

Anorexia Nervosa Treatment Trial

The For Me Trial is for those who have been diagnosed with, or suspect they may have anorexia nervosa, including atypical (no weight criteria) with an onset of symptoms within the past 3 years.

What's involved:

- Six-month treatment program delivered by experienced clinical team, co-designed with people with lived experience
- Modularised care based on evidence-based treatment components

Treatment includes:

- Weekly personalised sessions with a psychologist
- Personalised sessions with a dietitian
- Optional session with a peer who can share their lived experience
- Carers involved where relevant

Note: Must be able to travel to trial site (Camperdown, NSW) for twice weekly sessions for six months. Telehealth may be available, if unable to make it in person every time.

Inclusion criteria

- Age 14 – 25 years old
- AN or atypical-AN (no weight criteria)
- Illness onset within past 3 years

Exclusion criteria

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

Please refer any people who may have this illness, or their carer, for screening now.

Contact trial lead:

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Bulimia Nervosa & Binge Eating Disorder Treatment Trial

The TailorED Trial is a treatment trial for people who have or suspect they may have Bulimia Nervosa or Binge Eating Disorder; offering up to six-months free, personalised treatment, delivered by an experienced clinical team.

What's involved:

- All participants receive 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

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)

Inclusion criteria

- Age 16 – 60 years old
- Diagnosis of BN or BED

Exclusion criteria

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

**Please refer any people who may have this illness,
or their carer, for screening now.**

Contact trial leads:

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