

Treatment and Understanding Studies for Eating Disorders

Information and Referral Toolkit

Background

Eating disorders are serious, complex mental illnesses that have significant physical and mental health impacts, high mortality rates, and low rates of detection. Despite an increase in general awareness and understanding of eating disorders, we have not seen a proportional improvement in health outcomes.

We know that the current treatments for eating disorders don't work for everyone, which suggests that we still don't fully understand the core features of eating disorders, or how to help people best recover from them.

There have been few high-quality clinical trials underway in eating disorders for doctors, clinicians, and allied health to refer their patients into.

We are recruiting for three national signature studies, including two clinical treatment trials, aimed at identifying the many characteristics of the illness across all diagnoses and to test personalised treatment approaches for anorexia nervosa, binge eating disorder and bulimia nervosa.

About the Signature Studies

Conducted by the [Australian Eating Disorders Research and Translation Centre](#) (AEDRTC), the Signature Studies are three studies which will make a valuable contribution to eating disorder research:

- **The Holistic Understanding Study:** a broad research study designed to deepen our understanding of eating disorders across most diagnoses
- **The For Me trial:** a clinical trial testing a new, personalised and highly supported approach to treating young people in the early stages of anorexia nervosa
- **The TailorED trial:** a clinical trial testing a new, personalised approach to bulimia nervosa and binge eating disorder

These studies have been co-produced and co-designed by experts at the AEDRTC, alongside people with a lived and living experience; meaning lived experience has been interwoven across the study's research priorities, design, and desired impacts.

About this toolkit

This information toolkit has been designed to:

- Provide background on each study and clinical trial,
- Assist clinicians, health professionals, and other stakeholders to refer patients or anyone that may be suitable for these studies; and,
- Help the promotion and recruitment of the Signature Studies with online communities, members, and networks.

What you will find in this toolkit

For each study/trial:

- Background information
- Sample copy for use in emails, newsletters, and social media captions
- Social media tiles (as jpgs)
- Promotional flyers

Additional assets:

- Key messages document (for other promotional purposes)
- Presentation slides
- Email banners
- Clinician's referral guide
- Contact details for the research team
- Frequently asked questions

Ways you can promote the studies:

- ☐ Post on social media channels
- ☐ Share/repost social media posts from AEDRTC or InsideOut Institute
- ☐ Print flyers and place them around your office, or communal spaces
- ☐ Email your staff, stakeholders, and networks
- ☐ Include in your newsletters to your networks and subscribers
- ☐ Include the email banner in your email signature
- ☐ Mention the studies in relevant meetings, groups and events that you participate in
- ☐ Refer a person for screening to our research team

Contact us

If you have any questions surrounding the studies, please contact us:

signature.studies@sydney.edu.au or by contacting the trial leads (details within, and in the information toolkit)

The Holistic Understanding Study

Background:

The Holistic Understanding Study is Australia's largest investigation into eating disorders ever performed; involving a comprehensive psychological and biological assessment of a person's unique experience of an eating disorder.

We need over 1000 Australians living with an eating disorder to help us build a more complete picture of these illnesses, to help transform treatment and recovery.

The study combines clinical interviews, psychological and cognitive measures, neuroimaging, and biological sampling. The results will contribute to an evidence base that shapes how eating disorders are treated in future, and broaden our understanding of who develops an eating disorder, how they present, and why — while allowing our researchers to match participants to the right treatment trial if they're eligible. Participants will be compensated for their time.

Recruitment:

Target: 1000+ participants

Inclusion criteria:

- Australians aged 14 years and older
- Currently have or suspect they have an eating disorder
- Those with English reading and speaking proficiency, and basic computer literacy

Additional recruitment notes:

- Eating disorders included in this study are:
 - Anorexia Nervosa (including atypical)
 - Bulimia Nervosa
 - Binge Eating Disorder
 - Avoidant and Restrictive Food Intake Disorder (ARFID)
 - Other Specified Feeding or Eating Disorder (OSFED)
- A formal diagnosis is not required (suspected eating disorders are eligible)
- Those who are currently pregnant are not eligible to participate
- Those with diverse backgrounds, cultures, and identities that are traditionally underrepresented in research are encouraged to participate.

