



National eating disorder clinical guidelines, strategies and standards

This fact sheet contains links to clinical guidelines, strategies and standards for eating disorders that have been developed in Australia.

Clinical Guidelines

[Royal Australian and New Zealand College of Psychiatrists Clinical Practice Guidelines for the Treatment of Eating Disorders](#) (1)

[Management of Eating Disorders for People with Higher Weight: Clinical Practice Guideline](#) (2)

Strategies

[National Eating Disorders Strategy 2023-2033](#) (3)

[Australian Eating Disorders Research and Translation Strategy 2021-2031](#) (4)

Standards and Frameworks

The Australia and New Zealand Academy for Eating Disorders (ANZAED) Clinical Practice and Training Standards:

- [ANZAED eating disorder treatment principles and general clinical practice and training standards](#) (5)
- [ANZAED practice and training standards for dietitians providing eating disorder treatment](#) (6)
- [ANZAED practice and training standards for mental health professionals providing eating disorder treatment](#) (7)

[National Framework for Eating Disorders Training](#) (8)

[National Practice Standards for Eating Disorders](#) (9)

References

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2. Ralph AF, Brennan L, Byrne S, Caldwell B, Farmer J, Hart LM, et al. Management of eating disorders for people with higher weight: Clinical practice guideline. *J Eat Disord*. 2022 Aug 18;10(1):121.
3. National Eating Disorders Collaboration. National Eating Disorders Strategy 2023-2033. [Internet]. 2023 [cited 2023 Aug 29]. Available from: <https://nedc.com.au/downloads/nedc-national-eating-disorders-strategy-20233-2033.pdf>
4. InsideOut Institute. Australian eating disorders research & translation strategy 2021-2031. [Internet]. 2021 [cited 2023 Jun 15]. Available from: <https://insideoutinstitute.org.au/national-strategy>.
5. Heruc G, Hurst K, Casey A, Fleming K, Freeman J, Fursland A, et al. ANZAED eating disorder treatment principles and general clinical practice and training standards. *J Eat Disord*. 2020 Nov 10;8(1):63.
6. Heruc G, Hart S, Stiles G, Fleming K, Casey A, Sutherland F, et al. ANZAED practice and training standards for dietitians providing eating disorder treatment. *J Eat Disord*. 2020 Dec 15;8(1):77.
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8. National Eating Disorders Collaboration. National framework for eating disorders training – a guide for training providers. [Internet]. 2022 [cited 2023 Jun 15]. Available from: <https://nedc.com.au/assets/Credentialing/A-National-Framework-for-Eating-Disorders-Training-A-guide-for-trainingproviders-2023.pdf>.
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