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