For example:

- LGBTQIA+
- Gender diverse folk
- BIPOC
- Aboriginal and Torres Strait Islanders
- People with disabilities
- Neurodivergent people

What the study involves:

1. Screening survey: to confirm your eligibility
2. Online survey: establishing eating behaviours, body image, mood, relationships, and daily activities.
3. Computer-based tasks: measuring memory, reaction time, impulsivity, and decision-making tests plus psychological questionnaires
4. Follow-up tasks (3, 6, and 12 months): A repeat of the above measures to track changes over time.

Note: These research tasks can all be completed by the participant remotely

Some participants may also be required to complete:

5. Clinical interview: conducted by a trained clinician, audio-recorded and securely stored.
6. Two in-person assessments:
 - MRI brain scan
 - Blood sample (including genetic analysis)
 - At-home stool sample (gut microbiome)
 - Cognitive testing
7. Wearable device: participants will be given a smart watch to monitor activity, sleep, heart rate, and stress over the course of 6-months

Study sites:

In-person assessments are conducted at one of our Australian research sites:

- Charles Perkins Centre, University of Sydney, NSW
- Turner Institute for Brain and Mental Health, Monash University, VIC
- Albury-Wodonga Campus, La Trobe University, VIC

Contacts:

University of Sydney, NSW:

E: holistic.understanding@sydney.edu.au

P: 0480 054 255 (Amber/Tia)

Monash University, VIC:

E: holisticstudy.eatingdisorders@monash.edu

P: (03) 9905 1029 (Courtney)

La Trobe, Albury-Wodonga, VIC:

E: holisticstudy.ed@latrobe.edu.au

P: (02) 6024 9635 (Rachael)

Sample Messaging:

You can use these sample messages to help promote the study on social media, in newsletters, or use to help promote this study at conferences.

If you wish to develop any additional messaging, please refer to the **key messages document** in the information toolkit. Should you have any questions, please feel free to reach out to the research team.

The Holistic Understanding Study in 1-2 sentences:

The Holistic Understanding Study is Australia's largest investigation into eating disorders ever performed. It provides a comprehensive psychological and biological assessment of a person's unique experience of an eating disorder.

Sample copy — emails and newsletters

Subject: Now recruiting: Australia's largest investigation into eating disorders

Body:

We don't know enough about eating disorders, and we know that current treatments for eating disorders don't work for everyone.

Researchers at The University of Sydney, La Trobe University, and Monash University are recruiting Australians living with an eating disorder for The Holistic Understanding Study; providing a comprehensive psychological and biological assessment of a person's unique experience of an eating disorder.

This national study aims to build a more complete picture of all types of eating disorders, the results of which will help improve personalised treatment and ultimately save lives.

If you, or someone you know, currently has or suspects they may have an eating disorder, join the Holistic Understanding Study to help us build a more complete picture about these illnesses and find treatments that work.

Who can participate?

- ✓ Australians aged 14 years and older
- ✓ Currently have or suspect you may have an eating disorder

Participants will be compensated for their time.

To learn more or take part visit the Signature Studies website:

bit.ly/SignatureStudies

Sample copy — social media 1

Join The Holistic Understanding Study: Australia's largest investigation into eating disorders.

Current treatments don't work for everyone. Researchers at The University of Sydney, La Trobe University, and Monash University need 1000+ Australians living with an eating disorder to help build a more complete picture of these illnesses, to help transform treatment and recovery.

If you, or someone you know, currently has or suspects they may have an eating disorder, join the Holistic Understanding Study, and help us revolutionise future research into treatment and recovery of the illness.

Who can participate?

