

Assessing Risk for Eating Disorders in Patients with Type 1 Diabetes

Screen for Early Eating Disorder Signs (SEEDS)

Patients with type 1 diabetes are twice as likely to be diagnosed with an eating disorder as the general population. **Early Intervention improves prognosis** for those with both type 1 diabetes and an eating disorder (ED-DMT1).

Assess the risk of development of ED-DMT1 using *Screen for Early Eating Disorder Signs (SEEDS)*.

Download the PDF from:

<https://www.healthpartners.com/institute/centers/international-diabetes-center/idc-clinical-resources/>

Use SEEDS

- a) with all newly diagnosed patients with type 1 diabetes
- b) at annual visits
- c) at times when puzzling symptoms such as the following are present:
 - Anxiety about being weighed in clinic
 - Increase in A1C and decrease in weight
 - Gastrointestinal concerns with no resolutions
 - Wide fluctuations in blood glucose control for no reason
 - Large gaps between appointments
 - Repeated hospitalizations for diabetic ketoacidosis
 - Unexplained erratic blood sugars

How to Score SEEDS Add the assigned numbers for each response to get a total score.

Total Score	Low Risk ≤ 68	Moderate Risk 69–84	High Risk ≥ 85
Recommended Action	At least annual SEEDS screening through adolescence and adulthood	Consider referral for eating disorder assessment. Repeat SEEDS screening annually and maintain open discussion at intervals within the year.	Referral for eating disorder assessment is highly recommended. If not diagnosed with ED-DMT1, repeat SEEDS screening annually. Maintain open discussion at intervals within each year.

To make a referral to Melrose Center call 952-993-5864

SEEDS Description Researchers at Park Nicollet’s International Diabetes Center and Melrose Center developed SEEDS to address the increased prevalence of eating disorders in persons with type 1 diabetes. The purpose of SEEDS is to identify those *at risk* of an eating disorder, before signs and symptoms are clearly present, so early interventions can be initiated to prevent or diminish an eating disorder. SEEDS is a brief (20-item; 2-5 minutes to complete), self-administered screen designed for use in clinical practice or research to identify or confirm suspicions of eating disorder risk. SEEDS includes items across three themes – Body Image, Feelings, and Quality of Life; it does not include weight-control behavior questions that could influence eating disorder development.

Reference

Powers, M.A., Richter, S.A., Ackard, D.M., & Craft C. (2016). Development and validation of the Screen for Early Eating Disorder Signs (SEEDS) in persons with type 1 diabetes. *Eating Disorders*, 24(3), 271-288.
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