

## **Abstract**

Eating disorders are defined in the American Psychiatric Association's Diagnostic and Statistical Manual of Mental Disorders, Fifth Edition (DSM-5) as a persistent disturbance of eating that impairs health or psychosocial functioning.<sup>1</sup> The treatment of eating disorders typically brings up several ethical challenges, particularly in adolescents as they are transitioning into making their own healthcare decisions. The aim of this manuscript is to explore several topics that have sparse literature including: how the treatment of eating disorders differs between adolescents and adults, capacity and the right to decline treatment in the setting of eating disorders, involuntary treatment of eating disorders, the ethics of using restraints in eating disorder treatment, and how to prepare adolescents with eating disorders for the transition into adult medical care. With mental health diagnoses on the rise, ethics consultation teams may be challenged with consultations regarding declination of treatment and transitions of care in this population.