✓ People who currently have, or suspect they have, an eating disorder

🔗 Learn more or take part: bit.ly/SignatureStudies

Sample copy — social media 2

Do you have, or suspect you may have an eating disorder? Help us build a more complete picture of these illnesses, to help transform treatment and recovery.

Researchers at The University of Sydney, La Trobe University, and Monash University are recruiting Australians living with an eating disorder for The Holistic Understanding Study; providing a comprehensive psychological and biological assessment of a person's unique experience of an eating disorder.

We know that current treatments for eating disorders don't work for everyone and our hope is the outcomes of this study will revolutionise future research into treatment and recovery of the illness.

Who can participate?

✓ People who currently have, or suspect they may have, an eating disorder

🔗 Learn more or take part: bit.ly/SignatureStudies

Sample copy — social media 3

There's so much more to understand about eating disorders. We need 500+ Australians living with an eating disorder to join The Holistic Understanding Study.

This national study aims to build a more complete picture of all types of eating disorders, the results of which will help improve personalised treatment and ultimately save lives.

If you, or someone you know, currently has, or suspects they may have an eating disorder, join, or refer someone to the Holistic Understanding Study today.

🔗 Learn more or take part: bit.ly/SignatureStudies

The For Me Trial

Background:

The For Me Trial is a clinical trial, offering a **free**, six-month personalised treatment program for young people (age 14-25) living with anorexia nervosa or atypical anorexia nervosa (ie. they have all the other illness features including significant weight loss, but do not need to be low weight) delivered by our highly experienced clinical team, designed around the needs of each participant and where appropriate their carers/family.

This trial is open to those aged 14–25 years old, and have been diagnosed with, or suspect they may have anorexia nervosa (including atypical). This trial is for participants in the earlier-stage illness — onset of symptoms within the past 3 years.

All participants of the For Me Trial will also be enrolled in the Holistic Understanding Study as part of treatment. The information gathered through the Holistic Understanding Study helps us personalise the therapy each participant will receive in the clinical trial, allowing the clinical team to tailor treatment to the patient's specific needs.

This trial is being conducted at the University of Sydney, Camperdown (NSW) and participants will be required to attend in-person for the free weekly 2-hour therapy sessions for 6 months. Those unable to make it in person every time may have the option to include telehealth sessions; this will be discussed with the treatment team.

Recruitment:

Target: 55+ participants

Inclusion criteria:

- Australians aged between 14–25 years old
- Diagnosed with, or suspect they may have anorexia nervosa (including atypical anorexia ie don't meet weight criteria)
- Onset of symptoms within three years
- Willing to travel to Sydney for treatment

Additional recruitment notes:

- A formal diagnosis is not required (suspected anorexia nervosa is eligible)
- Current exclusion criteria are:
 - Medical instability (once resolved can re-present)
 - Active suicidality
 - Active psychosis
 - Currently pregnant
 - Substance Use Disorder
- All participants of the For Me Trial will also be enrolled in the Holistic Understanding Study

- Those interested in participating in the trial, and any carers or parents of those eligible, are encouraged to reach out to our clinical research team directly to discuss the trial, eligibility, and answer any questions they may have
- Eligibility can also be determined through the Holistic Understanding Study assessment

What the study involves:

Participants will receive a free, six-month treatment program delivered by our highly experienced clinical team, personalised to suit the needs of the individual.

Treatment will include:

- 2 sessions of therapy per week comprised of:
 - Weekly sessions with a psychologist; adaptive to your progress, data, and feedback
 - Sessions with a dietitian
 - Sessions with a peer who can share their lived experience
- Carers involved and supported, where relevant
- Phone support

You need to be able to attend the trial site (University of Sydney, Camperdown NSW) for free weekly 2-hour therapy sessions for 6 months. If you can't make it in person every time, telehealth may be available with discussion.

Participants will also be required to complete all activities in The Holistic Understanding Study.

