Acknowledgements

Authors

Dr Hunna Watson The Butterfly Foundation National Eating Disorders Collaboration Project; Princess Margaret Hospital for Children; Centre for Clinical Interventions; The University of Western Australia

Ms Renee Elphick Princess Margaret Hospital for Children

National Eating Disorders Collaboration Steering Committee

Professor Susan Paxton La Trobe University

Professor Tracey Wade Flinders University

Professor Phillipa Hay University of Western Sydney

Dr Sloane Madden The Children's Hospital at Westmead

Professor Stephen Touyz The University of Sydney

Associate Professor Michael Kohn The Children's Hospital at Westmead; The University of Sydney

Ms Belinda Dalton The Oak House

Ms Kirsty Greenwood Eating Disorders Foundation of Victoria

Ms Julie McCormack Princess Margaret Hospital for Children

Ms Elaine Painter Eating Disorders Outreach Service Queensland

Ms Claire Vickery The Butterfly Foundation

Ms Christine Morgan The Butterfly Foundation

Associate Professor Susan Byrne The University of Western Australia; Centre for Clinical Interventions

Ms Rachel Barbara-May Alfred Child and Adolescent Mental Health Service

Review Forum Membership

Four Review Forums were established across the topic areas of Promotion and Prevention; Identification and Early Intervention, Treatment Standards and Strategies, and Consumers and Carers to input to activities and deliverables of the National Eating Disorder Collaboration project. Review Forum members were invited to view and provide feedback on this resources review during the development process. The overall Review Forum membership comprised over 100 individuals from across Australia and included individuals with a lived experience of an Eating Disorder, family members, and carers; health and allied professionals (including psychologists, dietitians, counsellors, general practitioners, pharmacists, paediatricians, psychiatrists, social workers, occupational therapists, nurses); primary, secondary, and tertiary education professionals; representatives from community-based Eating Disorder associations, support groups, and professional or charitable incorporated organisations (e.g., Eating Disorder, pharmaceutical, counselling, carer); researchers; and media professionals. All individuals had an interest in Eating Disorders and were self-nominated or invited to participate following communication about the National Eating Disorders Collaboration Project.

Special Thanks To:

Associate Professor David Forbes Princess Margaret Hospital for Children; The University of Western Australia

Ms Tracey Buckley Bridges Association Incorporated

© 2010
This work is copyright. You may download, display, print and reproduce this material in unaltered form only (retaining this notice) for your personal, non-commercial use or use within your organisation. Apart from any use as permitted under the Copyright Act 1968, all other rights are reserved.
# Table of Contents

**ACKNOWLEDGEMENTS**

**CHAPTER 1: INTRODUCTION**

- Background 3
- Structure of the Report 3

**CHAPTER 2: METHODOLOGY**

- Resources 4
  - Identification of Resources for Review 4
  - Inclusion and Exclusion Criteria 5
  - Quality Assurance Appraisal 5
  - Overview of Submissions Received 6
  - Methodological Limitations 7
- Websites 8
  - Identification of Eating Disorder and Related Websites 8
- Services 8
  - Identification of Eating Disorder and Related Services 8
  - Methodological Limitations 8

**CHAPTER 3: RESOURCES**

- Resource Categories 9
  - Promotion and Prevention 9
  - Identification and Early Intervention 9
  - Treatment Standards and Strategies 10
  - Consumers and Carers 10
- Review of Resources 10
- Promotion and Prevention 11
- Identification and Early Intervention 23
- Treatment Standards and Strategies 33
- Consumers and Carers 54

**CHAPTER 4: WEBSITES**

- Eating Disorder Websites 83
  - Australian 83
  - International 85
  - Secondary Support Websites 86
  - Youth-Specific Secondary Support Websites 89

**CHAPTER 5: SERVICES**

- Treatment Services 92
- Community-Based and Professional Support 102

**Appendix A** 113

**REFERENCES** 114
CHAPTER 1
INTRODUCTION

Background

In recognition that body image and Eating Disorders are a pressing issue within the Australian community, the Commonwealth of Australia commissioned this report to be prepared by the Butterfly Foundation (“Butterfly”) on behalf of the National Eating Disorders Collaboration (NEDC). The NEDC is a collaboration of over 70 member organisations with a strong interest in Eating Disorders and body image, and Butterfly is the appointed lead agency of this collaboration. The Commonwealth Department of Health and Ageing requested a review of resources on the health promotion and prevention, identification and early intervention, and treatment of Eating Disorders, as part of a strategy to identify the way forward for Eating Disorders prevention, treatment and management in Australia.

Structure of the Report

This report is organised into chapters of Background, Methodology, Resources, Websites, and Services.

The Methodology chapter outlines the processes used to (1) identify and appraise resources (2) identify websites on Eating Disorders and secondary issues, and (3) identify Australian services relevant to Eating Disorders.

The Resources chapter provides an overview of resources relevant to Eating Disorders, including books, multimedia, brochures, fact sheets, treatment guidelines, and other resource types. The resources have been developed for use by a variety of audiences such as individuals with Eating Disorders, health professionals, education professionals, carers and families, school populations, fitness professionals, and others. The chapter includes a summary of individual resources, including a brief description, publishing details, information about availability, a critical appraisal of the quality of the content and development process, and qualitative feedback on resource strengths and weaknesses from individuals around Australia with an interest in Eating Disorders. These individuals comprised individuals with lived experience of Eating Disorders, carers and family members, health professionals that work with people with Eating Disorders, education professionals, researchers in the field of Eating Disorders, volunteers on community-based non-profit Eating Disorder associations, and others.

The Websites chapter outlines websites of relevance to Eating Disorders and secondary issues (e.g., other mental health issues, general carer support), with an emphasis on Australian websites. A description of the websites and resources available on the websites is provided.

The Services chapter contains a list of services relevant to a range of interest groups, including individuals with Eating Disorders and their families and carers, health professionals, and the general community. The chapter contains (1) a list of treatment and related (i.e., consultation and liaison, co-ordination, and outreach) services for children, adolescents, and adults, and (2) a list of community-based and professional support services, including charitable associations; services that offer community-based education, training, information, and/or resources, professional associations, and services that support health professionals via co-ordination, training, education, information, resources, and networking.
Resources

Identification of Resources for Review

Resources to be included in the review process were sourced through a variety of means. Emphasis was placed on identifying resources already in use by Australian consumers, carers, and health professionals and resources that have been produced within Australia.

Timeline

- **March 2009**: Members of the NEDC were invited to provide suggestions for resources. At that time, this collaboration comprised over 60 leading organisations in the field of Eating Disorders.
- **July 2009**: The websites of relevant Australian incorporated organisations or service providers were examined for resource recommendations. These organisations included:
  - Australia and New Zealand Academy for Eating Disorders (www.anzaed.org.au)
  - Bridges Association Incorporated (www.bridges.net.au)
  - Butterfly Foundation (www.thebutterflyfoundation.org.au)
  - Centre for Clinical Interventions (www.cci.health.wa.gov.au)
  - Centre for Eating and Dieting Disorders (www.cedd.org.au)
  - Centre for Excellence in Eating Disorders (www.rch.org.au/ceed)
  - Diabetes Australia (www.diabetesaustralia.com.au)
  - Eating Disorders Association Incorporated (Queensland) (www.eda.org.au)
  - Eating Disorders Association of South Australia (www.edasa.org.au)
  - Eating Disorders Foundation of Victoria (www.eatingdisorders.org.au)
  - ISIS Centre for Women’s Action on Eating Issues Incorporated (www.isis.org.au)
  - Women’s Health Works (www.womenshealthworks.org.au)
- **July to September 2009**: Members of the Steering Committee on the National Eating Disorders Collaboration, comprising experts in Eating Disorders practice, research, and consumer support, reviewed working resources lists and provided further recommendations.
- **October 2009**: A working draft was made available to NEDC members and to registrants of the National Eating Disorders Collaboration Project national workshop held in Canberra in October, and individuals were invited to review the working draft and provide feedback. The workshop was attended by over 150 individuals with a wide-ranging background of medicine, psychiatry, dietetics, psychology, social work, occupational therapy, counselling, complementary therapy, education, politics, and journalism, and there was representation from consumers, carers, and voluntary members of community-based Eating Disorder support organisations.
- **October to December 2009**: The Research Coordinator of the National Eating Disorders Collaboration consulted the Evidence Review document prepared for the Commonwealth Department of Health and Ageing to identify publicly available resources that had undergone evaluation with randomised, controlled, trial methodology and had good or promising outcomes. Additional resources identified through this method formed further resource suggestions.
- **February 2010**: A final working draft was placed online for NEDC members to review and feedback was invited.
Inclusion and Exclusion Criteria

To be considered for review, resources needed to meet the single inclusion criterion of relevancy to the promotion of positive body image or the prevention, identification, early intervention, management, or care of Eating Disorders.

An exclusion criterion based on resource genre was chosen, by necessity, to limit the volume of resources, while maintaining breadth, usefulness, and quality of information. Specifically, resources of the following genres were excluded; conference papers, book chapter reviews, expert unpublished notes, news articles, journal articles (unless it comprised clinical guidelines), letter to journals, grant applications, service information only, submissions to senate committees, responses to a parliamentary inquiry, and book reviews. All other formats, such as books, fact sheets, treatment guidelines, manuals or programs, reports, web-based programs, and multimedia, were considered for inclusion. Resources that were not identifiable based on the submitted suggestion were not included. Websites and webpages were excluded at this phase of the resources review process and are summarised separately in Chapter 4. Resources were excluded if they were not publicly available. In some cases, resources had not been formally published, however, contact with developers indicated that they would accept queries with a view to distributing the resource to interested parties, therefore, these resources were not excluded.

Any resource considered potentially harmful by expert consensus was excluded. Expert consensus was formed by National Eating Disorder Collaboration Project Steering Committee members who comprised recognised experts and/or leaders in Eating Disorders research, clinical practice, and/or community-based practice.

Quality Assurance Appraisal

Resources that met the criteria for inclusion in the review were evaluated with a quality assurance checklist developed a priori (see Appendix A). The checklist was adapted from a rating form used by the Picker Institute. The Picker Institute’s rating form was designed to evaluate the quality of health-related information targeted to consumers. It is based on quality indicators that were identified by the International Patient Decision Aids Standards (IPADS) Collaboration through systematic review and stakeholder consultation.

To fit the needs of this review, The Picker Institute’s rating form was adapted to apply to resources targeted to professionals, carers, and the general community, in addition to resources designed for consumers. A checklist and global rating was chosen in favour over item ratings.

The checklist enabled resources to be rated on research-based content, which contained items assessing the clarity, reliability, comprehensiveness, and research basis of a resource’s content. Resources were rated separately according to a 5-point Likert scale, ranging from one to five “stars”. The maximum quality rating was five stars, which was assigned if a resource met all criteria on the checklist. A lower quality rating was assigned if a resource lacked one or more key features. Algorithms were developed to facilitate consistency in scoring.

Resources with a higher quality rating on research-based content contained (1) a clear statement of aims (2) unbiased and comprehensive information (3) accurate and evidence-based information (4) decision-making support (5) disclosure of conflicts of interest (6) a clear structure and layout, and (7) a means of judging the reliability of information. These features are commonly viewed as key indicators of the quality of health information, as identified in projects and initiatives such as the European Commission’s quality criteria for health-related websites, the Health on the Net Foundation’s code of ethical conduct, the International Patient Decision Aid Standards Collaboration standards, the DISCERN instrument, the King’s Fund guidelines, and the Australian Commonwealth Government HealthInsight publishing standards.
These initiatives have arisen largely because of the growing availability and accessibility of health-related information on the World Wide Web, and were designed to inform, evaluate, or improve the quality of health-related information. They offer appropriate benchmarks to evaluate the quality of information resources.

Limitations exist with any quality assurance appraisal method, particularly when the scope and type of items being appraised is broad. Appraisals should be considered a guide only.

Overview of Submissions Received

In total, 478 resources suggestions were received and after de-duplication, 431 unique suggestions remained. Of the unique suggestions, 124 met inclusion criteria and 307 did not. Of those that met inclusion criteria, 43% \((n = 52)\) were books, 29% \((n = 36)\) were manuals or programs, 20% \((n = 24)\) were brochures, fact sheets, or leaflets, 8% \((n = 10)\) were reports, 7% \((n = 8)\) were treatment or management guidelines, 4% \((n = 5)\) were multimedia, 3% \((n = 4)\) were web-based programs, 2% \((n = 3)\) were charters or position statements, and 2% \((n = 3)\) were in an “other” format. The suggested resources targeted a range of different audiences, specifically, 54% \((n = 65)\) for health professionals, 35% \((n = 42)\) for consumers (i.e. individuals with Eating Disorders or with clinically significant symptoms), 31% \((n = 38)\) for carers and families, 17% \((n = 21)\) for education professionals, 17% \((n = 21)\) for the general community, 7% \((n = 8)\) for policy-makers, 6% \((n = 7)\) for fitness professionals and coaches, 6% \((n = 7)\) for school populations, and 2% \((n = 3)\) for tertiary populations. The resources were targeted to a range of stages in the health promotion spectrum and illness journey, including 23% \((n = 29)\) on promotion or primary prevention, 23% \((n = 29)\) on secondary (i.e., indicated) prevention, 12% \((n = 15)\) on screening and diagnosis, 74% \((n = 90)\) on the acute phase, 12% \((n = 15)\) on supportive care, and 3% \((n = 4)\) on “other issues” (e.g., dietary guidelines, diabetes and Eating Disorders).

