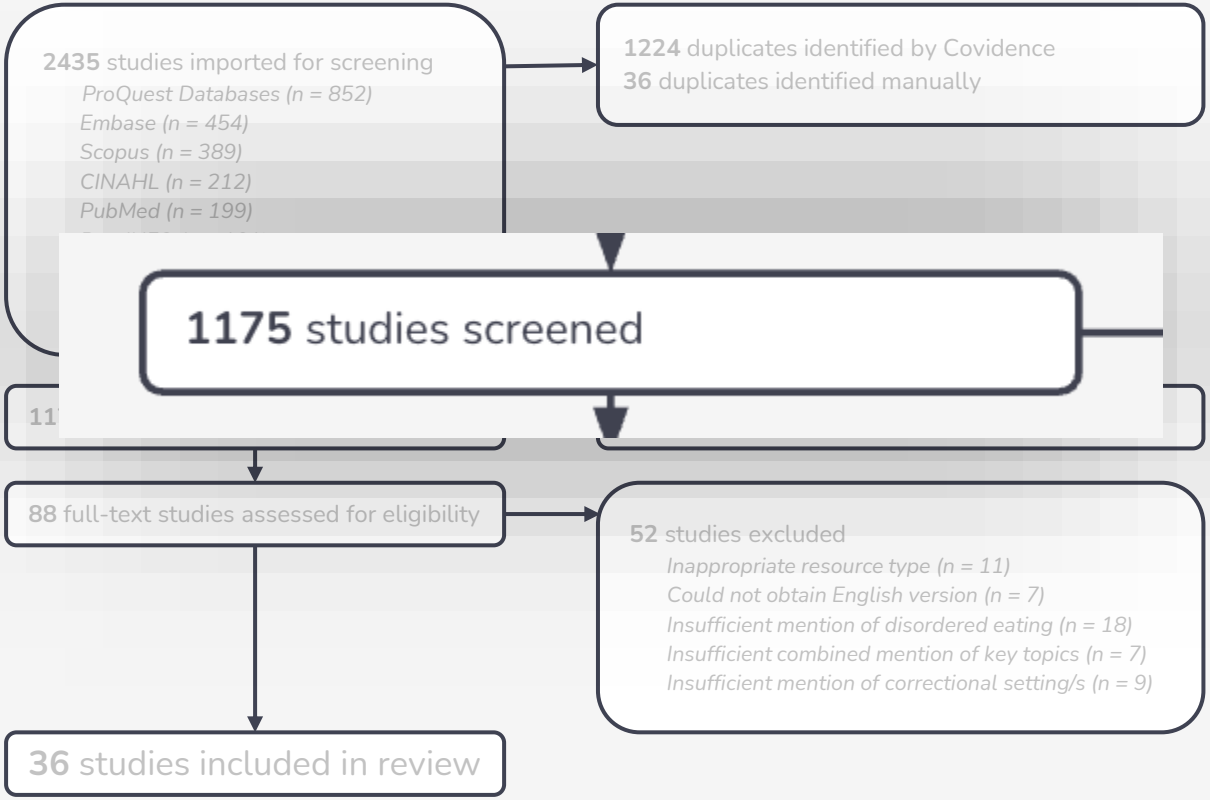

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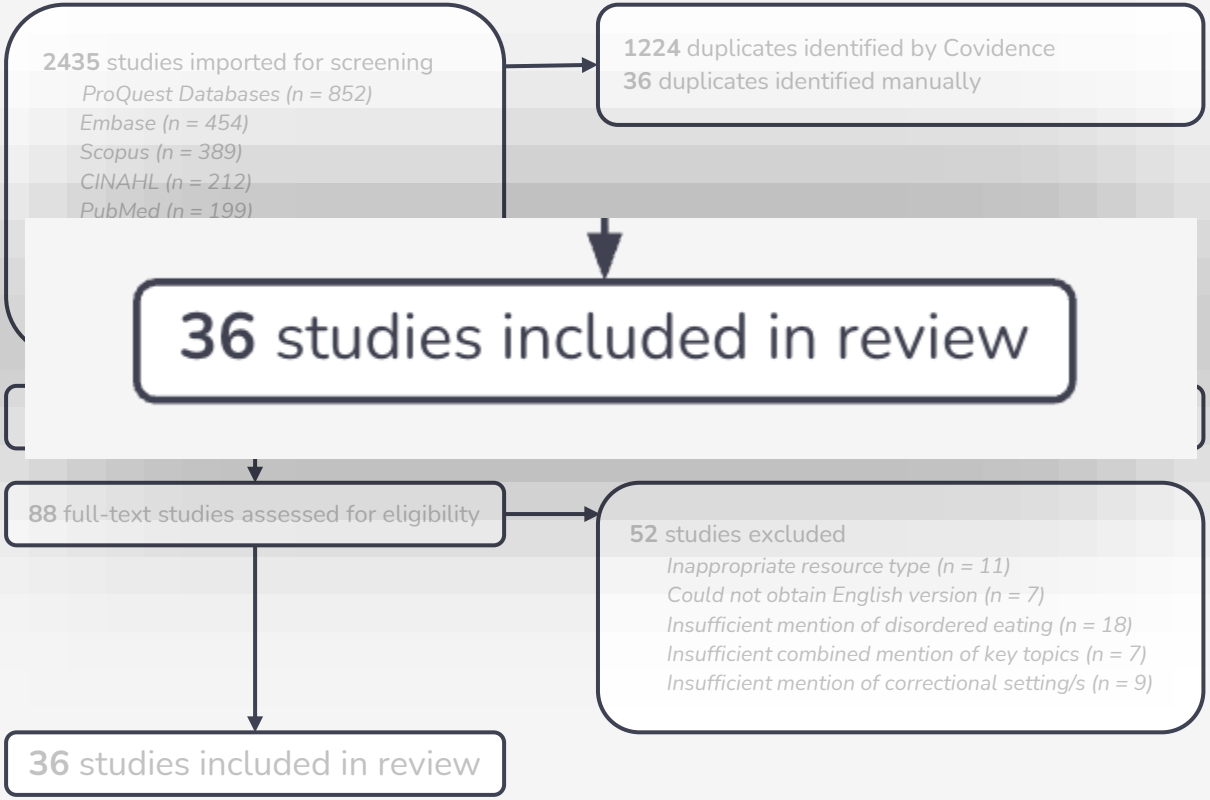
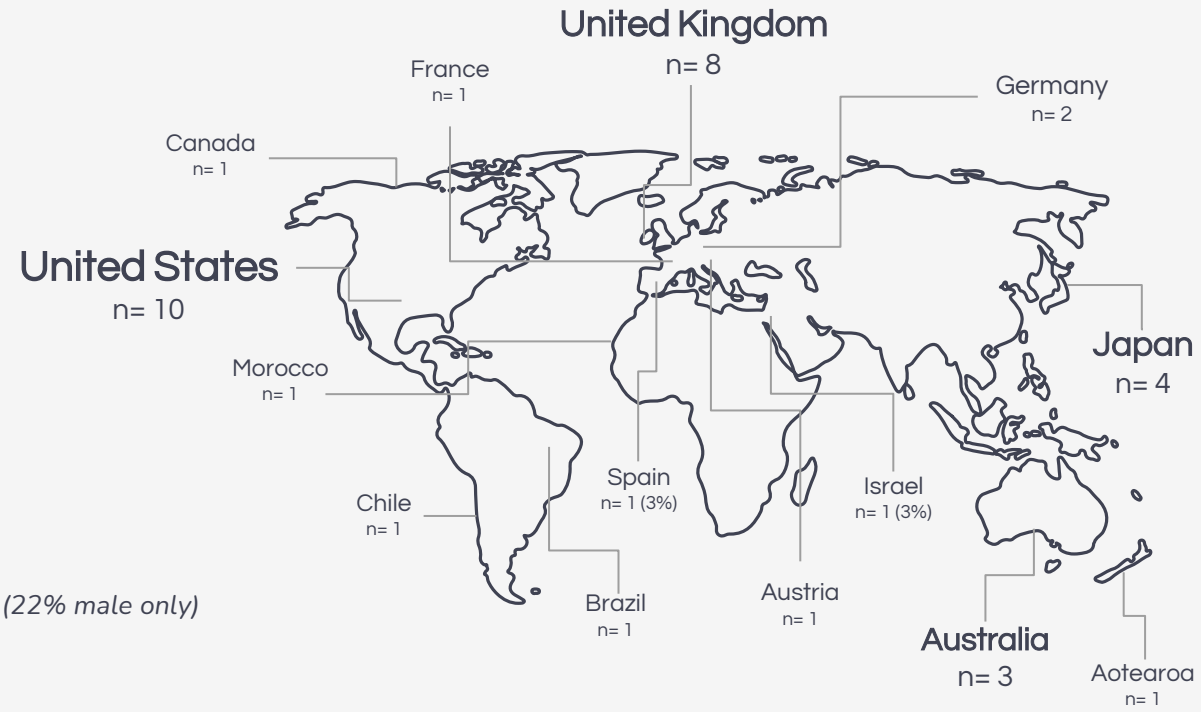


