FOR ME

Free Treatment Package for Young People with Anorexia Nervosa

REFER NOW! CURRENTLY RECRUITING UNDER TRIAL

Personalised treatment program delivered by experienced clinical team, including:

- Two sessions per week for six months
- Psychological and dietetic intervention
- Personalised psychological modules
- Between-session phone coaching
- Support and online modules for carers
- Peer intervention (one session)

Note: Must be able to access Sydney site weekly or twice weekly for treatment

Inclusion criteria

- Age 14 – 25 years old
- Anorexia nervosa or atypical anorexia nervosa (i.e., significant weight loss, but not underweight)
- Illness onset under three years

Exclusion criteria

- Medical instability (once resolved can re-present)
- Active suicidality
- Active psychosis
- Substance Use Disorder

How to refer

Share the link to the screening survey:

bit.ly/ForMeTrial

Once the young person has completed the survey, a researcher will call the young person to further assess suitability and discuss next steps.

The Australian Eating Disorders Research and Translation Centre

Questions?

Speak with researcher and clinician Stephanie Boulet.

Call 0489 990 589 or email holistic.understanding@sydney.edu.au

Visit our website for more information.

bit.ly/SignatureStudies

TailorED

Free Treatment Package for People with Bulimia Nervosa & Binge eating Disorder

REFER NOW! CURRENTLY RECRUITING UNDER TRIAL

Up to six-months free, personalised treatment program delivered by a highly experienced clinical team, including:

- 4 weeks of current gold standard treatment
- Stepped care approach: based on progress, participants will be given a new evidence-informed treatment package of either:
  - Personalised psychotherapy
  - Transcranial magnetic stimulation (TMS), Motivational Interviewing, and cognitive training
  - Extended CBT

Inclusion criteria

- Age 16 – 60 years old
- Formal or suspected diagnosis of Bulimia Nervosa or Binge Eating Disorder

Exclusion criteria

- Medical instability (once resolved can re-present)
- Currently pregnant
- Active suicidality
- Active psychosis
- Substance Use Disorder

Note: Treatment sessions are mostly online, however at least one in-person visit will be required at a research site (University of Sydney, NSW, Monash University, Melbourne, VIC, or La Trobe University Albury-Wodonga, VIC

How to refer

Share the link to the screening survey:

bit.ly/TailorEDTrial

Once the referred person has completed the survey, a researcher will call the participant to further assess suitability and discuss next steps.

The Australian Eating Disorders Research and Translation Centre

Questions?

Speak with a member of our clinical research team.

Email: holistic.understanding@sydney.edu.au

Visit our website for more information.

bit.ly/SignatureStudies