Excluded resources comprised the following: journal articles \((n = 251)\), news articles \((n = 17)\), websites or webpages \((n = 9)\), service information only \((n = 5)\), not relevant to body image or Eating Disorders \((n = 4)\), conference papers \((n = 3)\), book chapters \((n = 3)\), review of book or book chapter \((n = 2)\), unidentifiable resource suggestion \((n = 2)\), expert unpublished notes \((n = 2)\), not yet publicly available \((n = 1)\), submission to a senate committee \((n = 1)\), letter to a journal \((n = 1)\), information sheet comprising a reproduced journal article and unclear if obtained copyright \((n = 1)\), parliamentary inquiry \((n = 1)\), response to a parliamentary inquiry \((n = 1)\), grant application \((n = 1)\), internet link to resource not functional \((n = 1)\), resources not obtainable upon contact with publisher \((n = 1)\), and potentially harmful \((n = 1)\).

1 The numbers sum to more than the total number of unique resources as some resources were applicable to multiple formats/audiences/phases e.g., a resource might be a treatment manual published in a book, or be targeted to both individuals with Eating Disorders and carers.
Methodological Limitations

There are limitations to the methodology applied to identify and evaluate the Eating Disorder resources. Firstly, the list does not comprise a comprehensive, exhaustive list of all resources available. Resource suggestions were sought through organisations and facilities that joined the National Eating Disorders Collaboration, a free-to-join initiative funded by the Commonwealth Department of Health and Ageing for organisations that identified as stakeholders in the Eating Disorders sector. Signing up for membership was subsequented by regular updating and involvement in the National Eating Disorders Collaboration Project, a project funded by the Commonwealth Department of Health and Ageing to develop a national framework for Eating Disorders prevention and treatment and other deliverables and outcomes. Membership comprised predominantly Eating Disorder treatment services and community-based organisations, professional associations, and research institutions. Therefore, the resources identified are naturally skewed toward those in use and preferred by Australian health professionals and community-based organisations. Although this is a methodological weakness, it can also be considered a strength of this review in that the resources included in the set are likely to be those relevant to the Australian context. Second, resources are continually being developed and made publicly available, therefore this resource set comprises those identified as available at one specific point in time only. There will be other and potentially more useful resources that subsequently become available. Carers and individuals with lived experience of Eating Disorders may wish to contact community-based organisations, such as the Eating Disorders Foundation of Victoria Incorporated and The Butterfly Foundation, for information on up-to-date resources. Third, the research-based content ratings were made at one point in time based on the available evidence base and other features. They are a guide only and do not provide a definitive index of the quality of a resource on this domain. Progressions in the scientific research may alter the validity of a rating. Fourth, a quality appraisal provides a one-dimensional evaluation of a resource. There is an aspect of evaluation that was not captured within this review methodology but that would be valuable to assess in the future, namely the usability and popularity of a resource. Some resources, such as narratives which recount experiences of an Eating Disorder from the perspective of the individual with lived experience or loved one, are immensely popular, yet, book popularity is not captured within this review. Lastly, the appraisal of resources on the domain of research-based content is arguably less fitting for particular types of resources, such as personal narratives or brief fact sheets. The aim of the appraisal was to facilitate identification of those resources which might be judged as particularly reliable, accurate and comprehensive in relation to the scientific evidence, and which provided decision-making support. There are resources that may achieve low ratings which nevertheless, anecdotally, have been reported as very helpful to individuals with lived experience of Eating Disorders.
Websites

Identification of Eating Disorder and Related Websites

Websites were identified through online searches, consideration of recommended websites on Australian community-based Eating Disorder organisation websites, and through consultation with the National Eating Disorders Collaboration Project Steering Committee.

Services

Identification of Eating Disorder and Related Services

A mapping exercise was conducted with the aim of identifying services relevant to Eating Disorders care, management, and support, including treatment services, consultation and coordination services, outreach services, professional associations, community-based associations, and support groups.

Timeline

- **July 2009:** Pre-existing mapping project publications were located and a working list of treatment services and community-based support and professional organisations was developed by the Research Coordinator.

- **July to December 2009:** An online search, including reviewing service links from known Eating Disorder treatment and community-based service websites, was conducted by the Research Coordinator.

- **July 2009:** The Treatment Standards and Strategies Review Forum membership was contacted to provide information about services.

- **August 2009:** A survey requesting service information was distributed to attendees at the national Australia and New Zealand Academy of Eating Disorders Conference held in Brisbane. Following the conference this survey was distributed electronically to registrants.

- **September 2009:** The survey was distributed electronically to key stakeholders (e.g., state-wide Eating Disorder service coordinators) who distributed the survey through relevant communication channels.

- **January 2010:** Services were phoned to verify contact information and a letter was sent to identified services requesting that they validate contact and service information.

Methodological Limitations

The services that appear on the list were identified through the methods described earlier in this section, yet this does not guarantee that the list is inclusive of all relevant treatment services. For up-to-date information, it is advisable to contact an Eating Disorder community-based organisation within your state or territory. While every effort was made to ensure that details of services were current at the time of compilation of the services list, information may become outdated. A further difficulty in compiling a list of services was that some states/territories have many specialist programs for Eating Disorders, while other states/territories have none. Priority was assigned to identifying specialist services, however, for states/territories with no or few specialist programs, it was considered essential to list generalist services also. Given the practical challenges in identifying individual private practitioners who specialise in Eating Disorder treatment, it was considered beyond the scope of this review to include this service provider type within the list of services. Nonetheless, reasonable effort was undertaken to identify specialist Eating Disorder programs (e.g., hospitals, clinics) within the private sector.
It is important to note that no resources were excluded within this review process on the basis of quality, therefore, resources range in acceptability from highly appropriate and suitable to less appropriate and suitable. The purpose of the review was to collate a list of potential resources and to appraise the resources on research-based content.

Resource Categories

Promotion and Prevention

This domain includes resources containing information relevant to individuals with no known risk of an Eating Disorder (i.e., universal population), or individuals at elevated risk by proxy of possessing at least one risk factor (i.e., selective population) but who have not been screened for symptomatology. Examples of resources in this section include books containing school-based prevention programs, pamphlets outlining prevention and promotion strategies for teachers and schools, community dietary guidelines, prevention programs for sports settings, school curriculum and policy support, and web-based prevention programs.

Of the 124 resources that met inclusion criteria, 22 were allocated to the Promotion and Prevention category.

Identification and Early Intervention

This category includes resources that provide guidance on indentifying subclinical and acute Eating Disorders and that address early intervention. It also contains prevention programs that have been developed for and/or evaluated among individuals at high-risk of an Eating Disorder, by proxy of screening positive to Eating Disorder symptomatology (most typically a disordered attitude such as body dissatisfaction much higher than the norm) (i.e., indicated population). Examples of these resources include guides on identification and management tailored to audiences such as parents, teachers, personal trainers, health professionals, emergency department workers, and community and welfare workers; pamphlets and information packs that describe early warning signs and tips to identify Eating Disorders; and intervention programs aimed at reducing Eating Disorder risk among those at high-risk.

Of the 124 resources that met inclusion criteria, 17 were allocated to the Identification and Early Intervention category.
Treatment Standards and Strategies

Included in this domain are resources that provide information on implementing treatment or management strategies. The resources are orientated primarily to health professionals, and cover a range of approaches including dietetic, psychological, medical, and psychiatric, and address a range of settings such as primary practice, emergency department, and specialised inpatient or outpatient. Examples of resources include practice guidelines, treatment manuals, systematic reviews of treatment efficacy, and education sheets for health professionals.

Of the 124 resources that met inclusion criteria, 38 were allocated to the Treatment Standards and Strategies category.

Consumers and Carers

This domain includes resources designed for individuals with Eating Disorders, their families, and carers. Examples include books on Eating Disorders, self-help treatment programs, fact sheets and information packs, recovery guides, and parent handbooks.

Of the 124 resources that met inclusion criteria, 54 were allocated to the Consumers and Carers category.

Review of Resources

A full listing of resources - including publication information, a description, availability, and research-based content ratings – appears next.
CHAPTER 3
RESOURCES

Promotion and Prevention
Athletes Targeting Healthy Exercise and Nutrition Alternatives (ATHENA)

Author: Elliot, D & Goldberg, L
Year: unknown
Publisher: Center for Health Promotion Research, Oregon Health and Science University
Country: United States of America

The ATHENA program is an eight-session health promotion program for athletes that targets nutrition and healthy physical development that aims to prevent disordered eating and body-shaping drug use. It is designed to be used with small groups of athletes with facilitation by a coach and an assigned peer leader. There are four supporting publications to implement the program; a manual for coaches and a manual for peer leaders which each contain activities and scripted lesson plans; a team workbook with session-by-session goals and activities, and an athlete’s guide which contains up-to-date information on nutrition, growth and development, drugs and athletes, and other relevant topics.

Australian Medical Association Position Statement: Body Image and Health

Author: Australian Medical Association
Year: 2009
Publisher: Australian Medical Association
Country: Australia

This resource is the Australian Medical Association’s position statement on body image and health. The statement outlines the AMAs position on unhealthy body image, Eating Disorders, the influence of the popular media, the role of medical practitioners, and proposes strategies to reduce the impact of unhealthy body image and Eating Disorders.
**BodyThink**

**Author:** Eating Disorders Association & Level Faberge Limited  
**Year:** 2006  
**Country:** Australia  
**Publisher:** Eating Disorders Association & Level Faberge Limited

*BodyThink* is an Eating Disorder health promotion and prevention school-based workshop for children aged 11 to 14 years. The *BodyThink* materials include a booklet with facilitator instructions, activity cards, and a DVD that exposes media and filming trickery used to create beauty ideals. The materials are available to teachers and community professionals via attendance at a training workshop administered by The Butterfly Foundation and is supported by Dove’s Campaign for Real Beauty.

**Boys and Eating Disorders**

**Author:** Office of Women’s Health  
**Year:** 2004  
**Publisher:** Office of Women’s Health  
**Country:** United States of America

This information sheet on boys and Eating Disorders gives a brief overview of risk factors and intervention strategies for use by schools to address policy, school climate, health promotion, and Eating Disorder prevention.
Complete Gorgeous

Author: Cooke, K
Year: 1995
Publisher: Film Australia Limited
Country: Australia

Complete Gorgeous is a website and classroom resource for students and teachers from upper primary school to secondary school years. It includes excerpts from the book, Real Gorgeous, an animated video, and games and learning activities that are relevant to areas of schooling including health and physical education, society and environment, arts, English, science, cultural studies, media studies, psychology, and personal development.

Available free from the Completely Gorgeous website

Format
Web-based resource and curriculum

Diabetes and Eating Disorders

Author: National Diabetes Services Scheme
Year: unknown
Publisher: Diabetes Australia
Country: Australia

This resource explains why individuals with Type I diabetes are at elevated risk of developing Eating Disorders. The resource was designed by use for individuals with diabetes and their family and friends. The resource outlines early warning signs for recognising an Eating Disorder, the additional risks to medical health posed by having an Eating Disorder in combination with diabetes, and provides contact information for services across all states and territories within Australia where further information can be found.

Available from Diabetes Australia
GPO Box 3156 Canberra, ACT, 2601
t 02 6232 3800
f 02 6230 1535
website: www.diabetesaustralia.com.au

Free
Available to download for free from:

Format
Information pack
5 pages
Everybody’s Different: A Positive Approach to Teaching about Health, Puberty, Body Image, Nutrition, Self-Esteem and Obesity Prevention

Author: O’Dea, J  
Year: 2007  
Publisher: Acer Press  
Country: Australia  
ISBN: 9780864317735

This book outlines a whole-school curriculum for children and adolescents, *Everybody’s Different*, which promotes healthy nutrition, self-esteem enhancement, media literacy, acceptance of pubertal processes, and positive body image with the aim of preventing Eating Disorders and obesity. The program is a whole-school curriculum involving strategies for school policy, school climate, and classroom-based teaching and learning activities. The book contains case studies, research outcomes, classroom activities, teacher training, and lesson plans. Topics covered include self-esteem enhancement, media literacy, growth and physical development, and healthy dietary habits.

Food for Health: Dietary Guidelines for Australians: A Guide to Healthy Eating

Author: National Health and Medical Research Council  
Year: 2005  
Publisher: Department of Health and Ageing, Australian Government  
Country: Australia  
ISBN: 1864961771

The *Dietary Guidelines for Australians* were developed by dietary and nutrition experts on behalf of the National Health and Medical Research Council and the Commonwealth Department of Health and Ageing. The guidelines identify food and lifestyle habits associated with well-being and provide daily food recommendations for children and teenagers, adult women, adult men, and special life periods such as pregnancy and breast feeding. Recommendations are discussed in terms of food types, serving size, and number of serves per day.
Full of Ourselves: A Wellness Program to Advance Girl Power, Health, And Leadership

Author: Steiner-Adair, C & Sjöstrom, L
Year: 2006
Publisher: Teacher College Press
Country: United States of America
ISBN: 9780807746318

Full of Ourselves outlines a wellness education program developed at Harvard Medical School. The program is aimed at promoting positive body image and reducing risk of disordered eating in preadolescent and early adolescent girls. The book is organised around eight core 50-60 minute units: Full of Ourselves, Claiming Our Strengths, Body Politics, Standing Our Ground, Countering the Media Culture, Nourishing Our Bodies, Feeding Our Many Appetites, and the Power of Healthy Relationships. The book contains activities and handouts, and guides for adult and girl leaders.