Study Characteristics

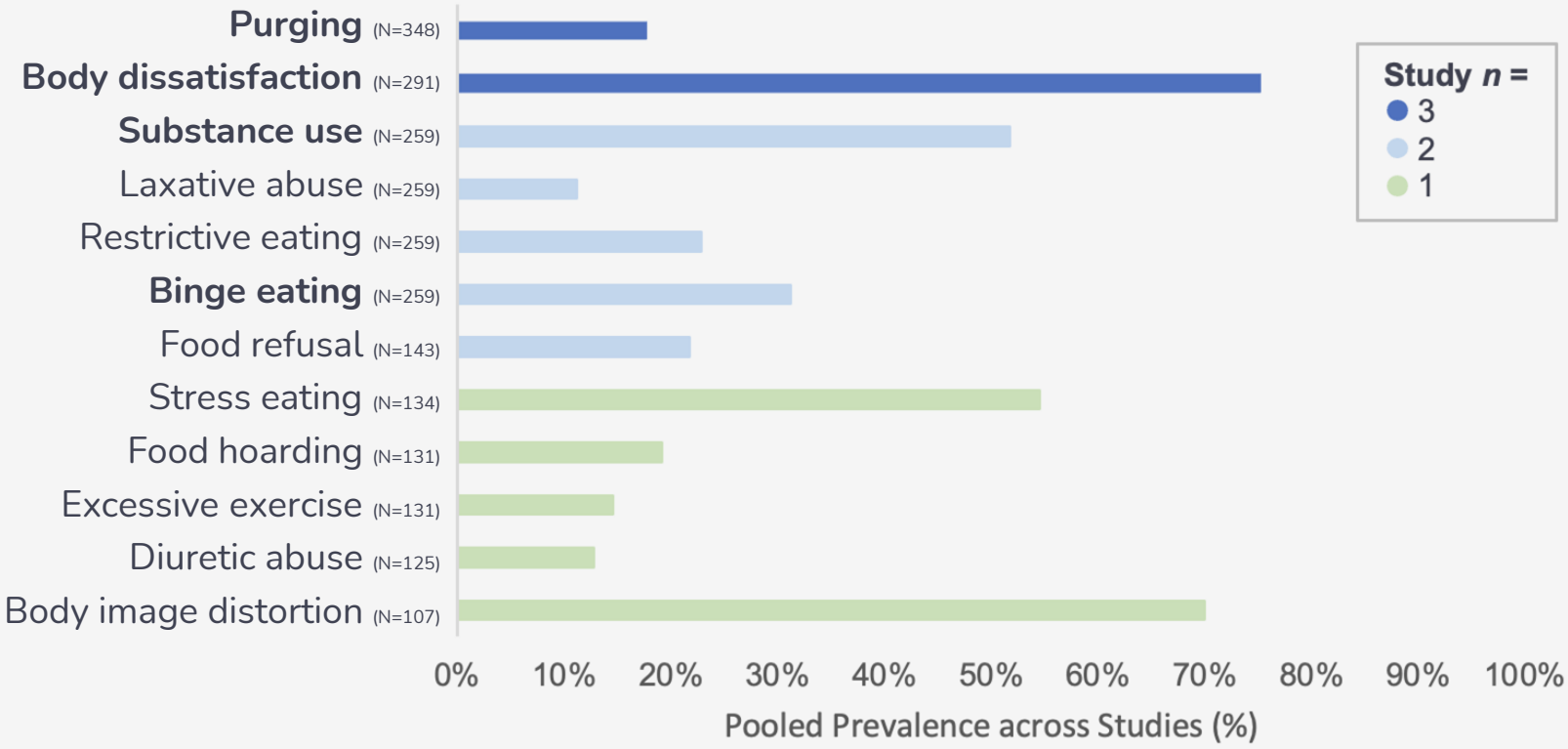
1977-2022
47% since DSM-5

86% adult only

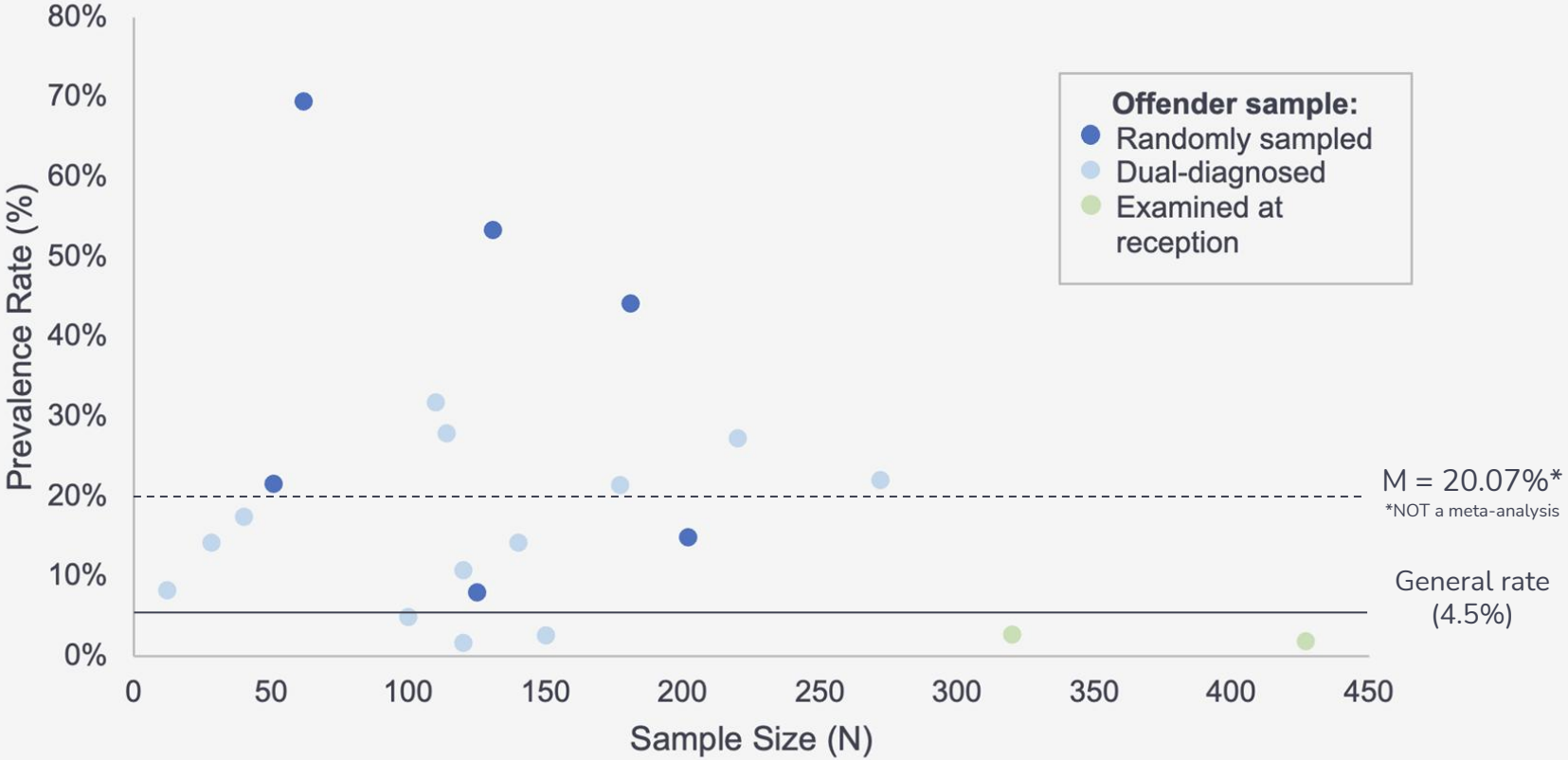
