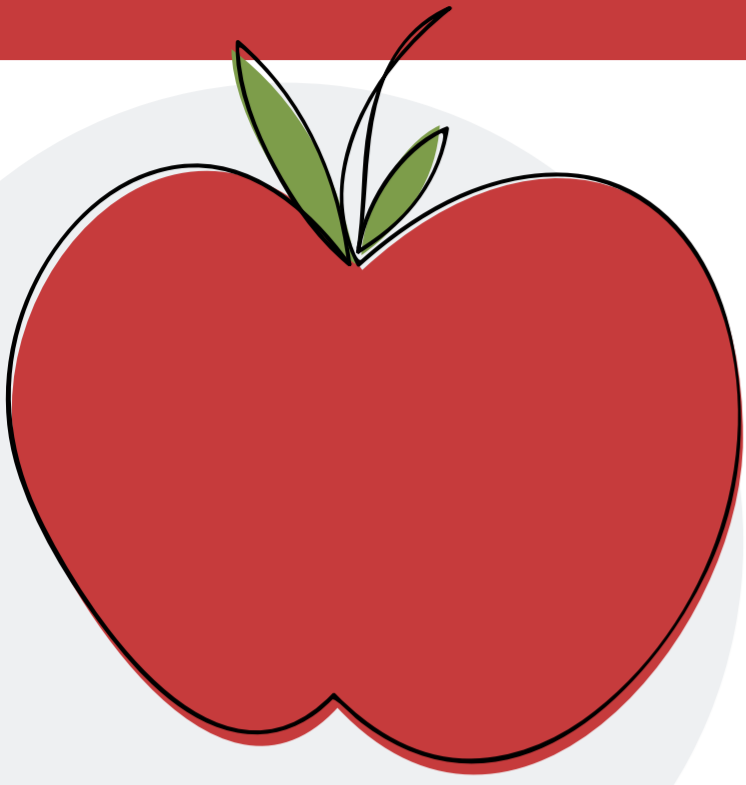


MEALTIME HOSTAGE PSG

Avoidant/Restrictive Food Intake Disorder



WE ARE PARENTS OF EXTREME PICKY EATERS INCLUDING DIAGNOSES OF ARFID

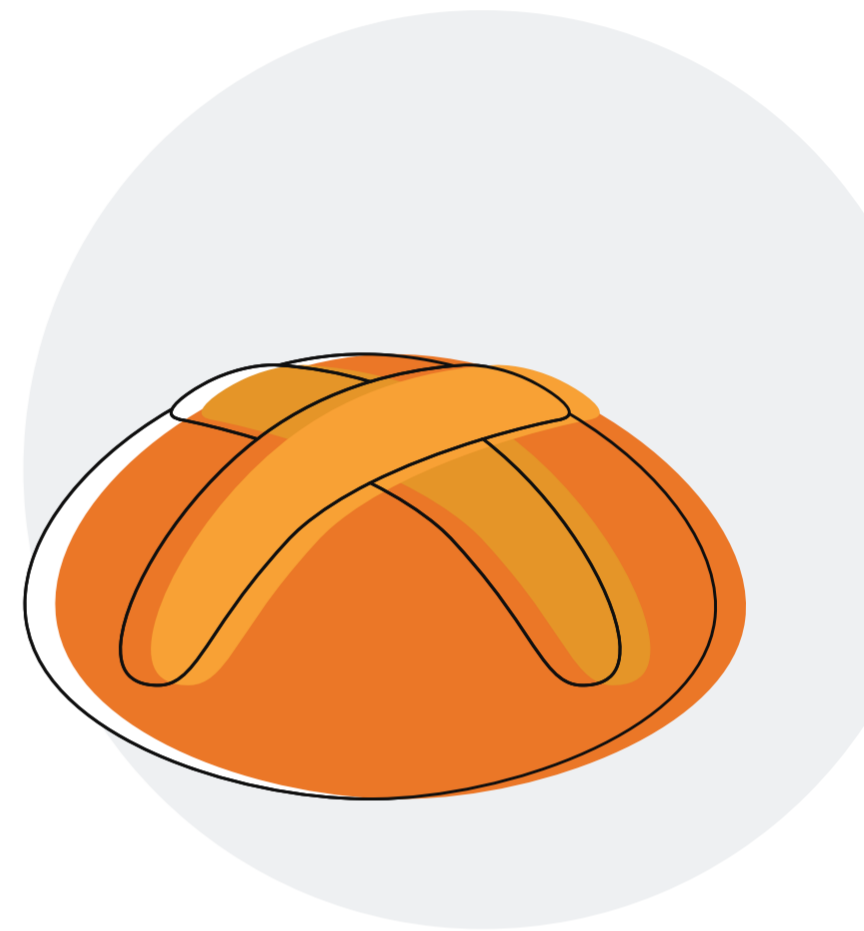
Many of our research ideas were too complex and too far ahead of current knowledge! We decided to focus on getting exploratory data. We devised a questionnaire to investigate children's eating, sensory sensitivities and anxious behaviours.