Study site:

The For Me Trial will be conducted at the Charles Perkins Centre at the University of Sydney, Camperdown, NSW.

Who will be conducting the trial:

The For Me Trial will be overseen and managed by Professor Sarah Maguire, a clinical psychologist and expert in the treatment of eating disorders with over 20 years' experience in **treatment provision**.

The clinical treatment design and delivery team consists of:

- Peta Marks: a nurse, psychotherapist and family therapist with over 25 years clinical experience in eating disorders
- Stephanie Boulet: a registered psychologist and expert in eating disorder treatment,
- Maureen Moerbeck and Rebecca Levy: both registered Dietitians and experts in the treatment of eating disorders with over 20 years' experience between them

All clinicians working on the trial work from a person-centred framework, have invested years developing the treatment, and are committed to improving understanding and treatments of eating disorders.

Contacts:

E: holistic.understanding@sydney.edu.au

E: stephanie.boulet@sydney.edu.au

P: 0489 990 589 - Steph

Sample Messaging:

You can use these samples to help promote the study on social media, in newsletters, or use to help promote this study at conferences.

If you wish to develop any additional messaging, please refer to the **key messages document** in the information toolkit. Should you have any questions, please feel free to reach out the research team.

The For Me Trial in 1-2 sentences:

The For Me Trial is testing a new personalised & supportive treatment for young people living with anorexia, offering six-months of free treatment, delivered by our highly experienced clinical team, designed around the needs of each participant.

This 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.

Sample copy — emails and newsletters

Subject: Free personalised therapy for young people with Anorexia Nervosa

Body:

We know that the current treatments for Anorexia Nervosa don't work for everyone. That's why researchers from the University of Sydney are looking for young Australians who have, or suspect they may have, anorexia nervosa (including atypical) to join a Sydney-based study looking at a new, personalised approach to therapy.

Participants will receive a highly supportive and personalised treatment plan over six months that includes therapy, nutrition support, and skills training designed to meet each person's needs, with input from their clinicians, and carers (wherever appropriate).

This new personalised therapy has been co-produced with lived experience expertise with the aim to understand what works best for recovery and improve outcomes for those living with the illness.

Interested in participating? Those interested in joining For Me, including carers and family, are strongly encouraged to reach out to the clinical research team directly to discuss the trial, eligibility, and answer any questions you may have.

Who can participate?

- ✓ People aged 14-25 years old
- ✓ Diagnosed with or suspect they may have anorexia nervosa (incl. atypical)
- ✓ Willing to travel to Sydney

To learn more or take part visit the website: bit.ly/SignatureStudies

Want to contact the clinical research team directly?

Book a call with clinician Steph Boulet [here>](#) or via the website

Or email stephanie.boulet@sydney.edu.au

Sample copy — social media 1

The For Me Trial is offering free, personalised therapy for people with Anorexia Nervosa.

We know that the current treatments for Anorexia Nervosa don't work for everyone. That's why researchers from the University of Sydney have developed a new, personalised approach to therapy for young people.

Participants will receive a highly supportive and personalised treatment plan over six months that includes therapy, nutrition support, and skills training designed to meet each person's needs, with input from their clinicians, and carers (where appropriate).

- ➡ If you're aged 14–25 and live within reach of Sydney, you may be eligible.
- ➡ Find out more: bit.ly/SignatureStudies

Sample copy — social media 2

Do you have, or suspect you may have anorexia nervosa? If you're aged 14–25, you may be eligible for a free treatment.

The For Me Trial is testing a free, highly supportive and personalised treatment plan that includes therapy, nutrition support, and skills training designed to meet each person's needs.

Who can participate?

- ✓ People aged 14-25 years old
- ✓ Diagnosed with or suspect they may have anorexia nervosa (incl. atypical)
- ✓ Willing to travel to Sydney

- ➡ See if you're eligible for free treatment
bit.ly/SignatureStudies

Sample copy — social media 3

Free personalised therapy for young people with Anorexia Nervosa.