44% female only *(22% male only)*
33% all genders



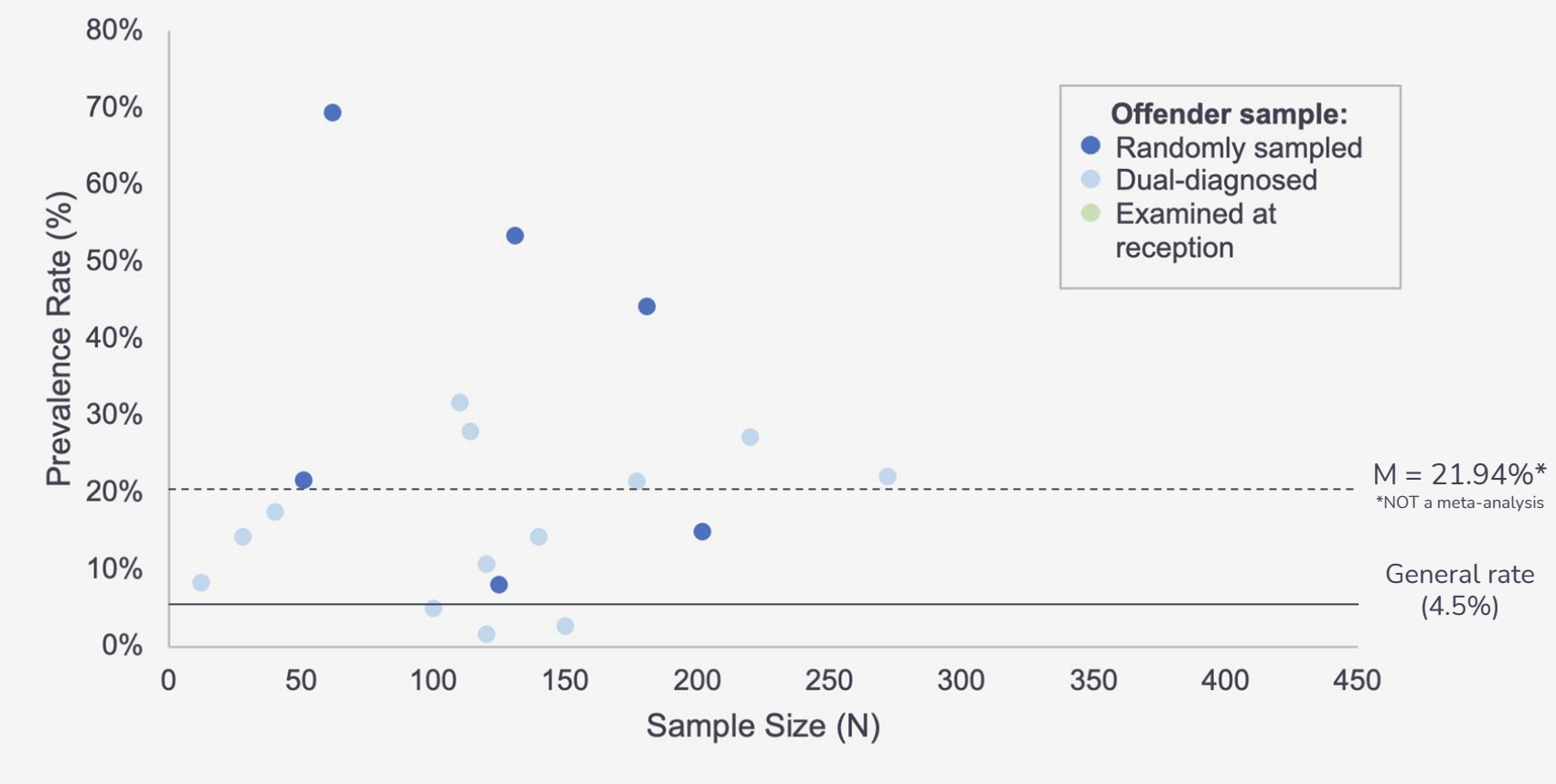
Disordered Eating Prevalence across Studies



