

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:

stephanie.boulet@sydney.edu.au or 0489 990 589