Girls on the Go!

Author: Greater Dandenong Community Health Service
Year: 2001
Publisher: Greater Dandenong Community Health Service
Country: Australia

Girls on the Go! is a program designed by the Greater Dandenong Community Health Service and aims to enhance health, well-being, self-esteem, and happiness among girls.

The 10-week program has eight two-hour sessions and an introductory and post-program session. The eight core sessions emphasise different aspects of well-being: ‘Let’s Get to Know Each Other,’ ‘Body Image,’ ‘A Healthy Mind,’ ‘Personal Safety and Assertiveness,’ ‘Physical Activity for Life,’ ‘Healthy Eating for Life,’ ‘Trust and Confidence,’ and ‘Final Celebration.’ The program targets girls aged 11 to 16 years with disordered eating, poor body image, weight issues, inactivity in sport or recreation, Eating Disorders, or low self-esteem. Facilitator training is available for school staff interested in the delivery of the program.
GO GIRLS!™ Giving Our Girls Inspiration and Resources for Lasting Self-Esteem

Author: Eating Disorder Awareness and Prevention
Year: 1999
Publisher: Eating Disorder Awareness and Prevention
Country: United States of America

GO GIRLS!™ teaches secondary school girls media literacy and advocacy skills that help to analyse how advertisements are developed and the connection between media and body image. Participants learn how to write letters and prepare presentations to voice their concern or support to advertisers and media channels that irresponsibly or responsibly impact on body image in young people. The program provides girls with the tools to critically appraise the media and in doing so seeks to enhance self-esteem, healthy body image, and self-efficacy to effect positive social and cultural change. The resource is presented in the format of a school curriculum that can be implemented in classrooms.


Author: Ireland, L
Year: 2001
Publisher: Education Queensland, Queensland Government
Country: Australia

Schools and school sport settings have an important role to play in the prevention and early intervention of Eating Disorders, and young female athletes may be at increased risk of developing Eating Disorders. This resource was designed to inform school sports coaches about body image, disordered eating, and Eating Disorders. The resource discusses the female athlete triad, the effects of eating issues upon the body, the prevalence and causes, and teaches coaches how to recognise early warning signs and intervene with high-risk students. The resource provides information about referral pathways and gives contact details for related organisations (in Queensland only).
Happy Being Me

Author: Richardson, S, Durkin, S & Paxton, S
Year: 2007
Publisher: School of Psychological Science, La Trobe University
Country: Australia

*Happy Being Me* is an evidence-based three-session classroom prevention intervention for girls aged 11 to 14 years. This program was developed to reduce body dissatisfaction, desire to obtain the thin body type portrayed as ideal by the media, peer interactions that contribute to body dissatisfaction, and body comparison tendency. The manual contains information to enable the facilitator to conduct each interactive session and resources required to deliver the session in the classroom. It includes media literacy but also provides resources for addressing peer influences that contribute to body dissatisfaction and disordered eating.

Media Smart

Author: Wilksch, S & Wade, T
Year: 2010
Publisher: School of Psychology, Flinders University
Country: Australia

*Media Smart* is an evidence-based eight-lesson media literacy program suitable for girls and boys in late primary school or early high school. Topics covered include techniques used by the media to manipulate images (e.g., airbrushing), ideas for how to analyse and challenge media messages, tips for handling pressure placed on young people and planning for how to move through adolescence and beyond as a skilful and confident person. *Media Smart* targets media internalisation which refers to when people believe they must look like the ideal images presented in the media.

The program is suitable to teach in a range of classes including English, Study of Society, Home Economics, Physical Education, Pastoral Care and Home Group. The program comes with information for presenters, lesson plans and a workbook for students.

The program has been evaluated in a randomised, controlled trial and a two-and-a-half year follow-up showed a beneficial, sustained impact on Eating Disorder risk factors.
**MyStudentBody**

**Author:** Franko, D, Glassman, T, Greenberg, J, Good, G, Matthews, J, Perkins, H & Sussman, S  
**Year:** 2008  
**Publisher:** Inflexxion  
**Country:** United States of America

*MyStudentBody* is an online harm-reduction program for university students. The program addresses a range of health and wellness issues including alcohol and drug use, nutrition, stress, tobacco use, and sexual health. The nutrition module provides fitness and nutrition education, and targets unhealthy eating and weight control practices. *MyStudentBody* program was developed through funding from the United States National Institutes of Health by leading experts in behavioural health. Universities are eligible to apply for access to the program.

Available from Inflexxion, Inc.  
320 Needham Street  
Suite 100, Newton, Massachusetts, USA, 02464  
t 0011 1 617 332 6028  
f 0011 1 617 332 1820  
website: www.inflexxion.com  

Free  
Universities can register for access at: www.mystudentbody.com  

Format  
Web-based program/Prevention program

---

**No Body is Perfect: Teaching and Learning about Body Image and Gender**

**Author:** NSW Department of Education and Training  
**Year:** 1997  
**Publisher:** State of New South Wales through the Department of Education and Training  
**Country:** Australia

This resource provides Year 7 to 10 teachers of Personal Development, Health and Physical Education Syllabus a curriculum that explores issues related to body image and gender. The curriculum is provided on behalf of the New South Wales Department of Education and Training. The teaching and learning activities are organised into two units of ‘It’s Alright to be Me’ and ‘Being Me’ with various learning activities. Learning activities in the first unit explore issues such as what it means to be a healthy person, what it means to have an Eating Disorder, and body image influences. The second unit explores identity and encourages students to critically evaluate stereotypical social expectations of masculinity and femininity.

Available from Department of Education and Training  
GPO Box 33  
Sydney NSW, 2001  
t 02 9561 8000  
website: www.det.nsw.edu.au

Free  

Format  
School curriculum
Planet Health: An Interdisciplinary Curriculum for Teaching Middle School Nutrition and Physical Activity

Author: Carter, J, Wiecha, J, & Peterson, K
Year: 2001 (second edition)
Publisher: Human Kinetics Publishers
Country: United States of America
ISBN: 9780736069182

The Planet Health curriculum focuses on improving health and well-being in early adolescence. It includes 35 lessons that promote healthy nutrition and activity and a self-assessment tool to help students to evaluate their physical activity. The content promotes nutrition and healthy eating, enhanced physical activity, and limited television viewing. The program was developed by educators and health experts at the Harvard School of Public Health. The curriculum has been published as a book which contains a CD-ROM with the curriculum in pdf format and student handouts and overheads. The program is supported with parent materials – newsletters and fact sheets, teacher training materials, and contains information on web resources for healthy eating and active living.

School Health Index: A Self-Assessment and Planning Guide: Elementary School1; and School Health Index: A Self-Assessment and Planning Guide: Middle School/High School2

Author: Centers for Disease Control and Prevention
Year: 2005
Publisher: Centers for Disease Control and Prevention
Country: United States of America

The School Health Index is a tool to assist schools to develop a school climate that promotes health and safety. The resource allows schools to review, improve, and implement health and safety policies and practice. The School Health Index contains eight modules that are completed by school staff teams. The modules cover school health and safety policies and environment, health education, physical education and other physical activity programs, nutrition services, school health services, school counselling, psychological and social services, health promotion for staff, and family and community involvement. Schools can use the results of the self-assessment to plan initiatives and improve health and safety in the school.
Shapesville

Author: Mills, A & Osbourne, B  
Year: 2003  
Publisher: Gurze Books  
Country: United States of America  
ISBN: 9780936077475

Shapesville is a children's picture book with bright colours, engaging pictures, and rhyming sentences. The book communicates health promotion messages on healthy eating and body image. It describes five friends of various shapes, sizes, talents, and colours. Shapesville emphasises that it doesn't matter what size or shape one is, being healthy, happy, and celebrating one's own and others' uniqueness is what is most important. The book emphasises positive body image and diversity.

Student Bodies

Year: 1997  
Publisher: Stanford Behavioral Medicine Multimedia Laboratory/ Stanford University Medical Media and Information Technology School of Medicine  
Country: United States of America

Student Bodies is an eight-session online psychoeducational intervention based on cognitive behavioural and social learning theories and designed for individuals at risk of Eating Disorders. It has been proven to enhance body satisfaction and to reduce disordered eating attitudes. This program has been tested on a range of target audiences, from low-risk to high-risk.

The content of the program includes discussion of cultural ideals and determinants of attractiveness, media influences, and cognitive-behavioural techniques for improving body image. The software is interactive and contains audio and video presentations and users can explore the program independently.
The Body Project: Promoting Body Acceptance and Preventing Eating Disorders: A Facilitator Guide

Author: Stice, E & Presnell, K
Year: 2007
Publisher: Oxford University Press
Country: United States of America
ISBN: 9780195319897

The Body Project contains two four-session intervention programs that can be used with low- or high-risk adolescent and college-aged females to prevent disordered eating. The primary author is arguably the world’s foremost authority on Eating Disorders prevention and the prevention programs he develops and outlines in this guide have been shown to be effective in schools and colleges worldwide in a range of controlled and effectiveness trials. The first program – The Body Project – is based on the cognitive dissonance prevention method. The second program – Healthy Weight Intervention – involves healthy lifestyle strategies to maintain well-being and a healthy body weight, which enhances body satisfaction and reduces obesity risk. The book provides a session-by-session approach to implementing the programs.

Trouble on the Tightrope: In Search of Skateboard Sam

Author: Cousineau, T, Franko, D, O’Dea, J, Rancourt, D & Watt, M
Year: 2006
Publisher: Inflexxion
Country: United States of America

Trouble on the Tightrope is an animated web-based program that aims to improve body image and self-esteem among early adolescents. The premise is that Sam, an adolescent who is about to perform a trapeze act in a carnival as part of a family act, goes missing. Users gain clues to Sam’s whereabouts while completing the program modules. The content covers six main areas of puberty, nutrition, physical activity, media literacy, self-esteem, and social relationships. The module contains games or activities that take approximately fifteen minutes to complete. There is an online teacher’s learning manual that can be used to compliment activities within the program and web-based links are provided to encourage parent-child communication on the health areas reviewed. The program is funded with support by the United States National Institute of Diabetes and Digestive and Kidney Diseases, and was developed with input from leading health experts and young people and teaching staff. It is designed to be used over two to three classroom sessions and children can receive a ‘certificate of excellence’ at completion.
CHAPTER 3 RESOURCES

Identification and Early Intervention
An Eating Disorders Resource for: Coaches

Author: O’Dwyer, V
Year: 2005
Publisher: The Eating Disorders Foundation of Victoria
Country: Australia

This manual is a well-informed guide to assisting coaches to identify and respond to Eating Disorders. The manual is divided into sections of identification, intervention, supposed, and prevention. Coaches are taught to identify early warning signs and female athlete triad, how to respond when they believe a person is at risk of an Eating Disorder, how to support an athlete who has an Eating Disorder, and strategies to enhance protective factors and reduce risk factors, among other examples. Resources are provided, such as school policy guidance, Fitness Australia’s Body Mass Index and Exercise Guidelines for GPs, a reading list, and referral information (for Victoria only).

An Eating Disorders Resource for: Community and Welfare Workers

Author: O’Dwyer, V
Year: 2005
Publisher: Eating Disorders Foundation of Victoria
Country: Australia

This manual outlines methods to assist community and welfare workers to prevent Eating Disorders, and to identify, intervene, and support individuals diagnosed with an Eating Disorders. Risk factors and early warning signs are discussed, with action pathways for individuals believed to be at risk. The importance of and methods to engage individuals with Eating Disorders are described, along with suggestions of initial intervention strategies and how to provide support.
An Eating Disorders Resource For: Health and Fitness Professionals

Author: O’Dwyer, V
Year: 2005
Publisher: Eating Disorders Foundation of Victoria
Country: Australia

An Eating Disorders Resource For: Health and Fitness Professionals is designed to assist health and fitness professionals such as fitness instructors and personal trainers to prevent, recognise, and respond to disordered eating and Eating Disorders. The manual provides education on Eating Disorders, including risk factors and warning signs. Methods to promote positive body image and to encourage and support an individual believed to be at risk to obtain appropriate help are discussed.

An Eating Disorders Resource for Schools: A Manual to Promote Early Intervention and Prevention of Eating Disorders in Schools

Author: Liddy, S
Year: 2004
Publisher: Victorian Centre of Excellence in Eating Disorders & Eating Disorders Foundation of Victoria
Country: Australia

This manual informs teachers, coaches, and members of the school community about the prevention and early intervention of Eating Disorders. It was developed through consultation with the scientific literature, school staff, students diagnosed with Eating Disorders and their parents, and professionals working in the Eating Disorders field.