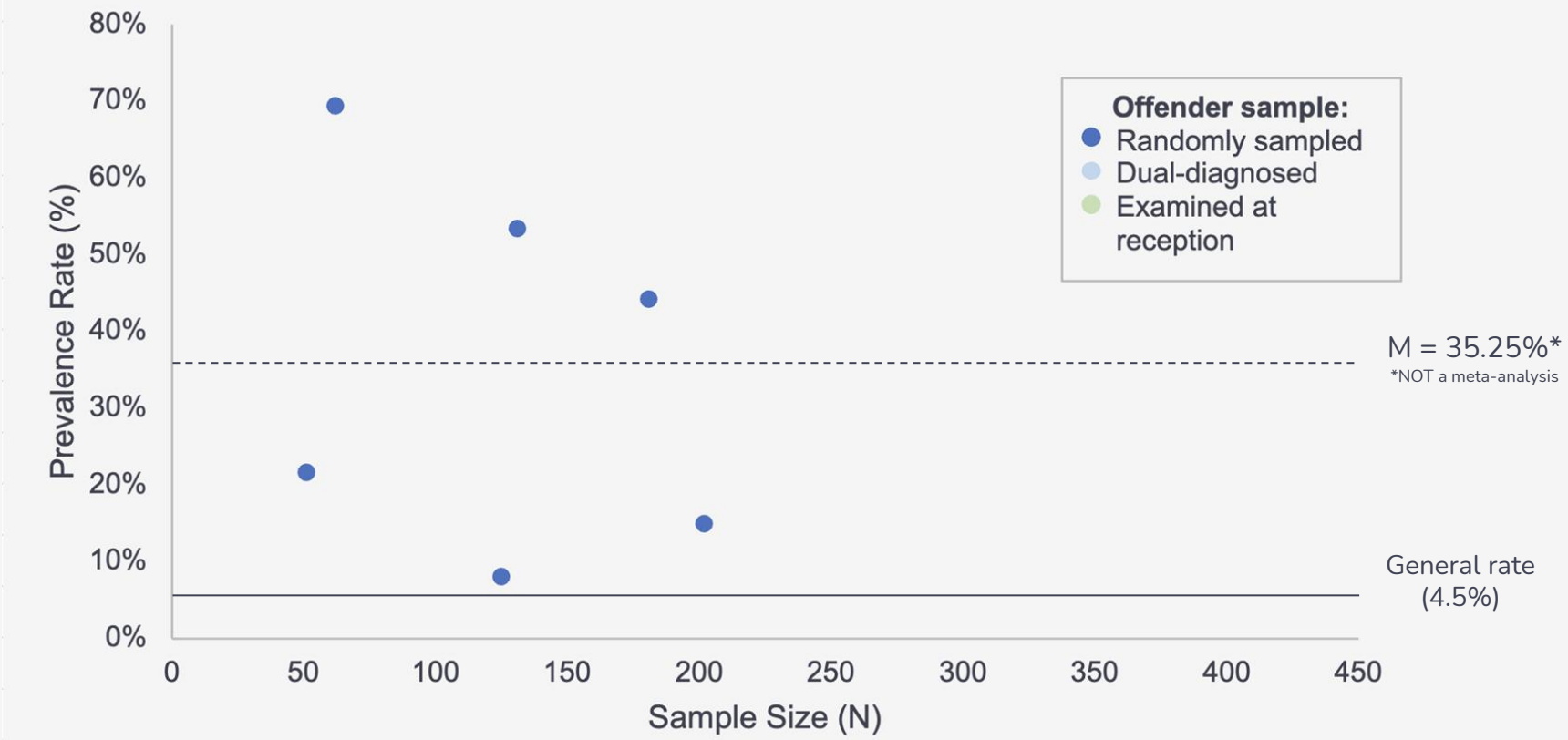
Prevalence Rate of Eating Disorders across Studies



