

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:
signaturestudies@sydney.edu.au