Chapter 1 introduces the project; Chapter 2 discusses myths, symptoms, causes, warning signs, and consequences of Eating Disorders, treatment options and provider types; Chapter 3 outlines school prevention strategies; Chapter 4 discusses intervention in schools, risk factors, monitoring and evaluation of at-risk students, and early intervention programme development; Chapter 5 discusses methods to approach and support students with suspected or confirmed eating problems; Chapter 6 focuses on restoring well-being within schools; and Chapter 7 suggests further resources including libraries (in Victoria only), online resources, curriculum, supporting organisations, and models of intervention.
Eating Disorders: An Information Pack

**Author:** The Eating Disorders Association of QLD  
**Year:** unknown  
**Publisher:** The Eating Disorders Association of QLD  
**Country:** Australia

*Eating Disorders: An Information Pack* is designed to provide school students with a basic overview of Eating Disorders. Topics covered include diagnostic features, prevalence, causes, warning signs, physical and psychological effects, and treatment options. A resource list of books and journals that can be consulted for further information is provided.

Available from Eating Disorders Association of QLD  
12 Chatsworth Road  
Greenslopes, QLD, 4120  
t 07 3394 3661  
f 07 3394 3663  
website: www.eda.org.au

Free  
Available to download for free from:  

**Format**  
Information pack  
10 pages

Eating Disorders: An Information Pack for General Practitioners

**Author:** Mental Health Community Organisation Funding Program, Queensland Health and by the Queensland Divisions of General Practice  
**Year:** 2001  
**Publisher:** The Eating Disorders Association of QLD  
**Country:** Australia

This information pack for general practitioners provides information on Eating Disorders, including common presentations (physical and psychological features), screening advice, diagnostic criteria, and guidance on assessment, management, and referral. The information pack includes a five-question screening tool that has been found to reliably identify individuals with an Eating Disorder. Signs to be aware of during physical and related (historical, psychiatric, social, and behavioural) assessment are reported and suggestions of methods to monitor physical status are provided.

Available from Eating Disorders Association of QLD  
12 Chatsworth Road  
Greenslopes, QLD, 4120  
t 07 3394 3661  
f 07 3394 3663  
website: www.eda.org.au

Free  
Available to download for free from:  

**Format**  
Information pack  
66 pages
**Eating Disorders: First Aid Guidelines**

**Author:** Mental Health First Aid  
**Year:** 2008  
**Publisher:** Orygen Youth Health Research Centre  
**Country:** Australia

These guidelines outline first aid strategies for assisting adults who may be developing or experiencing an Eating Disorder. The guidelines were developed based on expert opinion of health professionals, consumers, and carers from Australia. The guidelines give an overview of Eating Disorder, identify behavioural, psychological, and physical warning signs, discuss how to respond to an individual who is at risk or experiencing an Eating Disorder, and provide guidance on what to do in an emergency.

**Eating Disorders Resource for Health Professionals: A Manual to Promote Early Identification, Assessment, and Treatment of Eating Disorders**

**Author:** Victorian Centre of Excellence in Eating Disorders  
**Year:** 2004  
**Publisher:** Victorian Centre of Excellence in Eating Disorders  
**Country:** Australia

This manual was developed to assist health professionals to detect, assess, and manage Eating Disorders. The manual is designed for a range of professionals including general practitioners, paediatricians, dietitians, psychologists, counsellors, psychiatrists, nurses, and allied health practitioners. The manual gives information on normal eating behaviour, warning signs of Eating Disorders, screening and assessment of Eating Disorders, management and referral, treatment and management options including dietetic, medical, and psychological, handouts and resources to assist health professionals detect, assess, and treat Eating Disorders.
Fitness Australia Guidelines: Identifying and Managing Members with Eating Disorders and/or Problems with Excessive Exercise

**Author:** Marks, P & Harding, M  
**Year:** 2004  
**Publisher:** Fitness Australia  
**Country:** Australia

These guidelines are designed to assist fitness centre staff to provide advice and support to the individual with an Eating Disorder or exercise problem and to manage facility use in this population to promote safety and well-being. The guidelines present policy statements and action strategies, including example dialogue, to achieve these aims. The guidelines are the result of a collaborative project between The Centre for Eating and Dieting Disorders and Fitness First Australia on behalf of Fitness Australia, and have been endorsed by the Eating Disorders Foundation of Victoria, the former Eating Disorders Foundation of New South Wales, the Eating Disorders Association of South Australia, the Eating Disorders Association Inc. Queensland, the Butterfly Foundation, the Australia and New Zealand Academy of Eating Disorders, and the Centre of Excellence in Eating Disorders.

Mental Health for Emergency Departments: A Reference Guide 2009

**Author:** New South Wales Department of Health  
**Year:** 2009  
**Publisher:** New South Wales Department of Health  
**Country:** Australia

This reference guide is designed to assist emergency department staff to respond to individuals who present to an emergency health department with a diagnosed or suspected mental health issue. The handbook contains a section on Common Symptoms and Presentations, within which Eating Disorders are discussed. Key symptoms of Eating Disorders are outlined and a reliable five-question screening tool for identifying an Eating Disorder is provided. Possible physical admission criteria are given with a checklist of key risks to consider for this population.
**Set Your Body Free**

**Author:** Gollings, E & Paxton, S  
**Year:** 2003  
**Publisher:** School of Psychological Science, La Trobe University  
**Country:** Australia  

*Set Your Body Free* is an evidence-based eight session group cognitive-behavioural therapy program designed to address clinical and subclinical body image and eating problems (including binge eating, bulimic and unhealthy dieting but excluding Anorexia Nervosa) in adult women. *Set Your Body Free* has been demonstrated to be effective in reducing body dissatisfaction and Eating Disorder symptoms in one randomised, controlled trial. The manual provides psycho-education, activities and discussion topics for each session that address enhancing motivation to change, identifying and changing disordered eating and dieting, eating and emotions, body image and dissatisfaction, self-talk and core beliefs, problem solving for body image and eating situations and relapse prevention. Initially designed for both face-to-face and online internet delivery, the manual can be used in a guided self-help format or as a program guide for group therapy for a wide range of Eating Disorders.

---

**Spotting the Tiger: Recognizing Anorexia Nervosa in Children**

**Year:** 2004  
**Publisher:** Kartini Foundation  
**Country:** United States of America  

The presence of Anorexia Nervosa can be difficult to identify in young people. This film assists education professionals and paediatricians to recognise early warning signs of Anorexia Nervosa in children and adolescents aged 7 to 17 years. The behavioural, physical, psychological, and dietary signs that may occur in the early phase of the illness are discussed. The film is narrated by Jamie Lee Curtis.
Student Bodies

**Year:** 1997  
**Publisher:** Stanford Behavioral Medicine Multimedia Laboratory/Stanford University Medical Media and Information Technology School of Medicine  
**Country:** United States of America

*Student Bodies* is an eight-session online psychoeducational intervention based on cognitive behavioural and social learning theories and designed for individuals at risk of Eating Disorders. It has been proven to enhance body satisfaction and to reduce disordered eating attitudes. This program has been tested on a range of target audiences, from low-risk to high-risk.

The content of the program includes discussion of cultural ideals and determinants of attractiveness, media influences, and cognitive-behavioural techniques for improving body image. The software is interactive and contains audio and video presentations and users can explore the program independently.

The Body Project: Promoting Body Acceptance and Preventing Eating Disorders: A Facilitator Guide

**Author:** Stice, E & Presnell, K  
**Year:** 2007  
**Publisher:** Oxford University Press  
**Country:** United States of America  
**ISBN:** 9780195319897

*The Body Project* contains two four-session intervention programs that can be used with low- or high-risk adolescent and college-aged females to prevent disordered eating. The primary author is arguably the world’s foremost authority on Eating Disorder prevention and the prevention programs outlined in this guide have been shown to be effective in schools and colleges worldwide in a range of controlled and effectiveness trials. The first program – *The Body Project* – is based on the cognitive dissonance prevention method. The second program – *Healthy Weight Intervention* – involves healthy lifestyle strategies to maintain well-being and a healthy body weight, which enhances body satisfaction and reduces obesity risk. The book provides a session-by-session approach to implementing the programs.
The National Eating Disorders Association Educator Toolkit

Author: National Eating Disorders Association
Year: 2008
Publisher: National Eating Disorders Association
Country: United States of America

This toolkit was developed in the United States and its purpose is to provide educators, school personnel, and youth workers with strategies to identify and intervene with students showing early signs of Eating Disorders and to support and assist students diagnosed with Eating Disorders. The resource provides answers to frequently asked questions from the target audience and debunks commonly held myths surrounding Eating Disorders and symptoms. The resource summarises the impacts of Eating Disorders upon mental functioning and school performance, highlights signs and symptoms that are of relevance within a school setting, provides guidance on how to enhance the school policy and climate, brainstorms parent-school communications, discusses how to support the student with a diagnosed Eating Disorder and fellow students (according to professional role), and suggests treatment and community-based organisations and resources (United States-based only).

What Is an Eating Disorder?

Year: 2008
Publisher: Mental Health and Workforce Division of the Australian Government Department of Health and Ageing
Country: Australia

This information pack provides general information about Eating Disorders, including symptoms, types of Eating Disorders, causes, medical and psychological consequences, treatment options, and outlines how to access further information and assistance.
Youth Mental Health First Aid: A Manual for Adults Assisting Youth

Author: Kitchener, B & Jorm, A  
Year: 2007  
Publisher: ORYGEN Research Centre  
Country: Australia  
ISBN: 9781920718268

This is a youth version of the Mental Health First Aid programme which was developed to skill individuals to identify early signs of mental health issues and to provide support and assistance in mental health crisis circumstances. The manual is designed to accompany the delivery of a training programme to increase the mental health literacy of participants that is administered through Mental Health First Aid. The Youth manual was developed to better assist adults to identify and support youth mental health issues and contains additional modules on Eating Disorders and deliberate self-harm. The Youth programme involves 14 hours of training.
CHAPTER 3
RESOURCES

Treatment Standards and Strategies
Anorexia Nervosa

Author: Lock, J & Fitzpatrick, K
Year: 2009
Publisher: BMJ Publishing Group
Country: England

This is a systematic review of treatment approaches for Anorexia Nervosa. The review summarises the benefits of intervention approaches, specifying the degree of quality of the evidence. Literature was searched up to August 2007. Statements on a range of treatments and service models are provided, including refeeding, anxiolytic treatment, oestrogen, inpatient and outpatient care, psychotherapy, and many other approaches.

Anorexia Nervosa: Management

Author: Jayasekara, R
Year: 2008
Publisher: The Joanna Briggs Institute
Country: Australia

This is a summary of evidence for the management of Anorexia Nervosa. The resource was developed by the Joanna Briggs Institute, which aims to educate professionals on evidence-based best practice in health care across a range of health and mental health conditions. Evidence summaries are developed through critically appraising and synthesising evidence through the use of systematic review methodology.
Australian and New Zealand Academy for Eating Disorders position papers

Author: Australia and New Zealand Academy for Eating Disorders
Year: Various
Publisher: Australia and New Zealand Academy for Eating Disorders
Country: Australia/New Zealand

The Australia and New Zealand Academy of Eating Disorders is the peak professional association for Eating Disorders in Australia and New Zealand. The Academy provides leadership, education, advocacy, and support to the Eating Disorders professional sector. The position papers represent the views of the Academy and are available online.

Available from The Australia and New Zealand Academy for Eating Disorders
C/O: Eating Disorders Victoria
1513 High Street
Glen Iris, VIC, 3146
f 03 9885 1153
website: www.anzaed.org.au

Free

Format
Position statements
1-2 pages typically

Australian and New Zealand Clinical Practice Guidelines for the Treatment of Anorexia Nervosa

Year: 2004
Publisher: Royal Australian and New Zealand College of Psychiatrists
Country: Australia

These clinical practice guidelines were developed to guide practitioners in the assessment and treatment of Anorexia Nervosa. They were compiled for the Royal Australian and New Zealand College of Psychiatrists (RANZCP) using a systematic development process including a systematic literature review and multidisciplinary workshops attended by over 200 individuals with consumer and indigenous representation. Related publications (available free online) including a summary version and a guide for consumers and carers.

Available from Royal Australian and New Zealand College of Psychiatrists
309 La Trobe Street
Melbourne, VIC, 3000
t 03 9640 0646
f 03 9642 5652
website: www.ranzcp.org

Free
Full/summary guideline available to download free from:
www.ranzcp.org/resources/clinical-practice-guidelines.html
Consumer/carer guide available to download free from:

Format
Treatment guidelines:
Full guideline 11 pages
Summary 5 pages
Consumer guide 50 pages
**Binge Eating: Nature, Assessment and Treatment**

**Author:** Fairburn, C & Wilson, G  
**Year:** 1996  
**Publisher:** Guilford Press  
**Country:** United States of America  
**ISBN:** 9780898628586

This book is for health professionals involved in the treatment of individuals with binge eating problems and is written by two of the world’s leading experts in the treatment of Eating Disorders.

The book is divided into five sections: Introduction, Clinical Characteristics, Epidemiology and Etiology, Evaluation and Treatment, and Two Approaches to Assessment and Management.

Included within the book is a validated structured diagnostic interview for Eating Disorders and an empirically-supported treatment manual for Bulimia Nervosa.