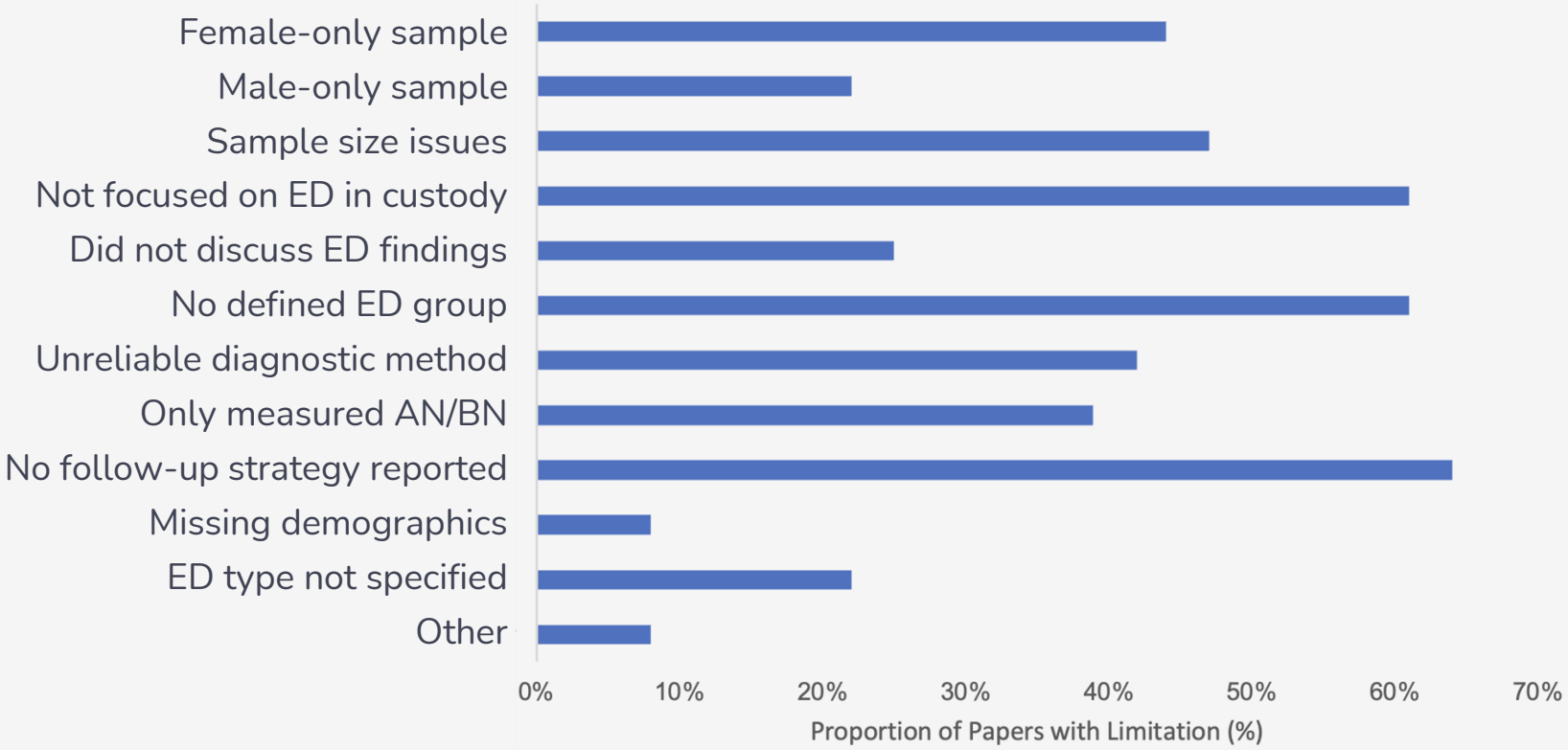
Prevalence Rate minus Reception Studies



Prevalence Rate minus comorbid populations



Limitations across Studies



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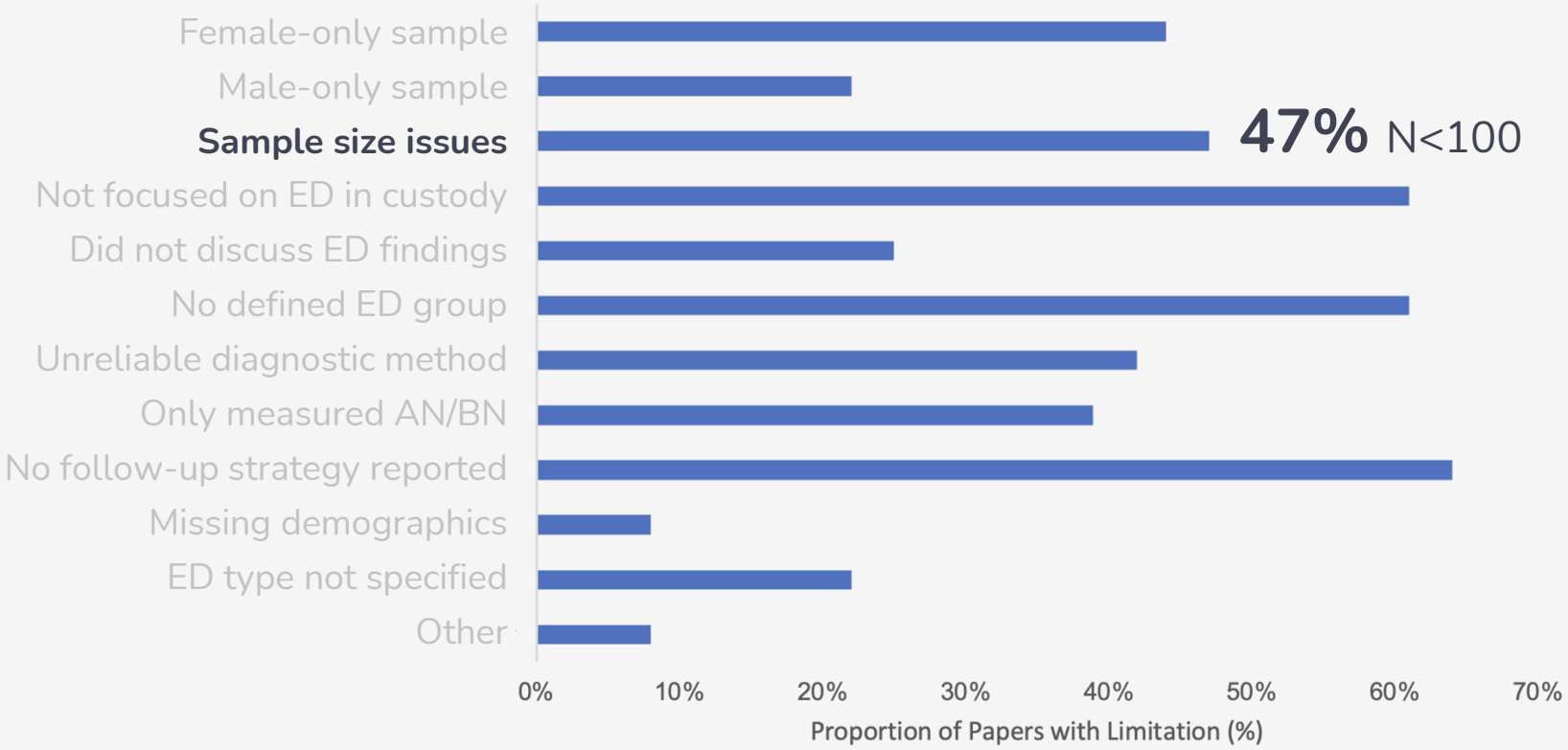