Researchers are trialling a new highly supported treatment for people aged 14-25 within reach of Sydney, designed to suit each person's needs.

Interested in participating? Those interested in joining For Me, including carers and family, are strongly encouraged to reach out to the clinical research team directly to discuss the trial, eligibility, and answer any questions you may have.

Live near Sydney? Aged 14–25? See if you're eligible for free treatment.

👉 Contact a researcher now: bit.ly/SignatureStudies

The TailorED Trial

Background:

The TailorED Trial is a treatment trial, offering people living with binge eating disorder or bulimia nervosa up to six-months free treatment with an experienced clinical team. Participants will receive four weeks of evidence-based (CBT) treatment, then will be offered tailored therapy based on their progress, such as extended CBT, personalised psychotherapy, or a brain stimulation and training package (TMS).

This trial is open to those aged between 16–60 years old, and have been diagnosed with, or suspect they have binge eating disorder or bulimia nervosa.

All participants of the TailorED Trial will also be enrolled in the Holistic Understanding Study as part of treatment. The information gathered through the Holistic Understanding Study helps us personalise the therapy each participant will receive in the clinical trial, allowing the clinical team to tailor treatment to the patient's specific needs.

Treatment sessions for this trial are being conducted mostly online, however participants will be required to attend at least one in-person visit at a research site: University of Sydney, Camperdown (NSW), Monash University (VIC), La Trobe University Albury-Wodonga Campus (VIC).

Recruitment:

Target: 204+ participants

- 102+ Binge Eating Disorder
- 102+ Bulimia Nervosa

Inclusion criteria:

- Australians aged between 16–60 years old
- Diagnosed with, or suspect they may have bulimia nervosa or binge eating disorder

Additional recruitment notes:

- A formal diagnosis is not required (suspected bulimia nervosa or binge eating disorder is eligible)
- All participants of the TailorED Trial will also be enrolled in the Holistic Understanding Study
- Current exclusion criteria are:
 - Medical instability (once resolved can re-present)
 - Active suicidality
 - Active psychosis
 - Currently pregnant
 - Substance Use Disorder
- Eligibility can also be determined through the Holistic Understanding Study assessment

What the study involves:

Participants will receive up to six-months free treatment with an experienced clinical team; including four weeks of evidence-based treatment, then tailored therapy based on participant response and progress, such as:

- Extended CBT,
- Personalised psychotherapy; or,
- Brain stimulation (TMS)

Treatment sessions are mostly online, however participants will need to attend at least one in-person visit at a research site:

- University of Sydney, NSW
- Monash University, VIC
- La Trobe University Albury-Wodonga Campus, VIC

Participants will also be required to complete all activities in The Holistic Understanding Study.

Study site:

In-person assessments are conducted at one of our Australian research sites:

- Charles Perkins Centre, University of Sydney, NSW
- Turner Institute for Brain and Mental Health, Monash University, VIC
- Albury-Wodonga Campus, La Trobe University, VIC

Contacts:

University of Sydney, NSW:

E: holistic.understanding@sydney.edu.au

P: 0489 990 587 (Angela)

Monash University, VIC:

E: holisticstudy.eatingdisorders@monash.edu

P: (03) 9905 1029 (Courtney)

La Trobe, Albury-Wodonga, VIC:

E: holisticstudy.ed@latrobe.edu.au

P: (02) 6024 9635 (Rachael)

Sample Messaging:

You can use these samples to help promote the study on social media, in newsletters, or use to help promote this study at conferences.

If you wish to develop any additional messaging, please refer to the **key messages document** in the information toolkit. Should you have any questions, please feel free to reach out the research team.

The TailorED Trial in 1-2 sentences:

The TailorED Trial is a treatment trial, offering up to six-months free, personalised treatment for people living with Bulimia Nervosa or Binge Eating Disorder, delivered by an experienced clinical team, and tailored to their needs.