---

**Bulimia Nervosa: Management**

**Author:** Jayasekara, R  
**Year:** 2009  
**Publisher:** The Joanna Briggs Institute  
**Country:** Australia

This is a summary of evidence for the management of Bulimia Nervosa. The resource was developed by the Joanna Briggs Institute, which aims to educate professionals on evidence-based best practice in health care across a range of health and mental health conditions. Evidence summaries are developed through critically appraising and synthesising evidence through the use of systematic review methodology.
Bulimia Nervosa

Author: Hay, P & Bacultchuk, J
Year: 2009
Publisher: BMJ Publishing Group
Country: England

This systematic review summarises treatment approaches for Bulimia Nervosa, including the benefits and the quality of the evidence. Literature was searched up to June 2007. Statements on a range of treatments are provided, including cognitive-behavioural therapy, pure or guided self-help cognitive-behavioural therapy, interpersonal psychotherapy, dialectical behaviour therapy, antidepressant medication, anticonvulsant medication, combined approaches, and many more.

Bulimia Nervosa: A Cognitive Therapy Programme for Clients

Author: Cooper, M, Todd, G & Wells, A
Year: 2000
Publisher: Jessica Kingsley Publishers
Country: England
ISBN: 9781853027178

This manual is written for clinicians involved in the treatment of people with Bulimia Nervosa and for individuals who have Bulimia Nervosa. The book provides guidance on how to recognise Bulimia Nervosa and an entire chapter addresses the question, ‘Do I have Bulimia Nervosa?’ The book outlines a step-by-step recovery plan and is aimed at challenging unhelpful thoughts and behaviours that maintain Eating Disorder symptoms. Relapse prevention is also covered.
Centre for Clinical Interventions information sheets and worksheets for use by health professionals

Author: Centre for Clinical Interventions
Year: 2007 (last updated)
Publisher: Centre for Clinical Interventions
Country: Australia

The Centre for Clinical Interventions, a public outpatient service in Western Australia with a specialist Eating Disorder treatment programme, has developed a set of handouts to assist people diagnosed with Eating Disorders to understand and manage issues around their diagnosis. The set of handout titles include:

- What are Eating Disorders?
- Unhelpful Thinking Styles
- Starvation Syndrome
- Gastrointestinal Changes
- Hormones
- Vomiting and Dental Care
- Excessive Exercise
- Breaking the Vicious Cycle
- Regular Eating and Water
- Self-Monitoring and Food Logs
- Tackling Avoided Foods
- Normal Healthy Eating
- Your Healthy Eating Plan
- The Facts on Fats
- Calcium and Osteoporosis
- Diabetes and You

- Information for Carers and Family
- Eating Disorders in Males
- Set Point Theory
- Eating Disorders and Diabetes
- Vomiting and Your Health
- Laxative Misuse
- Change Process Balance Sheet
- What is Normal Eating?
- Counting Calories
- My Food Log
- Nutrients for Health
- Healthy Eating and Energy Use
- Healthy Eating and Menu Planning
- All About Iron
- Healthy Eating and Vegetarianism
- Type I Diabetes and Eating Disorders
Clinical Guideline for Counsellors and Psychotherapists: Working with Clients with Eating Disorders

Author: Knauss, C & Schofield, M
Year: 2009
Publisher: Psychotherapy & Counselling Federation of Australia
Country: Australia
ISBN: 9781593857097

This clinical guideline is designed for counsellors and psychotherapists working with individuals with Eating Disorders. The guideline summarises the main types of Eating Disorders and an evidence-based approach to treatment, and provides an online resource list.

Cognitive Behavior Therapy and Eating Disorders

Author: Fairburn, C
Year: 2008
Publisher: Guilford Press
Country: United States of America
ISBN: 9781593857097

Clinicians working in the field of Eating Disorders desire practical guidance in assessing, diagnosing, and treating individuals with Eating Disorders. This book delivers this information and more in a clear and comprehensive manner.

The book outlines the core protocol of "enhanced" cognitive behaviour therapy for Eating Disorders developed at Oxford University. The book describes the approach and adaptations, such as for younger people and complex cases. A bonus is that the book contains the latest versions of the gold standard diagnostic interview for Eating Disorders, the Eating Disorder Examination (Edition 16.0D) and the gold standard self-report symptom severity measure, the Eating Disorder Examination Questionnaire (Version 6).
Cognitive Behavioral Therapy for Eating Disorders: A Comprehensive Treatment Guide

Year: 2007
Publisher: Cambridge University Press
Country: United States of America
ISBN: 9780521672481

This book describes a cognitive-behavioural approach to treating Eating Disorders with a focus on the core clinical skills required. The book is descriptive and comprehensive, and takes the clinician through the treatment process from referral to discharge. A detailed overview of assessment, case formulation, enhancing motivation to change, patient care, and clinician self-care is given. Techniques are provided for working with individuals across a range of age groups. The book is targeted to a range of professionals who want to integrate cognitive behavioural techniques into their practice.

Critical Feminist Approaches to Eating Dis/Orders

Author: Malson, H & Burns, M
Year: 2009
Publisher: Routledge
Country: England
ISBN: 9780415418102

Critical Feminist Approach to Eating Dis/Orders explores Eating Disorders within postmodern and poststructuralist feminist frameworks. The book draws together perspectives of health professionals, theorists, researchers, and individuals with Eating Disorders, and explores Eating Disorders within the paradigm of cultural ideas and contemporary cultural practices. The book is divided into five parts; theorising eating dis/Orders; interrogating cultural contexts of dis/Ordered eating, in/Visible bodies and embodiment, critiquing the discourses and discursive practices of treatment, and critical interventions.
### Dialectical Behavior Therapy for Binge Eating and Bulimia

**Author:** Safer, D, Telch, C, Chen, E & Linehan, M  
**Year:** 2009  
**Publisher:** Guilford Press  
**Country:** United States of America  
**ISBN:** 9781606232651

Dialectical behaviour therapy has been adapted for Binge Eating Disorder and Bulimia Nervosa and this book represents the first published treatment manual. The manual outlines the key elements of the treatment protocol. The chapters lead the reader through the treatment rationale, orientation to treatment, and the pretreatment stage. The treatment modules are presented, including mindfulness core skills, emotion regulation skills, distress tolerance skills, and relapse prevention. The book concludes with illustrative case examples, future directions, and additional information for researchers.

### Eating and Weight Disorders

**Author:** Grilo, C  
**Year:** 2006  
**Publisher:** Psychology Press  
**Country:** United States of America  
**ISBN:** 9781841695488

This book gives an overview of Eating Disorders, including Anorexia Nervosa, Bulimia Nervosa, and atypical Eating Disorders, and also obesity. The book summarises empirical research and is divided into five sections. The first section reviews epidemiology, and the remaining sections give an overview of the assessment and management of specific eating and weight disorders. The book is a comprehensive and authoritative textbook on Eating Disorders that is designed for professionals who want to enhance their understanding of eating and weight disorders.

Author: Gerrand, V
Year: 2006
Publisher: Victorian Government Department of Human Services
Country: Australia

This report provides the results of an Eating Disorder service mapping project undertaken in Victoria. The report comprises a government commitment in response to recommendations of the Body Image Inquiry Report. The report gives an overview of the Victorian service system and identifies how the system could be enhanced to better support people with body image concerns and people diagnosed with Eating Disorders.

Eating Disorders: Advances in Psychotherapy; Evidence-Based Practice

Author: Touyz, S, Polivy, J & Hay, P
Year: 2008
Publisher: Hogrefe & Huber Publishers
Country: Australia
ISBN: 9780889373181

Eating Disorders is written for clinicians who seek information and guidance on Eating Disorders and psychotherapeutic care. The book contains five chapters that cover the definition and diagnosis of Eating Disorders, theories and conceptual models, diagnoses and treatment options, and summaries of treatment approaches. The book presents clinical vignettes and contains an appendix with checklists and handouts than can be used in therapy. The book is practice-oriented, easy-to-read, authoritative, and contains state-of-the-art research and practice-based knowledge.
**Eating Disorders: An Information Pack for General Practitioners**

**Author:** Mental Health Community Organisation Funding Program, Queensland Health and by the Queensland Divisions of General Practice

**Year:** 2001

**Publisher:** The Eating Disorders Association of QLD

**Country:** Australia

This information pack for general practitioners provides information on Eating Disorders, including diagnostic features and issues, and guidance on assessment, management, and referral. The information pack includes a five-question screening tool that has been found to reliably identify individuals with an Eating Disorder (the SCOFF questionnaire). Signs to be aware of during physical and related (historical, psychiatric, social, and behavioural) assessment are reported and suggestions of methods to monitor physical status are provided.

Available from Eating Disorders Association of QLD

12 Chatsworth Road
Greenslopes, QLD, 4120

07 3394 3661
07 3394 3663

website: www.eda.org.au

Free

Available to download for free from:


**Format**

Information pack
66 pages

---

**Eating Disorders: Core Interventions in the Treatment and Management of Anorexia Nervosa, Bulimia Nervosa and Related Eating Disorders**

**Author:** National Collaborating Centre for Mental Health

**Year:** 2004

**Publisher:** The British Psychological Society and Gaskell

**Country:** England

**ISBN:** 1842574965

This document is the National Institute of Clinical Excellence (NICE) clinical guideline on the identification, treatment, and management of Eating Disorders and is intended for use by individuals with an Eating Disorder diagnosis, their families and carers, professional groups that provide treatment, professionals who share contact with those diagnosed with Eating Disorders, and administrators involved in service planning and policy. NICE guidelines are developed using a systematic development process over approximately two years which includes an evidence review and extensive stakeholder consultation. The guidelines provide recommendations for treatment and articulate the level of evidence supporting each recommendation.


Available from The British Psychological Society

St Andrews House
48 Princess Road East
Leicester, United Kingdom, LE17DR

0011 44 116 254 9568
0011 44 116 227 1314

website: www.bps.org.uk

Free

Available to download for free from:

www.nice.org.uk/CG009

**Format**

Treatment guideline:
Clinical guideline 36 pages
Full guideline 260 pages
Quick reference 20 pages
Guide for public 47 pages
Summary 4 pages
### Eating Disorders: Information for GP’s and Health Professionals

**Author:** unknown  
**Year:** unknown  
**Publisher:** unknown  
**Country:** Australia

This brochure was developed with support of the Carers Sydney South West Area Health Service and provides basic information on Eating Disorders and warning signs, tips for health professionals, and provides contact information for New South Wales treatment and support services.

**Available from Centre for Eating and Dieting Disorders**  
Missenden Road  
Royal Prince Alfred Hospital  
Level 2, Building 92  
Camperdown, NSW, 2040  
t 02 9515 6040  
f 02 9515 6442  
website: www.cedd.org.au

**Free**  
Available to download for free from:  

**Format**  
Leaflet  
2 pages

### Eating Disorders Resource for Health Professionals: A Manual to Promote Early Identification, Assessment, and Treatment of Eating Disorders

**Author:** Victorian Centre of Excellence in Eating Disorders  
**Year:** 2004  
**Publisher:** Victorian Centre of Excellence in Eating Disorders  
**Country:** Australia

This manual was developed to assist health professionals to detect, assess, and manage Eating Disorders. The manual is designed for a range of professionals including general practitioners, paediatricians, dietitians, psychologists, counsellors, psychiatrists, nurses, and allied health practitioners. The manual gives information on normal eating behaviour, warning signs of Eating Disorders, screening and assessment of Eating Disorders, management and referral, treatment and management options including dietetic, medical, and psychological, handouts and resources to assist health professionals detect, assess, and treat Eating Disorders.

**Available from The Victorian Centre of Excellence in Eating Disorders**  
c/o Post Office  
Royal Melbourne Hospital, VIC, 3050  
t 03 8387 2669  
f 03 8387 2667  
website: www.ceed.org.au

**Format**  
Manual  
170 pages
Eating Disorders Toolkit: A Practice-Based Guide to the Inpatient Management of Adolescents with Eating Disorders: With Special Reference to Regional and Rural areas

Author: MH-Kids  
Year: 2008  
Publisher: MH-Kids  
Country: Australia  
ISBN: 9780980513110

Practitioners working with adolescents with Eating Disorders, particularly those in non-specialist settings, desire clear, accessible guidance to support a high standard of care. This toolkit was developed to provide practical information on the care and management of adolescents with an Eating Disorder admitted to an inpatient setting. The resource provides information spanning preadmission, the first 24 hours in hospital, assessment and treatment planning, treatment management on the ward, and special considerations. The toolkit was developed with reference to existing care guidelines, evidence-based literature, consultation with international and national experts, and experiences of clinicians working with Eating Disorders in non-specialist settings.

Food for Health: Dietary Guidelines for Australians: A Guide to Healthy Eating

Author: National Health and Medical Research Council  
Year: 2005  
Publisher: Department of Health and Ageing, Australian Government  
Country: Australia  
ISBN: 1864961771

The Dietary Guidelines for Australians were developed by dietary and nutrition experts on behalf of the National Health and Medical Research Council and the Commonwealth Department of Health and Ageing. The guidelines identify food and lifestyle habits associated with well-being and provide daily food recommendations for children and teenagers, adult women, adult men, and special life periods such as pregnancy and breast feeding. Recommendations are discussed in terms of food types, serving size, and number of serves per day.
Food for Thought: Co-Morbidity of Eating Disorders with Anxiety and Depression

Author: Russell, S, Fuscaldo, G & Ealey, W
Year: 2008
Publisher: Research Matters: Melbourne
Country: Australia

Recognising that individuals with Eating Disorders often experience comorbid depression and anxiety, beyondblue, commissioned a report to provide information on relevant resources. The report summarises available treatment and community-based services and survey data of resources that consumers, carers, GPs, dietitians, psychologists, psychiatrists, social workers, school counsellors, complementary therapists, school coaches, and volunteers report using. Resources ranged depending on the group surveyed, and the discussion cites examples such as training and education programs, clinical practice guidelines, telephone helplines, and outreach services.