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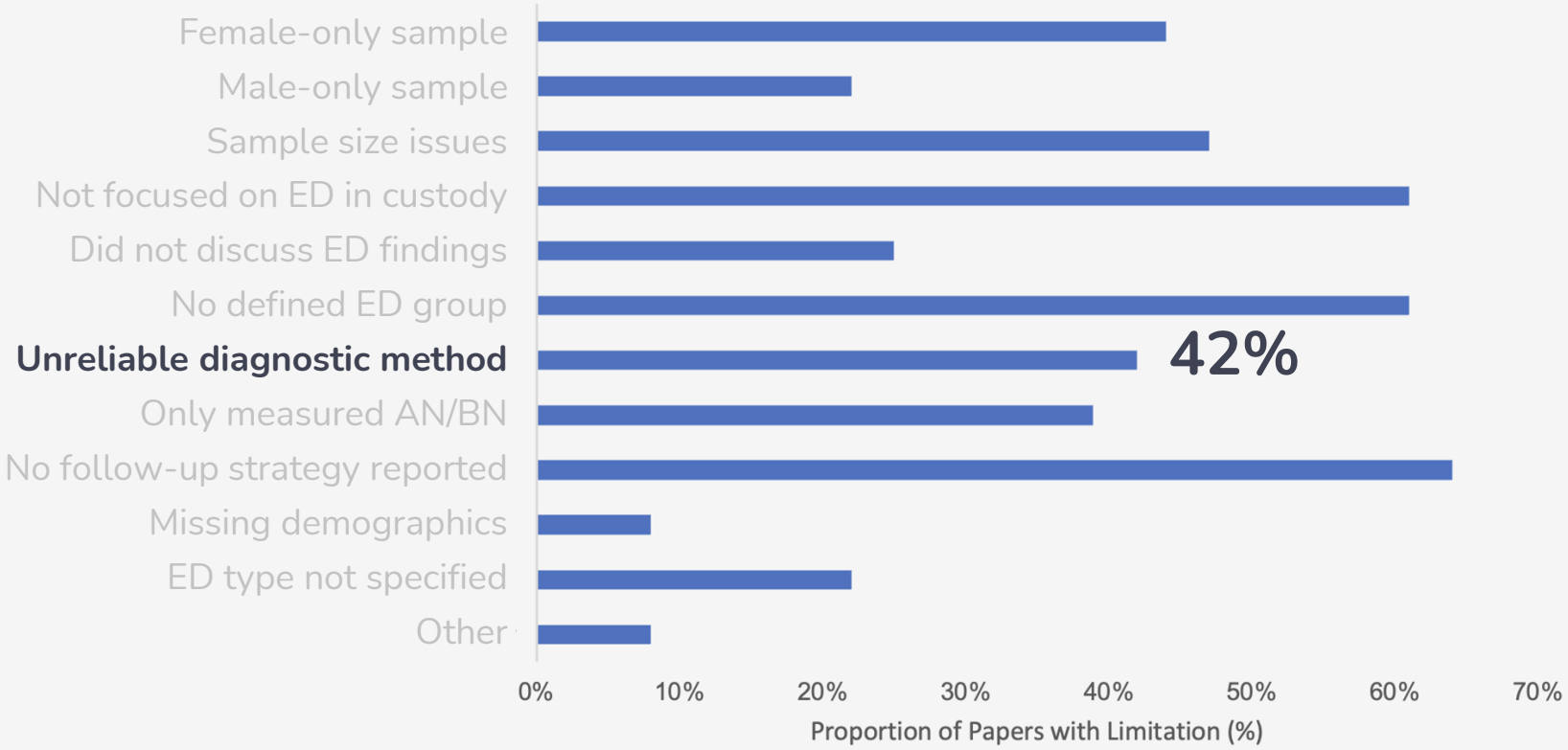
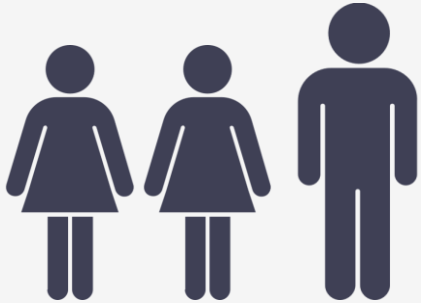


