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A Singapore eating disorders treatment program: What is available and what has worked?**Ng Kah Wee**

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We are the only dedicated treatment program in Singapore. We are a multi-disciplinary team which offers inpatient and outpatient treatment for patients with eating disorders. The number of patients presenting to us has risen significantly over time. Our clinical services have expanded, with addition of family-based therapy in 2012. Majority of our patients are diagnosed with Anorexia Nervosa (AN), followed by Bulimia Nervosa (BN) and Eating Disorders Not Otherwise Specified (EDNOS). From 2013, diagnoses include Other Specified Feeding/Eating Disorder (OSFED) and Avoidant/Restrictive Food Intake Disorder (ARFID). Clinical profile of our patients with AN has changed over time with lower presenting body weight and body mass index. Patients with BN scored higher in eating disorder psychopathology subscales than those with AN and EDNOS. Malay patients remain under-represented over the years. Treating patients with eating disorders in our program is challenging, in view of our multi-racial population. Cultural factors influence the eating disorder psychopathology, eating disorder literacy and willingness for treatment. There are significant ethnicity differences between the diagnoses of eating disorders. Outcome measures such as weight restoration and return of menstruation are the established markers, however psychopathology such as fat phobia may not be measured adequately in an Asian population.

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