Getting Better Bit(e) by Bit(e): A Survival Kit for Sufferers of Bulimia Nervosa and Binge Eating Disorders: Clinicians’ Guide

Author: Treasure, J & Schmidt, U
Year: 1997
Publisher: Routledge
Country: England
ISBN: 9780863777301

Getting Better Bit(e) by Bit(e) is written by world expert clinicians in Eating Disorder treatment. It is a clinician’s guide that is designed to augment the self-help book, Getting Better Bit(e) by Bit(e): Survival Kit for Sufferers of Bulimia Nervosa and Binge Eating Disorders. The book contains guidance, case examples, and outlines the use of motivational enhancement techniques to encourage clients to complete the program in an optimal way that will yield the most benefit to well-being.
Handbook of Treatment for Eating Disorders

Author: Garner, D & Garfinkel, P
Year: 1997 (second edition)
Publisher: The Guilford Press
Country: United States of America
ISBN: 9781572301863

Handbook of Treatment for Eating Disorders gives an authoritative and comprehensive account of the treatment approaches used for people with Eating Disorders.

The book is an edited book and chapters are written by authorities on Eating Disorder treatment from around the world.

The book is divided into five sections; the context for treatment; cognitive-behavioural and educational approaches; psychodynamic, feminist, and family approaches; hospital and drug treatments; and special topics in treatment.

Inpatient Management of Adult Eating Disorders: Areas to Consider

Author: The Centre for Eating and Dieting Disorders
Year: unknown
Publisher: The Centre for Eating and Dieting Disorders
Country: Australia

This information pack provides a quick guide to the inpatient management of adults with Eating Disorders. It outlines admission criteria and provides guidance on assessing, monitoring, and managing medical risk. The role of different members of the multidisciplinary team is described, and contact information for Royal Prince Alfred Hospital Eating Disorders Program is provided.
Institute of Psychiatry, King’s College London online resources

**Year:** various  
**Publisher:** Institute of Psychiatry, King’s College London  
**Country:** England

The Institute of Psychiatry, King’s College London, is a recognised world-leading institute in the field of Eating Disorders. The Institute offers several online resources that can assist health professionals to detect and manage Eating Disorders.


Interventions for Body Image and Eating Disorders: Evidence and Practice

**Author:** Paxton, S & Hay, P  
**Year:** 2009  
**Publisher:** IP Communications  
**Country:** Australia  
**ISBN:** 9780980458633

Interventions for Body Image and Eating Disorders is an edited book with contributions from predominantly Australian researchers and health care professionals with expertise in Eating Disorders. The textbook provides practical, evidence-based information on a range of intervention approaches spanning prevention, through to acute treatment for Eating Disorders in self-help, outpatient, day patient, and inpatient settings. The book discusses the evidence and practice of a variety of approaches, such as cognitive-behavioural therapy, Maudsley family-based treatment, specialist supportive clinical management, interpersonal psychotherapy, dialectical behaviour therapy, nutritional treatment, pharmacotherapy, and more.

This textbook is a must-read for Australian health professionals working with or involved in aspects of care of individuals with Eating Disorders.
Management of Eating Disorders

**Author:** Berkman, N, Bulik, C, Brownley, K, Lohr, K, Sedway, J, Rooks, A & Garlehner, G

**Year:** 2006

**Publisher:** Agency for Healthcare Research and Quality, US Department of Health and Human Services

**Country:** United States of America

*Management of Eating Disorders* is arguably the most thorough, comprehensive systematic review of Eating Disorder treatment approaches to date. A key strength of the review is the implementation of a high-quality critical appraisal process.

This is a must-have resource for clinicians and researchers interested in best practice and the evidence base for Eating Disorders treatment.

**Available from**
Agency for Healthcare Research and Quality
Office of Communications and Knowledge Transfer
540 Gaither Road
Suite 2000, Rockville, Maryland, USA, 20850

**t** 001 1 301 427 1364

**website:** www.ahrq.gov

**Free**
Available to download for free from:

**Format**
Report
1239 pages

---

Medical Management of Eating Disorders: A Practical Handbook for Healthcare Professionals

**Author:** Birmingham, C & Beumont, P

**Year:** 2004

**Publisher:** Cambridge University Press

**Country:** England

**ISBN:** 9780521546621

*Medical Management* is an essential guide for health professionals involved in the medical management of Eating Disorders. The book takes the reader through the definitions and epidemiology of Eating Disorders, behavioural features, assessment and history-taking, medical manifestations, responding to common physical complaints, treatment approaches, and special issues such as those with diabetes, males, youth, and pregnant women.

**Available from**
Cambridge University Press
447 Williamstown Road
Port Melbourne, VIC, 3207

**t** 03 8671 1411

**f** 03 9676 9955

**website:** www.cambridge.org

**Format**
Book
314 pages

**Author:** Agras, W & Apple, R  
**Year:** 2007 (second edition)  
**Publisher:** Oxford University Press  
**Country:** United States of America  
**ISBN:** 9780195311693

This treatment manual outlines a cognitive-behavioural approach to treating Bulimia Nervosa and Binge Eating Disorder and is written by well-respected international clinicians. The treatment program is divided into three phases of behaviour change, identifying triggers, and relapse prevention. The manual provides a step-by-step approach to implementing treatment, including homework activities, and a chapter on adapting the program to a guided self-help format.

**Practice Guideline for the Treatment of Patients with Eating Disorders**

**Author:** American Psychiatric Association  
**Year:** 2006 (third edition)  
**Publisher:** American Psychiatric Association  
**Country:** United States of America  
**ISBN:** 9780890423363

This is the official practice guideline for the treatment of patients with Eating Disorders developed and endorsed by the American Psychiatric Association. The guideline provides recommendations on assessment, monitoring, and implementation of a treatment plan. The guidelines are widely used internationally to assist psychiatrists, psychologists, and allied health professionals’ care for individuals with Eating Disorders. The guideline uses a level of evidence scheme based upon the degree of clinical confidence assigned to recommendations, and was constructed by a work group of psychiatrists with experience in the field of Eating Disorders with invited input from key stakeholders.

Related publications (available free online) include a Quick Reference Guide, clinical tools (diagnostic criteria, decision tree, differential diagnosis, physical complications, laboratory assessments, level of care guidelines), and patient resources.
**Practice Recommendations for the Nutritional Management of Anorexia Nervosa in Adults**

**Author:** Wakefield, A & Williams, H  
**Year:** 2009  
**Publisher:** Dietitians Association of Australia  
**Country:** Australia

This resource outlines nutritional recommendations for adults with Anorexia Nervosa, and identifies limitations of the knowledge base and in empirically-supported practice. The recommendations span three primary areas of care including access to care, quality of dietetic care, and nutrition monitoring and evaluation, and the guideline is designed for dietitians across a range of health settings. Recommendations were developed through a systematic literature search, stakeholder consultation, and grading of evidence. The publication is endorsed by the Dietitians Association of Australia.

**Setting the Table Straight: A Resource Manual for Working with Women with Eating Issues**

**Author:** Black, C  
**Year:** 2000  
**Publisher:** ISIS - Centre for Women’s Action on Eating Issues Inc.  
**Country:** Australia  
**ISBN:** 646406329

This manual describes methods to assist workers who want to assist women with eating problems within a feminist framework. The resource is targeted to psychologists, social workers, teachers, school nurses, general practitioners, youth workers, sexual assault workers, and other professionals that interact with women with eating issues. The resource describes the feminist approach to eating issues, experiences of workers, and practice interventions, including a feminist group work model.
The Clinician’s Guide to Collaborative Caring in Eating Disorders: The New Maudsley Method

Author: Treasure, J, Schmidt, U & Macdonald, P
Year: 2009
Publisher: Routledge
Country: England
ISBN: 9780415484251

The welcome and much-needed standout message throughout this book is that clinicians should see the family as a resource in treating Eating Disorders, rather than the cause. Caring for a loved one with an Eating Disorder, no matter what their age, is a difficult task and, in trying to cope, carers can sometimes unintentionally contribute to the maintenance of the Eating Disorder.

The Clinician’s Guide to Collaborative Caring in Eating Disorders explains and illustrates how active collaboration between professional and non-professional carers can maximise quality of life for the sufferer and family members. Clinicians can teach carers skills and knowledge for managing their personal reaction to the illness and for providing a supportive environment conducive to change. A series of worksheets in the book’s appendixes will help carers to recognise their own unique caring styles. This book has been written primarily for health professionals who work with people with Eating Disorders. Family members may also find the book helpful in order to deepen their understanding of the illness.

Treating Bulimia in Adolescents: A Family-Based Approach

Author: Le Grange, D & Lock, J
Year: 2007
Publisher: Guilford Press
Country: United States of America
ISBN: 9781606233511

Treating Bulimia in Adolescents is the world’s first treatment manual to focus exclusively on the treatment of adolescent Bulimia Nervosa, and is written by two of the world’s foremost authorities on the treatment of Eating Disorders in young people. The manual discusses the family-based treatment approach, and is designed for use by clinicians, is grounded in the present evidence base, and contains clinical illustrations to facilitate learning and application of the treatment model.
Treatment Manual for Anorexia Nervosa: A Family-Based Approach

Author: Lock, J, Le Grange, D Agras, S & Dare, C
Year: 2002
Publisher: Guilford Press
Country: United States of America
ISBN: 9781572308367

Family-based treatment is the most well-researched and validated treatment for Anorexia Nervosa in youth. This book, written by four of the world's foremost authorities on the treatment of Anorexia Nervosa in adolescents, is the authoritative guide for implementation of family-based treatment, also known as the "Maudsley" model.

The guide offers a practical, detailed approach to implementation of the treatment model. The manual includes clinical transcripts and vignettes to guide and assist the practitioner to apply the treatment approach with clients and families.
Consumers and Carers
**Anorexia**

Author: BMJ Publishing Group  
Year: 2009  
Publisher: BMJ Publishing Group  
Country: England

This resource is designed for individuals who have been diagnosed with Anorexia Nervosa and was developed by the British Medical Journal Group in the United Kingdom. It is an evidence-based resource that describes symptoms, provides tips on management, describes risks of not obtaining help, and provides information about helpful treatments. It provides contact details for a community-based support organisation, but in the United Kingdom only.

**Anorexia Nervosa: A Survival Guide for Families, Friends and Sufferers**

Author: Treasure, J  
Year: 1997  
Publisher: Psychology Press  
Country: England  
ISBN: 9780863777608

This guide helps families, friends, professionals, and individuals with Anorexia Nervosa understand the illness. The book is primarily targeted to carers and individuals with Anorexia Nervosa, and provides guidance to carers on areas such as early warning signs, problem-solving, communication, dealing with denial from the individual who has an Eating Disorder, and active tips to assist the person with Anorexia Nervosa. Individuals with Anorexia Nervosa are given information and strategies to enhance understanding of Anorexia Nervosa, to obtain help, and to move toward recovery. Guidelines for professionals, including therapists, teachers, and general practitioners are provided. Case studies and sample dialogue are included within the text.
Anorexia Nervosa: Australian Treatment Guide for Consumers and Carers

**Author:** Royal Australian and New Zealand College of Psychiatrists  
**Year:** 2005  
**Publisher:** Royal Australian and New Zealand College of Psychiatrists  
**Country:** Australia  
**ISBN:** 0975783300

This guide was developed for adolescents and adults with Anorexia Nervosa, individuals who believe they might be at risk of these disorders, and their families and carers. The guide was commissioned by the Royal Australian and New Zealand College of Physicians (RANZCP) as part of a project to develop clinical practice guidelines for Anorexia Nervosa for use by health professionals and service planners. The guide was developed by consumers and carers and is an evidence-based guideline. The aims of the guide are to help consumers and carers make decisions about treatment and to provide guidance on standards for diagnosis, admission, discharge, and service delivery.

Biting the Hand that Starves You: Inspiring Resistance to Anorexia/Bulimia

**Author:** Maisel, R, Epston, D & Borden, A  
**Year:** 1998  
**Publisher:** W. W. Norton & Co  
**Country:** United States of America  
**ISBN:** 9780393703375

*Biting the Hand that Starves You* unravels the voice of Anorexia Nervosa and Bulimia Nervosa to empower individuals living with Eating Disorders, clinicians, and families and loved ones to understand and combat the illness. The book conveys hope and inspires resistance to Eating Disorders through insights, stories, poems, and personal accounts.
**Bulimia Nervosa**

**Author:** BMJ Publishing Group  
**Year:** 2009  
**Publisher:** BMJ Publishing Group  
**Country:** England

This resource is designed for individuals who have been diagnosed with Bulimia Nervosa or those who are concerned about someone who may have an Eating Disorder. It was developed by the British Medical Journal Group in the United Kingdom, and is an evidence-based resource that describes symptoms, gives information on treatment options, describes risks of not obtaining help, and provides contact details for a community-based support organisation (in the United Kingdom only).