Oversampling of females

92%

male prison population

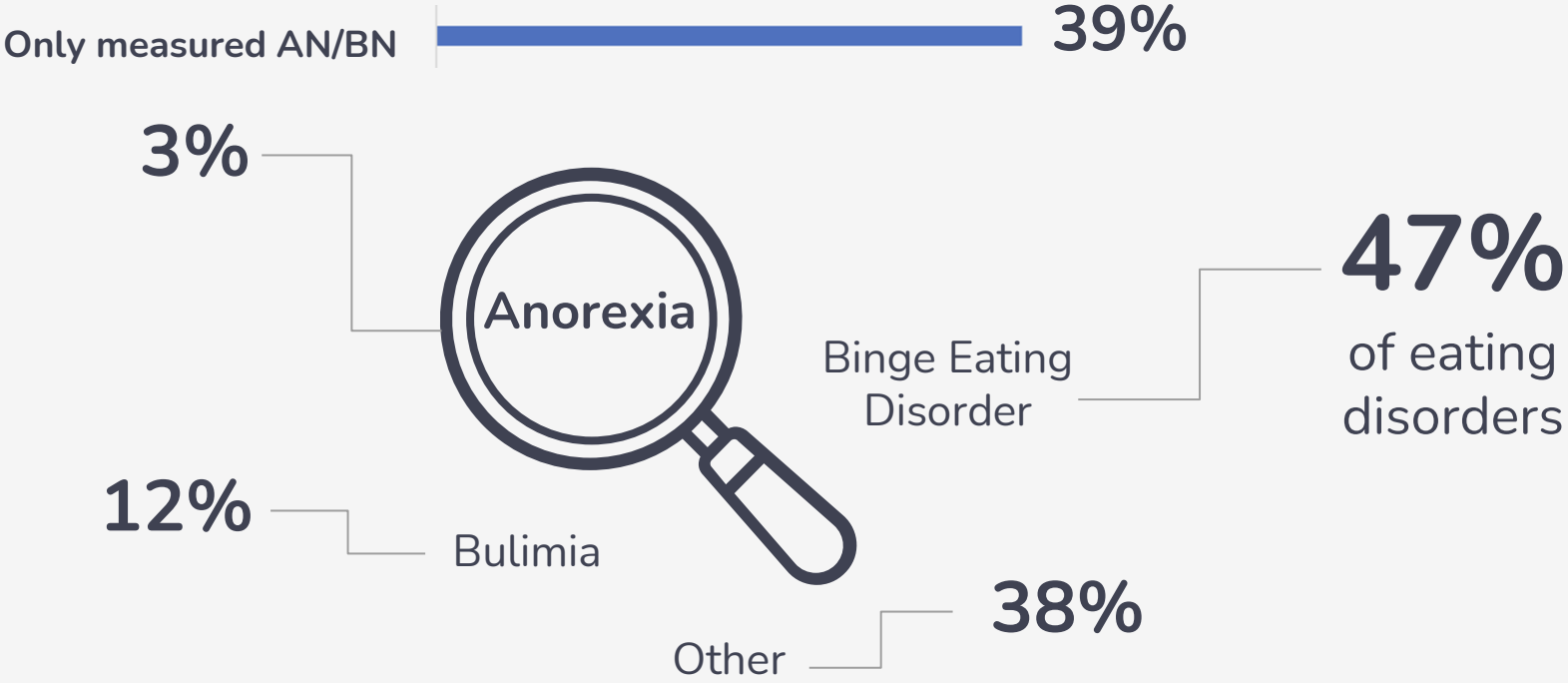


1 in 3

ED patients are male

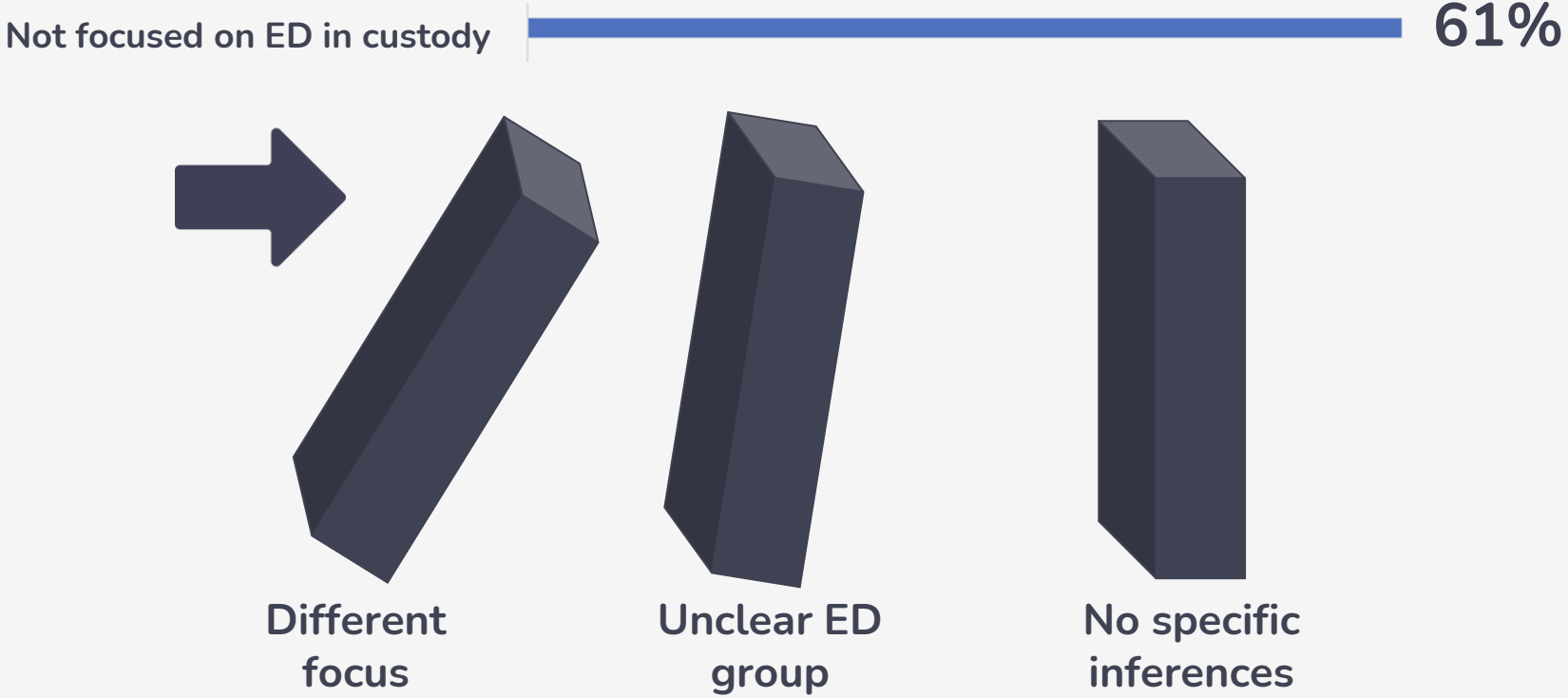
Australian Bureau of Statistics (2024), Paxton et al. (2012)

Disproportionate AN/BN Focus



Paxton et al. (2012)

Lack of Dedicated Research



Gaps in the Literature

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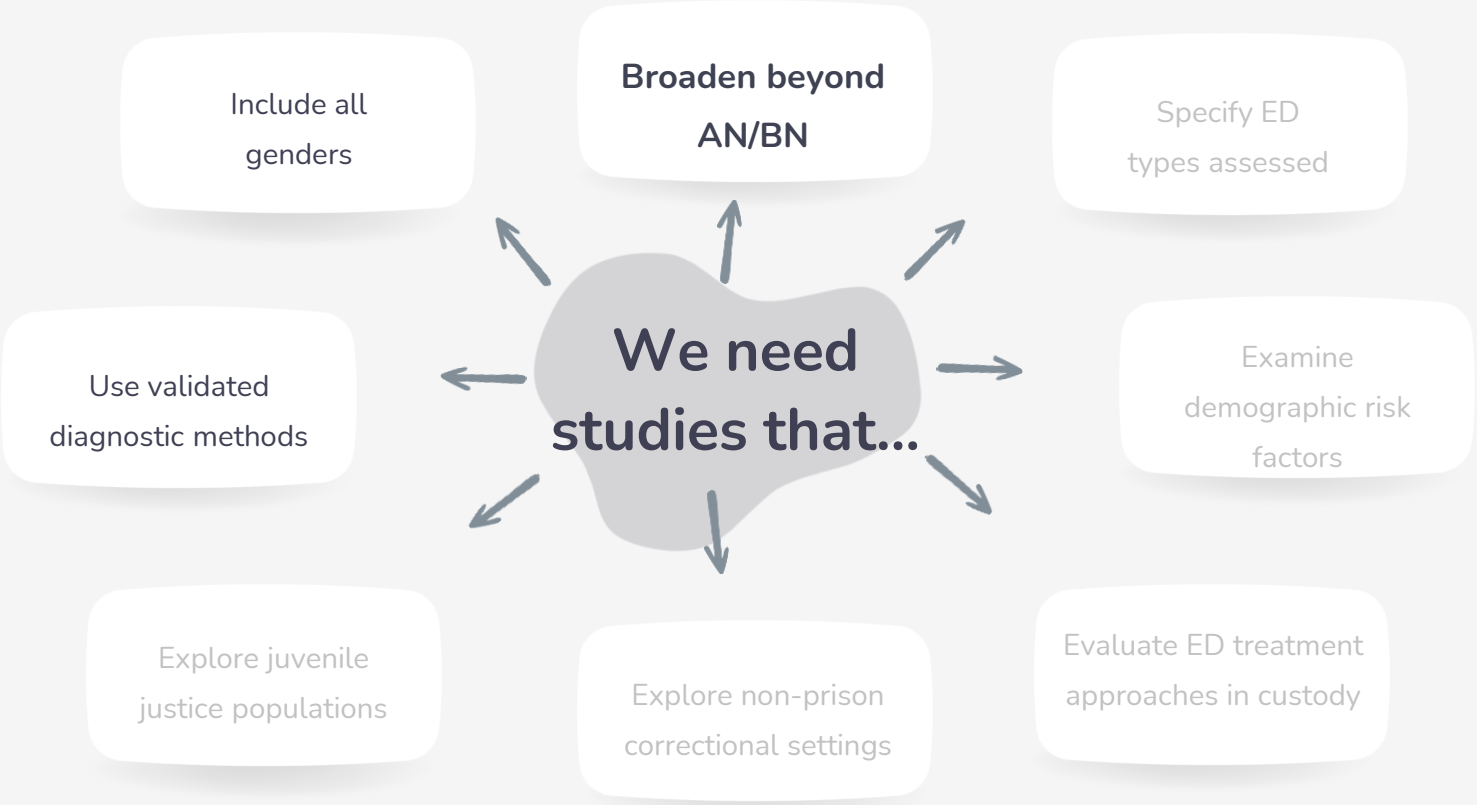
We need studies that...

