

Free, personalised eating disorder treatment available through our research program

Clinician Referral Guide

holistic
Understanding Study

FOR ME

TailorED

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Anorexia Nervosa (typical & atypical) Clinical Treatment Trial

A free, highly supported personalised treatment program

What's involved:

- 6-months of highly supported treatment by highly experienced team
- Modularised care based on proven effective components of treatment
- Treatment includes:
 - 2 sessions per week plus phone support
 - Psychological and dietetic intervention
 - Carers involved, supported and trained
 - Personalised psychological treatment components
 - Peer guide session to target motivation and hopefulness
- A comprehensive psychological and biological assessment of their unique experience of an eating disorder (with the Holistic Understanding Study)

Inclusion criteria

- Age 14 – 25 years old
- AN or atypical-AN (don't need meet weight criteria)
- Illness onset within past 3 years

Exclusion criteria

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

Note: Must be able to access Sydney site weekly for treatment (a mix of telehealth and in-person treatment may be considered)

Any questions? Reach out to our clinical trial lead directly:

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

Refer any people who may have this illness, or their carer, for screening now >

Bulimia Nervosa & Binge Eating Disorder Clinical Trial

Up to six-months free treatment with an experienced clinical team

What's involved:

- Free, targeted treatment for adults diagnosed with Bulimia Nervosa or Binge Eating Disorder.
- All participants receive 4 weeks of current standard treatment.
- Stepped care approach – participants who do not respond to treatment will be given a new evidence-informed treatment package of either:
 - Personalised psychotherapy
 - Transcranial magnetic stimulation (TMS), Motivational Interviewing, and cognitive training
 - Intensive longer form CBT
- A comprehensive psychological and biological assessment of their unique experience of an eating disorder (with the Holistic Understanding Study)

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
- Currently pregnant
- Had bariatric surgery in the past 2 years, or plan to within the next 12 months

Any questions? Reach out to our research team directly.

Contact Us >

Refer any people who may have this illness, or their carer, for screening now >

Holistic Understanding Study: Australia's largest study into eating disorders

A comprehensive psychological and biological assessment of one's unique experience of an eating disorder

What's involved:

- Online survey + computer-based tasks to gather information around eating behaviours, body image, mood, memory, reaction time, impulsivity, and decision-making tests plus psychological questionnaires.
- Follow-up tasks (3, 6, and 12 months) repeating the above measures to track changes over time.

Some participants may also be required to complete:

- Clinical interview, conducted by a trained clinician
- In-person assessment, including a MRI brain scan, 25mL blood sample, at-home stool sample, and cognitive testing.
- Wearable device, monitoring activity, sleep, heart rate, and stress
- Ongoing support and check-ins with the research team

Inclusion criteria

- Age 14 years old or older
- Have or suspect they may have an eating disorder (AN, BN, BED, ARFID, OSFED)
- English reading and speaking proficiency, and basic computer literacy

Exclusion criteria

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

Any questions? Reach out to our research team directly.

Contact Us >

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Referral Guide for:

- > Restrictive eating symptoms
- > Binge eating symptoms

TREATMENT REFERRAL GUIDE

Restrictive eating symptoms

Diagnosis of Anorexia Nervosa or Atypical Anorexia Nervosa?

- Restricted intake & significant weight loss
- Intense fear of weight gain
- Body image disturbance or lack of recognition of seriousness of low weight
- Compensation behaviours (i.e., purging) may or may not be a feature

Subthreshold or partial-syndrome symptoms?

- Fear of weight gain present but no food restriction nor weight loss
- Body image disturbance milder, intermittent, or less impairing
- Little to no impairment nor impact on functioning

Aged 14–25, plus
onset within 3 years?

Yes

Able to attend
sessions at trial site?
(University of Sydney)

Yes

FOR ME

Six-months personalised and highly-supported treatment by our experienced clinical team.

see [pg 3](#) for more details or visit:
bit.ly/SignatureStudies

Unsure?

Refer to the Holistic Understanding Study and our researchers can direct them to the appropriate resources.

OR

Reach out to our trial lead directly:
stephanie.boulet@sydney.edu.au
or call **0489 990 589**

If patient meets criteria however unable to make it to Sydney each time, please reach out to us directly to discuss how we can assist.

No

No

No

Skilled

For those aged 12+

Free online self-help program with 11 self-paced modules,
via the **InsideOut eClinic**.

bit.ly/Skilled

Panorexia

21–69 years old

3+ years illness duration

A clinical trial of psilocybin-assisted psychotherapy for treatment-resistant Anorexia Nervosa

panorexia.study@sydney.edu.au

Can be referred to the Holistic Understanding Study

A comprehensive psychological and biological assessment of one's unique experience of an eating disorder.

see [pg 5](#) for more details or visit:
bit.ly/SignatureStudies

TREATMENT REFERRAL GUIDE

Binge Eating Symptoms

Diagnosis of Binge Eating Disorder or Bulimia Nervosa

- Recurrent binge episodes involving eating more than most people would in a short period, with a loss of control.
- Marked distress about the binge-eating behaviour.
- Frequency: Episodes occur at least once a week for 3 months.
- Compensatory behaviours (Bulimia Nervosa only)

Subthreshold or partial-syndrome symptoms?

For example:

- Not meeting frequency criterion
- Little to no impairment nor impact on functioning

Aged 16-60?

Yes

Able to attend at least one in-person visit at a research site?

(Camperdown, NSW; Melbourne, VIC; or Albury-Wodonga, VIC)

Yes

TailorED

Up to six-months treatment by our experienced clinical team, with care tailored based on progress.

see [pg 4](#) for more details or visit: bit.ly/SignatureStudies

No

No

No

Skilled

For those aged 12+

Free online self-help program with 11 self-paced modules, **via the InsideOut eClinic.**

bit.ly/Skilled

BEet or Brief BEet

For those aged 16+

Free Online CBT program for Binge Eating symptoms and behaviours, **via the InsideOut eClinic.**

bit.ly/BEet

Can be referred to the Holistic Understanding Study

A comprehensive psychological and biological assessment of one's unique experience of an eating disorder.

see [pg 5](#) for more details or visit: bit.ly/SignatureStudies

No

Unsure?

Refer to the Holistic Understanding Study and our researchers can direct them to the appropriate resources.

OR

Reach out to our trial leads directly:

[Contact page >](#)

If patient meets criteria, however unable to make it in-person to a site, please reach out to us directly to discuss how we can assist.

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Contact details

CONTACT

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TailorED Trial

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