**Bulimia Nervosa and Binge-Eating: A Guide to Recovery**

**Author:** Cooper, P  
**Year:** 1995  
**Publisher:** Constable & Robinson Publishing  
**Country:** United States of America  
**ISBN:** 9781854871718

This book explains the nature and causes of Bulimia Nervosa and binge eating problems. Information on physical complications and treatment options is provided. The first section of the book contains facts and information, while the second section contains more specific guidance. A step-by-step self-help program based on cognitive-behavioural techniques is offered to assist those who want to overcome their eating and body image issues. The self-help program offers six steps including monitoring your eating, instituting a meal plan, learning to intervene to prevent binge eating, problem solving, eliminating dieting, and changing your mind.
Calm Eating

Author: Kausman, R  
Year: 2001  
Publisher: Allen & Unwin  
Country: Australia  
ISBN: 9781865087269

*Calm Eating* is a book designed to help the individual formulate helpful attitudes toward eating. The book combines inspirational quotes and short statements that are organised into various themes, such as ‘eating with all your senses’ and ‘nurturing your true self’.

Dr Rick Kausman is a medical doctor and Fellow of the Australian College of Psychological Medicine.

---

Caring for the Person who has an Eating Disorder

Author: MIND Essentials  
Year: unknown  
Publisher: MIND Essentials  
Country: Australia

This resource describes how nursing staff can care for a person diagnosed with an Eating Disorder. The resource provides a short case example, describes the diagnostic features of Anorexia Nervosa and Bulimia Nervosa, causes and onset, and symptoms and physical aspects. Guidance on how to nurse and respond to a person diagnosed with an Eating Disorder is provided, such as encouraging no further decrease in body weight, ensuring effective collaboration amongst service providers, assessing for self-harm and suicide, and obtaining debriefing and support from colleagues to reduce any unhelpful feelings.
Eating Disorder Facts

Author: Families Empowered and Supporting Treatment of Eating Disorders
Year: unknown
Publisher: Families Empowered and Supporting Treatment of Eating Disorders
Country: United States of America

This is a fact sheet on Eating Disorders and contains brief statements on issues such as whether recovery is possible, behavioural signs of Eating Disorders, and guidance on treatment strategies.

Available from FEAST-ED
PO Box 331
Warrenton, Virginia, USA, 20188
t 0011 1 540 227 8518
website: www.feast-ed.org

Free
Available to download for free from:
www.feast-ed.org/images/eating_disorder_facts_from_FEAST.doc

Format
Fact sheet
2 pages

Eating Disorders

Author: ARAFMI Mental Health Carers and Friends Association in conjunction with Carers WA
Year: 2005
Publisher: ARAFMI and Carers WA
Country: Australia

This information pack is targeted to carers of people diagnosed with Eating Disorders in Western Australia. It provides information on types of Eating Disorders, early warning signs, comorbidity, causes, treatment options, impact upon family and friends, and contains a carer’s “story”. Details of resources for further information are provided.

Available from ARAFMI Mental Health Carers and Friends Association
182-188 Lord Street
Perth, WA, 6000
t 08 9427 7100
f 08 9427 7119
website: www.arafmiaustralia.asn.au

Format
Brochure
24 pages
Eating Disorders: A Parent’s Guide

**Author:** Bryant-Waugh, R & Lask, B  
**Year:** 2004 (revised edition)  
**Publisher:** Routledge  
**Country:** United Kingdom  
**ISBN:** 9781583918609

Parents of children with eating difficulties can have a difficult time making sense of their child’s experiences and determining when it is appropriate to seek professional help. *Eating Disorders: A Parent’s Guide* equips parents with the tools to identify a range of eating difficulties, methods to manage eating difficulties, and information on where to seek help and treatment.

---

Eating Disorders: An Information Pack

**Author:** The Eating Disorders Association of Queensland  
**Year:** unknown  
**Publisher:** The Eating Disorders Association of Queensland  
**Country:** Australia

This information pack is designed to provide school students with a basic overview of Eating Disorders. Topics covered include diagnostic features, prevalence, causes, warning signs, physical and psychological effects, and treatment options. A resource list of books and journals that can be consulted for further information is provided.
Eating Disorders and Men: An Information Pack

Author: The Eating Disorders Association of QLD
Year: unknown
Publisher: The Eating Disorders Association of QLD
Country: Australia

This information pack is designed to provide information on men with diagnosed Eating Disorders. Issues covered include diagnostic features, warning signs, causes and treatment, and advice on “what to do” and “what not to do” for friends and loved ones of men with an Eating Disorder. Information is provided on Anorexia Nervosa, Bulimia Nervosa, and binge-eating. Information resources such as Australian helplines, websites, and books is given, and support services (Queensland-based only).


Author: National Collaborating Centre for Mental Health
Year: 2004
Publisher: National Institute for Clinical Excellence
Country: England
ISBN: 1842574973

This guide on identification and management of Eating Disorders is designed for use by individuals diagnosed with Eating Disorders, their carers and families, their advocates, and the general public. The guide summarises the recommendations of the full version of the National Institute of Clinical Excellence (NICE) clinical practice guideline for the identification, treatment, and management of Eating Disorders issued to the National Health Service. The guide describes the content of the full guideline in a user-friendly manner and outlines care options that individuals with Eating Disorders can expect from the National Health Service.
Eating Disorders: First Aid Guidelines

**Author:** Mental Health First Aid  
**Year:** 2008  
**Publisher:** Orygen Youth Health Research Centre  
**Country:** Australia

These guidelines outline first aid strategies for assisting adults who may be developing or experiencing an Eating Disorder. The guidelines were developed based on expert opinion of health professionals, consumers, and carers from around Australia. The guidelines give an overview of Eating Disorders; identify behavioural, psychological, and physical warning signs; discuss how to respond to an individual who is at risk of or experiencing an Eating Disorder; and provide guidance on what to do in an emergency.

Eating Disorders: ‘Food No Longer Controls My Life’

**Author:** Ball, A  
**Year:** 2002  
**Publisher:** Chemmart  
**Country:** Australia

This booklet was developed for distribution at pharmacies and provides general information about Eating Disorders. It contains information about Anorexia Nervosa, Bulimia Nervosa, and binge Eating Disorder, including symptoms, early warning signs, and causes. Guidance is provided on how to approach someone who may have an Eating Disorder and how to obtain help for an Eating Disorder, with a contact list of community and other services.
Eating Disorders Foundation of Victoria Information Sheets

Author: Eating Disorders Foundation of Victoria
Year: 2007
Publisher: Eating Disorders Foundation of Victoria
Country: Australia

The Eating Disorders Foundation of Victoria has prepared a series of information sheets designed to educate individuals on Eating Disorders, early warning signs, how to approach someone who may need help, and other issues.

The following titles are in the information sheet collection:
- Eating Disorders and Getting Help
- Eating Disorders and Telling Someone
- Eating Disorders and Your Sibling
- Eating Disorders and Binge Eating
- Eating Disorders and Males
- Eating Disorders and Diabetes
- Eating Disorders: An Overview
- Eating Disorders and Looking After Your Teeth
- What Should I Say to Someone with an Eating Disorder?

Eating Disorders Research Update: The Impact of Living with Eating Disorders: Carers’ Perspectives

Author: Hightet, N & Thompson, M
Year: 2004
Publisher: beyondblue: the national depression initiative and The Network for CARERS of people with a Mental Illness
Country: Australia

This research update provides a short summary of the findings of a project undertaken in partnership between beyondblue and The Network of CARERS of People with a Mental Illness to identify the experiences and needs of carers of people with Eating Disorders.
Eating Disorders: The Facts

Author: Abraham, S & Llewellyn-Jones, D  
Year: 2008 (sixth edition)  
Publisher: Oxford University Press  
Country: Australia  
ISBN: 9780199551019

This book provides an informed overview of Eating Disorders. It discusses the causes of Eating Disorders, symptoms, diagnosis, and treatment options. The book will assist carers, families, and individuals with Eating Disorders to understand more about these conditions. The book also covers obesity and overeating disorders.

Eating With Your Anorexic: How My Child Recovered Through Family-Based Treatment and Yours Can Too

Author: Collins, L  
Year: 2004  
Publisher: McGraw-Hill  
Country: United States of America  
ISBN: 9780071445580

Eating With Your Anorexic is a mother’s account of her 14-year old daughter’s battle with Anorexia Nervosa and how she applied the “Maudsley” family-based treatment approach to help her daughter overcome the devastating illness. She describes her family’s experiences and provides insight and hope to families of children with Anorexia Nervosa.
Families and Eating Disorders

Publisher: Eating Disorders Foundation of Victoria
Country: Australia

Families and Eating Disorders shares family perspectives on supporting and coping with a loved one with an Eating Disorder. Mothers, fathers, and siblings offer their stories, articulating early warning signs, the recovery journey, and coping with the impact of the Eating Disorder on personal relationships.

Available from Eating Disorders Foundation of Victoria
1513 High Street
Glen Iris, VIC, 3146
t 03 9885 6563
f 03 9885 1153
website: www.eatingdisorders.org.au

Format
Multimedia (DVD)

Father Hunger: Fathers, Daughters, and the Pursuit of Thinness

Author: Maine, M
Year: 2004 (second edition)
Publisher: Gurze Books
Country: United States of America
ISBN: 9780936077499

Father Hunger discusses the impact of father absence on the identity and emotions of girls and women. The author describes a theory that girls and women desire closeness and connection with their father (“father hunger”), and that the unavailability of this connection may translate to conflicts around food and body image. The book contains ten chapters that address the origins and experience of father hunger and guidance to overcome related issues.

Available from Gurze Books
PO Box 2238
Carlsbad, California, USA, 92018
t 0011 1 800 756 7533
f 0011 1 760 434 5476
website: www.gurze.net

Format
Book
317 pages
**Fighting for Life: Anorexia – The Road to Recovery**

**Author:** Hutchings, M  
**Year:** 2000  
**Publisher:** Hale & Iremonger, Pty Ltd.  
**Country:** Australia  
**ISBN:** 9780868066905

Fighting for Life is a fictionalised account of Tracey, a 15-year old girl, who is battling Anorexia Nervosa. The book details her struggle with the illness, the impact of the illness upon her life and well-being, and the challenges it yields for her family relationships and environment. The book was written to assist individuals to understand the thoughts and feelings of a young person dealing with Anorexia Nervosa.

---

**Getting Better Bit(e) by Bit(e): A Survival Kit for Sufferers of Bulimia Nervosa and Binge Eating Disorders**

**Author:** Treasure, J & Schmidt, U  
**Year:** 1993  
**Publisher:** Psychology Press  
**Country:** United Kingdom  
**ISBN:** 9780863773228

Getting Better Bit(e) by Bit(e) is a self-help guide for individuals living with Bulimia Nervosa or binge-eating problems. The book is written by leading experts in Eating Disorder treatment and is easy-to-read with illustrations throughout. The book outlines a step-by-step method to apply to assist individuals to overcome eating problems.
Getting There: Recovery from Eating Disorders

Author: Eating Disorders Foundation of Victoria
Year: 2002
Publisher: Eating Disorders Foundation of Victoria
Country: Australia

Getting There offers the stories of eight individuals from diverse backgrounds that have recovered from Eating Disorders. The individuals describe the thoughts, feelings, and experiences that accompanied their Eating Disorder, such as depression, low self-worth, loss of control over eating, using food as a mechanism for coping, and the realisations and triggers that led them to seek help and pursue recovery. They share their stories of recovery and how they overcame the challenges associated with having an Eating Disorder.

Help Your Teenager Beat an Eating Disorder

Author: Lock, J & le Grange, D
Year: 2005
Publisher: The Guilford Press
Country: United States of America
ISBN: 9781572309081

This book is written by two of the world’s leading experts on child and adolescent Eating Disorder treatment. It is targeted to parents of a young person diagnosed with an Eating Disorder.

The book helps parents to understand Eating Disorders. The authors draw on the current evidence base and their extensive clinical experience to educate parents on treatments for Anorexia Nervosa and Bulimia Nervosa. Rather than taking the antiquated approach of blaming parents for the Eating Disorder, the treatment approach emphasises the instrumental role of parents in promoting their child’s health and recovery, and guides them in how to become active agents of change.
How to Recover from Anorexia and Other Eating Disorders

Author: Hutchings, M & Thornton, C
Year: 2001
Publisher: Hale & Iremonger, Pty Ltd.
Country: Australia
ISBN: 9780868067063

This book is written by two of the world’s leading experts on child and adolescent Eating Disorder treatment. It is targeted to parents of a young person diagnosed with an Eating Disorder.

The book helps parents to understand Eating Disorders. The authors draw on the current evidence base and their extensive clinical experience to educate parents on treatments for Anorexia Nervosa and Bulimia Nervosa. Rather than taking the antiquated approach of blaming parents for the Eating Disorder, the treatment approach emphasises the instrumental role of parents in promoting their child’s health and recovery, and guides them in how to become active agents of change.

If Not Dieting Empowerment Cards

Author: Kausman, R
Year: 2005
Publisher: unknown
Country: Australia

The If Not Dieting Empowerment Cards are a 64 card deck with each card containing a key message and an inspiring photograph. The cards contain simple statements and quotes that are designed to support and empower the individual to adopt healthy, balanced attitudes and behaviours toward food and eating.
If Not Dieting, Then What?