- **Include all genders**
- Broaden beyond AN/BN
- Specify ED types assessed
- Examine demographic risk factors
- Evaluate ED treatment approaches in custody
- Explore non-prison correctional settings
- Explore juvenile justice populations
- Use validated diagnostic methods

Gaps in the Literature



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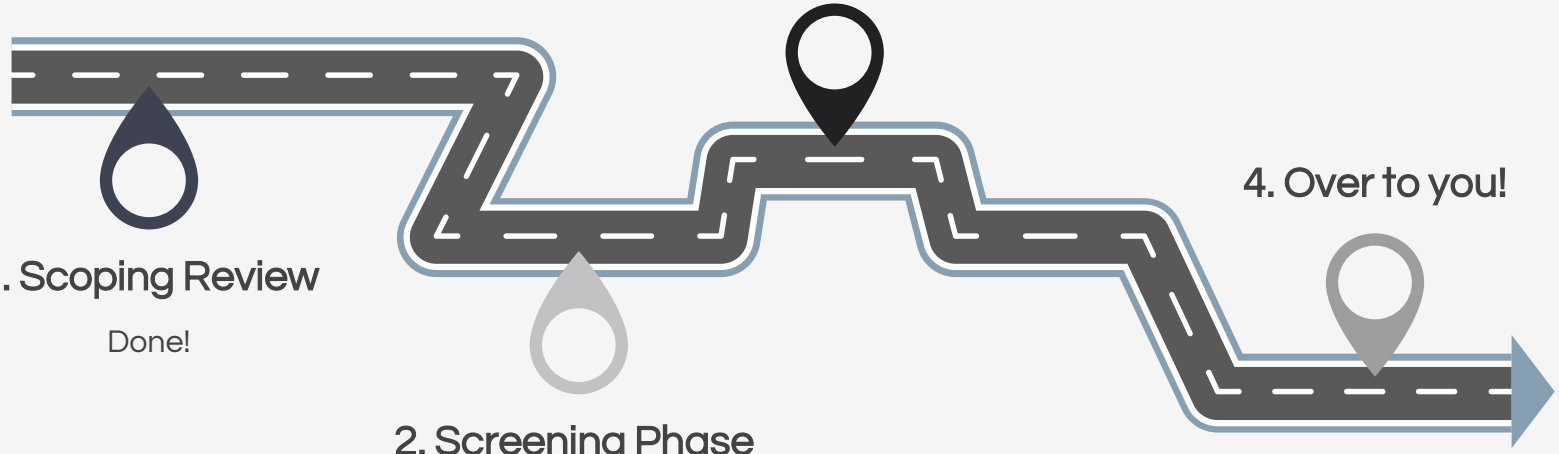
Future Directions



1. Scoping Review

Done!

2. Screening Phase

Validating the Screen for Disordered Eating in NSW Adult Correctional Centres

3. Interview Phase

Examining eating disorder prevalence & patterns in custody

4. Over to you!

Questions that need answers

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Acknowledgements

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Thank you for listening

any questions?

E: c.jowett@unsw.edu.au

Reach out!

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Eating Disorders in Adult NSW Correctional Centres

Establish rates of risk for EDs in NSW correctional centres

Identify key risk factors for early identification

Validate the Screen for Disordered Eating for Correctional populations

Guidance for the assessment and care of people in custody with EDs

Possible extended guidance on the care of people in custody with EDs

Inclusion Criteria (PCCE Framework)

Participants

- People in correctional settings
- No restriction of age, gender, ethnicity, or duration of stay

Concept

- Feeding and eating disorders (as per DSM-5-TR criteria)
- Disordered eating behaviours (e.g., bingeing, purging, restricted eating, excessive/compulsive exercise)

Context

- Any locked correctional setting
- Examples: adult and juvenile prisons, gaols, forensic hospitals/wards, medical prisons, military prisons, involuntary drug and alcohol centres, detention centres

Evidence Sources

- Screening: all sources of research literature (including theses & dissertations)
- Data extraction: all sources except reviews & meta-analyses (to avoid double-counting data)

Search Strategy (PRISMA-ScR)

- **Step 1:** Initial search in Embase and PsycINFO
- **Step 2:** Analyse keywords and index terms from initial search to refine strategy
- **Step 3:** Conduct updated search across all databases
- **Databases:** Embase, PsycINFO, PubMed (MEDLINE), CINAHL, Scopus, Proquest, and Web of Science
- **Additional Steps:** Search reference lists and conduct forward citation search to identify missed sources

Search String

1. `exp eating disorder/`
2. `(eating disorder* or lack of control eat* or binge eating* or pica or rumination disorder or avoidant restrictive food intake disorder or ARFID or anorexia* or bulimia* or other specified feeding or eating disorder or unspecified feeding or eating disorder or "eating disorder not otherwise specified" or EDNOS or purging or restrictive eating or excessive exercise or food rituals or body checking or skipping meals or fasting or laxative* or orthorexia or alcorexia or bigorexia or muscle dysmorphic disorder or night eating disorder or diuretic* or self-diagnosed food allergies or self-phlebotomy or weighing or compulsive exercise).mp. [mp=title, abstract, heading word, drug trade name, original title, device manufacturer, drug manufacturer, device trade name, keyword heading word, floating subheading word, candidate term word]`
3. `exp correctional facility/`
4. `exp juvenile detention center/`
5. `exp detention camp/`
6. `exp prisoner/`
7. `exp detention/`
8. `((correctional or penal) adj4 (facility or institution)).mp. [mp=title, abstract, heading word, drug trade name, original title, device manufacturer, drug manufacturer, device trade name, keyword heading word, floating subheading word, candidate term word]`
9. `(forensic adj4 (ward* or hospital*)).mp. [mp=title, abstract, heading word, drug trade name, original title, device manufacturer, drug manufacturer, device trade name, keyword heading word, floating subheading word, candidate term word]`
10. `(jail* or gaol* or pretrial detention or remand* or prison* or internment camp* or involuntary rehab* or “involuntary drug and alcohol”*).mp. [mp=title, abstract, heading word, drug trade name, original title, device manufacturer, drug manufacturer, device trade name, keyword heading word, floating subheading word, candidate term word]`
11. `exp incarceration/ not cervi*.mp. not uter*.mp. not hernia*.mp. not penile.mp. not penis.mp. [mp=title, abstract, heading word, drug trade name, original title, device manufacturer, drug manufacturer, device trade name, keyword heading word, floating subheading word, candidate term word]`
12. `(incarcerat* not cervi* not uter* not hernia* not penile not penis).mp. [mp=title, abstract, heading word, drug trade name, original title, device manufacturer, drug manufacturer, device trade name, keyword heading word, floating subheading word, candidate term word]`
13. `involuntary commitment/`
14. `1 or 2`
15. `3 or 4 or 5 or 6 or 7 or 8 or 9 or 10 or 11 or 12 or 13`
16. `14 and 15`