

[R] Nova Scotia dietitians' experience with orthorexia nervosa

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Purpose: The purpose of this research was to determine what, if any, knowledge and/or experience Nova Scotia dietitians have about/with orthorexia nervosa (ON). **Methods:** A survey was designed for electronic dissemination to all professional dietitians (PDt) in Nova Scotia. Participants were invited to participate in this study via email. The email with the survey link was sent to the Nova Scotia Dietetic Association and then forwarded to all Nova Scotian dietitians. Questions included in the survey asked about experiences the PDt has had with ON. Responses were counted and percentage values were determined. **Results:** 76% of participants had heard the term “orthorexia nervosa” prior to this survey. Nearly half (48%) of participants had first heard the term within the past five years. Almost 60% of participants reported they had, at some point, worked with a client who showed symptoms of ON. Additionally, 76% of participants believe more research into ON is required. **Conclusions:** Results of this study suggest that many Nova Scotia PDts have heard of this condition. Further research is needed to determine whether ON needs to be an eating disorder classified in the DSM, and what the best treatments would be for individuals living with ON. Development of resources specific to patterns of ON for dietitians and other health care professionals would help facilitate treatment, regardless of its absence from, or presence in, the current DSM.