Participants will receive four weeks of evidence-based (CBT) treatment, to determine if it is a fit for them. If it's not, they will either receive extended CBT, personalised psychotherapy, or a brain stimulation and training package (TMS).

Sample copy — emails and newsletters

Subject: Free personalised therapy for people living with Binge Eating Disorder and Bulimia Nervosa

Body:

The current treatments for binge eating don't work for everyone. That's why researchers are testing a new personalised treatment approach for people living with Binge Eating Disorder and Bulimia Nervosa.

Participants will receive up to six-months free treatment with an experienced clinical team; four weeks of evidence-based treatment, then tailored therapy based on how the person is doing, such as extended CBT, personalised psychotherapy, or a brain stimulation and training package (TMS).

Treatment sessions are mostly online, with some in-person visits at a research site in NSW or VIC.

Who can participate?

- ✓ Australians aged between 16-60 years old
- ✓ People living with Binge Eating Disorder or Bulimia Nervosa — no diagnosis required.

To learn more or take part visit the website: bit.ly/SignatureStudies

Sample copy — social media 1

NOW RECRUITING: the first trial of a personalised treatment approach for Bulimia Nervosa and Binge Eating Disorder.

Researchers from the University of Sydney, Monash University, and La Trobe University are looking for people to join the TailorED trial for free personalised treatment for binge eating. No diagnosis required.

Participants will receive up to six-months free treatment with an experienced clinical team; four weeks of evidence-based treatment, then tailored therapy based on how the person is doing.

Interested in participating?

➡ If you're aged 16–60 and living with Binge Eating Disorder or Bulimia Nervosa, you may be eligible.

➡ Find out more: bit.ly/SignatureStudies

Sample copy — social media 2

Do you binge eat? You may be eligible for free personalised treatment.

Researchers are looking for people to join the TailorED trial — a clinical trial, offering up to six-months free, personalised treatment for people living with Bulimia Nervosa or Binge Eating Disorder, delivered by an experienced clinical team, and tailored to your needs.

Who can participate?

✓ People aged 16–60 years old

✓ Living with Bulimia Nervosa or Binge Eating Disorder — no diagnosis required

➡ See if you're eligible for free treatment

bit.ly/SignatureStudies

Sample copy — social media 3

Join the TailorED Trial for free treatment for Bulimia Nervosa and Binge Eating Disorder.

The current treatments for binge eating don't work for everyone. That's why researchers are testing a new personalised treatment approach for people living with Binge Eating Disorder and Bulimia Nervosa.

Treatment sessions are mostly online, with some in-person visits at a research site in NSW or VIC.

If you are aged between 16–60 and have been living with Bulimia Nervosa or Binge Eating Disorder, join this free trial now — no diagnosis required.

👉 Check your eligibility now: bit.ly/SignatureStudies

Clinical Trials Key Messaging

We recommend and request promotion of the two clinical trials as the main pathway into the studies.

From there we can make sure that everyone who is eligible for treatment receives it, and direct anyone who is not to the Holistic Understanding study, which has broader eligibility.

You can use these samples to help promote the trials on social media, in newsletters, or use to help promote this study at conferences.

If you wish to develop any additional messaging, please refer to the **key messages document** in the information toolkit. Should you have any questions, please feel free to reach out the research team.

Sample copy — emails and newsletters

Subject: Free, personalised eating disorder treatment for people living with an eating disorder

Body:

We know current treatments for eating disorders don't work for everyone. That's why researchers are trialling new personalised approaches to treatments for Anorexia Nervosa, Atypical Anorexia Nervosa, Bulimia Nervosa, and Binge Eating Disorder.

Researchers from the University of Sydney, Monash University, and La Trobe University are looking for people to join two clinical trials: The For Me Trial and the TailorED trial. Both are offering free personalised treatment for people living with an eating disorder — no diagnosis required.

The For Me Trial: testing a new personalised and supportive treatment for young people living with anorexia, offering six-months of free treatment delivered by our highly experienced clinical team, designed around the needs of each participant.