WE GATHERED 670 COMPLETED QUESTIONNAIRES OVER 3 WEEKS

Of these 42 were about children with diagnosed ARFID, and 158 with eating issues. We don't know of any researchers with this scale of data relating to diagnosed ARFID cases and patterns in picky eaters.

Dr Terry Dovey says *"You guys have a great data set. It's very, very good. Best one I have seen in a very long time. Better than my PhD students', but don't tell them."*

We are cleaning the data, ready for Prof Jackie Blissett and Dr Terry Dovey to analyse. Meanwhile we are putting together a long list of questions to ask of the data.



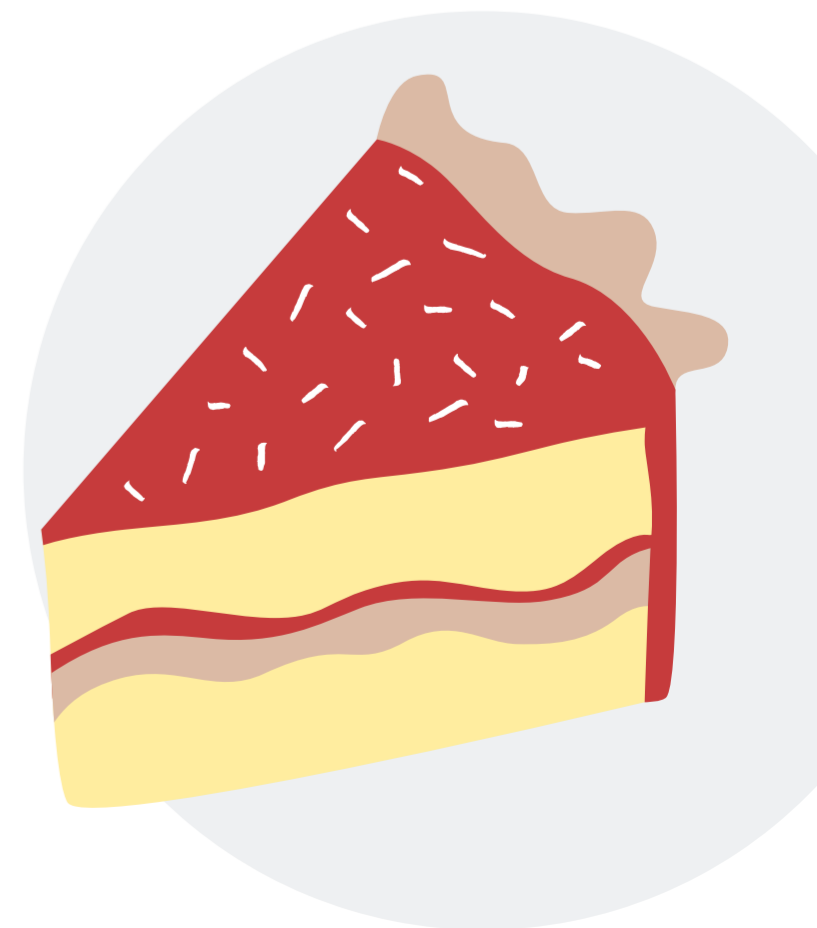
WE HAVE ALREADY FOUND THAT:

- Children with ARFID tend to have reported sensitivities with lights, tactile textures and food, but not with water or loud noises. Sensory issues seem to be specific rather than general.
- Children with ARFID don't tend to have reported issues with socialising. When they do it is usually comorbid with Autistic Spectrum Disorder (ASD)
- Our data includes a large sample of children who suffer from reflux. There is a lack of recent studies that examine the link between reflux and picky eating, so this has great potential!



WE HAVE FOUR POTENTIALLY PUBLISHABLE PAPERS!

1. Comparing the characteristics of children with ARFID to the picky eaters (ie less severe issues) and the typically developing children.
2. Looking at the differences and similarities between children with ARFID, ASD and other neurodevelopmental conditions.
3. What does this data tell us about the link between reflux and ARFID/picky eating?
4. Comparing the data acquired from the two different validated measures; Child Eating Behaviour Questionnaire and Behavioural Paediatrics Feeding Assessment Scale.



With loads of thanks to Dr Terry Dovey (Brunel) and Prof Jackie Blissett (Aston) without whom this research could not have happened