This 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.

The TailorED Trial: a treatment trial, offering up to six-months free, personalised treatment for people living with Bulimia Nervosa or Binge Eating Disorder, delivered by an experienced clinical team, and tailored to their needs.

Participants will receive four weeks of evidence-based (CBT) treatment, to determine if it is a fit for them. If it's not, they will either receive extended CBT, personalised psychotherapy, or a brain stimulation and training package (TMS).

If you, someone you know, or you are a clinician supporting someone who has, or suspects they may have an eating disorder, visit the website to take part or contact the research team to find out more.

bit.ly/SignatureStudies

Sample copy — social media 1

Free eating disorder treatment for those living with Anorexia Nervosa, Atypical Anorexia Nervosa, Bulimia Nervosa, and Binge Eating Disorder.

Researchers from the University of Sydney, Monash University, and La Trobe University are looking for people to join two clinical treatment trials, offering free personalised treatment for people living with an eating disorder.

The For Me Trial: a free, six-month personalised and highly supported treatment program for young people living with the early stages of Anorexia Nervosa (incl Atypical), delivered by our highly experienced clinical team, designed around your needs.

The TailorED Trial: up to six-months of free, personalised treatment for people living with Bulimia Nervosa or Binge Eating Disorder, delivered by an experienced clinical team and tailored to your needs.

If you are, or suspect you may be living with Anorexia Nervosa, Atypical Anorexia Nervosa, Bulimia Nervosa, and Binge Eating Disorder, you may be eligible for free treatment.

👉 Check your eligibility today: bit.ly/SignatureStudies

Sample copy — social media 2

Free, personalised eating disorder treatment for people living with an eating disorder.

We know current treatments for eating disorders don't work for everyone. That's why researchers are trialling new personalised approaches to treatments for Anorexia Nervosa, Atypical Anorexia Nervosa, Bulimia Nervosa, and Binge Eating Disorder. No formal diagnosis required.

The For Me Trial: a free, six-month personalised and highly supported treatment program for young people living with the early stages of Anorexia Nervosa (incl Atypical), delivered by our highly experienced clinical team, designed around your needs.

The TailorED Trial: up to six-months of free, personalised treatment for people living with Bulimia Nervosa or Binge Eating Disorder, delivered by an experienced clinical team and tailored to your needs.

Interested in participating?

👉 Check your eligibility today: bit.ly/SignatureStudies

Sample copy — social media 3

Are you a clinician supporting people living with an eating disorder? Free treatment options may be available to your patients.

Researchers from the University of Sydney, Monash University, and La Trobe University are looking for people to join two clinical treatment trials, offering free personalised treatment for people living with an eating disorder.

The For Me Trial: testing a new personalised and supportive treatment for young people living with anorexia, offering six-months of free treatment delivered by our highly experienced clinical team, designed around the needs of each participant.

This 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.

The TailorED Trial: a treatment trial, offering up to six-months free, personalised treatment for people living with Bulimia Nervosa or Binge Eating Disorder, delivered by an experienced clinical team, and tailored to their needs.

Participants will receive four weeks of evidence-based (CBT) treatment, to determine if it is a fit for them. If it's not, they will either receive extended CBT, personalised psychotherapy, or a brain stimulation and training package (TMS).

Refer a patient to free treatment today — no formal diagnosis required.

👉 Refer or contact the research team: bit.ly/SignatureStudies

Contact details

Signature Studies – general enquires

signature.studies@sydney.edu.au

Signature Studies – comms or media enquiries

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Holistic Understanding Study

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Monash University, VIC:

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La Trobe, Albury-Wodonga, VIC:

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The For Me Trial

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The TailorED Trial

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P: (03) 9905 1029 (Courtney)

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E: holisticstudy.ed@latrobe.edu.au

P: (02) 6024 9635 (Rachael)

Website

bit.ly/SignatureStudies