Author: Kausman, R
Year: 2004
Publisher: Allen & Unwin
Country: Australia
ISBN: 9781741144796

If Not Dieting offers a simple, straightforward approach to weight management that involves healthy, balanced attitudes and behaviours. The book is designed for individuals that are unhappy with their weight, who suffer from poor body image, or possess unhelpful attitudes toward eating and food.

The book contains a number of key messages including the ineffectiveness of diets, there is no such thing as ‘good’ or ‘bad’ food, the benefits of eating with awareness, and setting appropriate, sustainable goals.

Available from Allen & Unwin
PO Box 8500
St Leonards, NSW, 1590
t 02 8425 0100
f 02 9906 2218
website: www.allenandunwin.com

Buy online at Allen and Unwin
If Not Dieting

Format
Book
240 pages

If Your Adolescent Has an Eating Disorder:
An Essential Resource for Parents

Author: Walsh, B & Cameron, V
Year: 2005
Publisher: Oxford University Publishing
Country: United States of America
ISBN: 9780195181531

This guide is for parents whose child has been diagnosed with Anorexia Nervosa or Bulimia Nervosa, or who believe their child may be at risk. It translates scientific research into user-friendly language to help parents understand Eating Disorders and to assist their child to obtain appropriate help.

The book is divided into six sections; Introduction, Understanding Eating Disorders, Getting the Right Treatment for Your Child, Daily Life with the Teen Who Has an Eating Disorder, Preventing Eating Disorders, and Conclusion.

Available from Oxford University Press
GPO Box 2784
Melbourne, VIC, 3001
t 03 9934 9123
f 03 9934 9100
website: www.oup.com.au

Format
Book
192 pages
Inside Anorexia: The Experiences of Girls and their Families

Author: Halse, C, Boughtwood, D & Honey, A
Year: 2008
Publisher: Jessica Kingsley Publishers
Country: Australia
ISBN: 9781843105978

Inside Anorexia presents personal stories of teenage girls with Anorexia Nervosa and their families to provide insight into the nature of the illness. The stories explore the mental and physical aspects of the illness, and the impact on families and relationships. Personal stories are combined with up-to-date research and facts from diverse disciplines such as psychology, health, medicine, and social and cultural studies. The stories were collected as part of a study conducted in Sydney, Australia, that involved in-depth interviews with girls with Anorexia Nervosa that were undergoing treatment from a hospital or mental health service, and their families.

Life Without Ed: How One Woman Declared Independence From Her Eating Disorder and How You Can Too

Author: Schaefer, J & Rutledge, T
Year: 2004
Publisher: McGraw-Hill
Country: United States of America
ISBN: 9780071422987

Life Without Ed is written by a women with lived experience of an Eating Disorder in collaboration with her therapist. It emphasises learning to recognise the “voice” of the Eating Disorder, which she labelled “Ed”, versus one’s own voice. The book is a personal account of her journey to overcome her Eating Disorder, which involved seeing through Ed’s lies and forging a path toward recovery, after over twenty years of experiencing an Eating Disorder.

The book is written in an entertaining, thought-provoking manner, and encourages readers to view the Eating Disorder as a separate entity distinct from their own being. It presents strategies to help overcome the experience of an Eating Disorder.
My Kid Is Back: Empowering Parents to Beat Anorexia Nervosa

Author: Alexander, J & le Grange, D  
Year: 2009  
Publisher: Melbourne University Publishing  
Country: Australia  
ISBN: 9780522856002

When a child develops Anorexia Nervosa, parents often don’t know where to turn for help. My Kid Is Back offers hope and encouragement for parents in fighting this Eating Disorder. Based on the Maudsley Approach, a successful family-based treatment, this book gives parents techniques for taking charge of the illness and helping their child move on with their lives. This is a practical guide that provides a fuller understanding of Anorexia Nervosa and information about where to go for help. It also features the stories of ten families who describe how they coped and the journeys they have made in beating the illness.

Off the C.U.F.F: A Parent Skills Book for the Management of Disordered Eating

Author: Zucker, N  
Year: 2001  
Publisher: Duke University  
Country: United States of America

Off the C.U.F.F. (Clear, Undisturbed, Firm, and Funny) contains practical strategies to help parents to deal with a child’s problematic eating behaviours. The book outlines the skills-based curriculum taught to parents at one of the world’s most highly-regarded Eating Disorder treatment programs, the Eating Disorders Program at Duke University Medical Center in North Carolina.

The program has four main goals, which include helping parents to manage disordered eating and weight concerns in their child, to encourage their child to use healthy coping strategies, to support parents’ own health and well-being, and to create a family environment that promotes psychological and physical health.
Overcoming Binge Eating

Author: Fairburn, C
Year: 1995
Publisher: The Guilford Press
Country: United States of America
ISBN: 9780898621792

Overcoming Binge Eating is a practical self-help guide to overcoming out-of-control and excessive eating. The book is clear and straightforward, and describes a step-by-step approach to restoring normal eating habits. The program is based on cognitive-behavioural techniques, and the effectiveness of the approach and specific program have been validated in scientific trials among people seeking help for binge eating and eating and body image issues.

The book is written by Professor Fairburn of Oxford University, who is responsible for pioneering the first empirically-supported treatment approach for Bulimia Nervosa. He has adapted his program to a self-help format which is outlined within this book.


Author: Cooper, P
Year: 2009
Publisher: Robinson Publishing
Country: England
ISBN: 9781849010757

Overcoming Bulimia Nervosa and Binge-Eating provides a practical, evidence-based approach to reducing binge eating and purging through the use of cognitive-behavioural strategies.

The book is written by an internationally-renowned expert on Eating Disorder treatment and provides a step-by-step self-help program to support the individual to overcome Bulimia Nervosa and binge eating.
**Overcoming Disordered Eating**

**Author:** Fursland, A, Byrne, S & Nathan, P  
**Year:** 2007  
**Publisher:** Centre for Clinical Interventions  
**Country:** Australia  
**ISBN:** 0975799525

The web-based resource, *Overcoming Disordered Eating*, is a series of modules based on cognitive behaviour therapy principles, and incorporating aspects of enhanced cognitive behaviour therapy. It is applicable to the entire spectrum of disordered eating from unhealthy eating patterns and beliefs to diagnosable Eating Disorders, from undereating to overeating, and covering restricting and the binge/purge cycle. It is designed to be used by individuals to develop healthier eating habits and weight control behaviours, and by clinicians as an adjunct to their work with patients. It comprises two information Packs: Information Pack A (10 modules) focusing on changing behaviours, and Information Pack B (7 modules) concentrating on challenging thoughts/cognitions.

**Overcoming Your Eating Disorder: A Cognitive Behavioral Therapy Approach for Bulimia Nervosa and Binge-Eating Disorder: Workbook**

**Author:** Agras, W & Apple, R  
**Year:** 2007  
**Publisher:** Oxford University Press  
**Country:** United States of America  
**ISBN:** 9780195334562

This workbook is designed to help individuals experiencing binge eating and other problems concerning eating, weight, and shape. The book uses a cognitive-behavioural approach, which targets unhelpful thoughts, attitudes, and behaviours that maintain disordered eating. Cognitive-behavioural therapy has proven to be a safe and effective treatment for binge eating, purging, and related problems.

The purpose of the book is to help individuals to achieve and maintain a healthy weight, while enjoying a balanced approach to eating and living. The workbook outlines a guided self-help program, which is designed to be completed in conjunction with usually no more than 12 brief sessions with a therapist. The workbook is full of practical skills and strategies to improve body image and reduce problematic eating behaviours.

Author: Sacker, I & Buff, S  
Year: 2007  
Publisher: Hyperion  
Country: United States of America  
ISBN: 9781401303051

When Eating Disorders manifest they can become an important part of a person's identity, fostering a sense of control, and promising reward through attainment of the perfect body. Eating disorders can provide a very strong sense of identity, particularly among those who are vulnerable, such as those who lack self-esteem, are sensitive, and desire social approval.

Regaining Your Self portrays how the Eating Disorder strips a person of their true identity, replacing it with avoidance, social isolation, and distress, and the book offers hope and inspiration to those wanting to understand and break free from the Eating Disorder identity. Therapeutic case studies are combined with discussion and insight into the inner experience of the Eating Disorder.

Skills-Based Learning for Caring for a Loved one with an Eating Disorder: The New Maudsley Method

Author: Treasure, J, Smith, G & Crane, A  
Year: 2007  
Publisher: Routledge  
Country: England  
ISBN: 9780415431583

This book is written for carers, families, and loved ones of an individual with an Eating Disorder and imparts practical guidance. The book provides facts and education on Eating Disorders, such as how to identify symptoms and medical consequences. Carers are guided in how to support individuals with Eating Disorders, for instance, by supporting them to relinquish problematic behaviours, build stronger relationships, to communicate successfully, and to tolerate difficult emotions. Carers are guided in managing traps and barriers that are counteractive to supporting the individual with an Eating Disorder.
Smart Eating

Author: Leung, S, Russell, J & Ma, J
Year: 2006
Publisher: Leung, S
Country: China/Australia

**Smart Eating** is an internet-based self-help program for individuals with Eating Disorders. The program content covers six major domains of healthy eating, family education, health assessment, motivational enhancement, self-help strategies, and psychological health promotion. The healthy eating and family education components are available publicly online. Access to other program components is provided to individuals who fulfill the following criteria: male or female aged 16 to 50 years, eating problems as indicated by assessment within the healthy eating component, general practitioner or psychiatrist recommendation of suitability for the programme, absence of a medical condition affecting eating and weight, not in a state of medical emergency, and absence of a comorbid psychiatric disorder.

The Anorexia Workbook: How to Accept Yourself, Heal Your Suffering, and Reclaim Your Life

Author: Heffner, M & Eifert, G
Year: 2004
Publisher: New Harbinger Publications
Country: United States of America
ISBN: 9781572243620

This workbook is designed to support individuals with Anorexia Nervosa. The activities in the workbook are based on an acceptance and commitment therapy (ACT) approach to Eating Disorders. The ACT approach is about accepting uncontrollable thoughts and feelings and commitment to action that is consistent with a person’s value system. The book outlines the ACT approach, then presents a step-by-step approach to implementing ACT techniques. These focus on enabling the individual to deal with challenging thoughts and emotions more successfully, to identify what is most valued in one’s life, and to act and behave in a way that is consistent with one’s most important values so that a fulfilling, rewarding, life can be experienced.
**RESEARCH-BASED CONTENT:**

The Appetite Awareness Workbook: How to Listen to Your Body and Overcome Bingeing, Overeating, and Obsession with Food

**Available from**
New Harbinger Publications
5674 Shattuck Avenue
Oakland, California, USA, 94609
t 0011 1 800 748 6273
t 0011 1 510 652 5472
website: www.newharbinger.com

**Format**
Book/Self-help manual
189 pages

**Author:** Craighead, L
**Year:** 2006
**Publisher:** New Harbinger Publications
**Country:** United States of America
**ISBN:** 9781572243989

This book provides a practical approach to addressing binge eating, overeating, and preoccupation with food arising from problematic eating habits. It offers an eight-week program which is based on challenging unhelpful thoughts that trigger eating concern and unhelpful habits.

The book introduces the approach, *appetite awareness training*, which aims to help individuals recognise appetite signals, prevent binges through anti-deprivation eating, and to become more aware of eating patterns and habits.

---

**RESEARCH-BASED CONTENT:**

The Experiences and Needs of Carers and Families Living with an Eating Disorder

**Available from beyondblue**
PO Box 6100
Hawthorn West, VIC, 3122
t 03 9810 6100
t 03 9810 6111
website: www.beyondblue.org.au

**Free**

**Format**
Report
66 pages

**Author:** Highet, N & Thompson, M
**Year:** 2004
**Publisher:** beyondblue: the national depression initiative and The Network for CARERS of people with a Mental Illness
**Country:** Australia

This report is a joint initiative of beyondblue and The Network of CARERS of People with a Mental Illness, and describes research findings on the impact of living with those with Eating Disorders. The report identifies the needs of these individuals and potential remedies for reducing carer burden. Carer experiences at the point of Eating Disorder detection and treatment engagement are highlighted. The methodology involved the use of focus groups and interviews in rural and metropolitan Victoria.
The Invisible Man: A Self-Help Guide for Men With Eating Disorders, Compulsive Exercise and Bigorexia

Author: Morgan, J
Year: 2008
Publisher: Routledge
Country: England
ISBN: 9781583911501

An increasing number of men are affected by disordered eating and Eating Disorders, yet as a group, the experiences of these men are largely ignored and neglected.

The Invisible Man brings awareness to male body image disorders and eating issues. The author describes the “snakes-and-ladders” approach to help-seeking encountered by men with eating issues, describing the courage it takes to seek help only to be met with barriers to diagnosis and assistance, largely through lack of public and health professional understanding of Eating Disorders in males. Yet, there is hope, and many men with Eating Disorders achieve recovery.

The Invisible Man describes Eating Disorders as they manifest in males and describes a step-by-step method to recovery.

The Overcoming Bulimia Workbook: Your Comprehensive, Step-By-Step Guide to Recovery

Author: McCabe, R, McFarlane, T & Olmsted, M
Year: 2004
Publisher: New Harbinger Publications
Country: United States of America
ISBN: 9781572243262

This workbook is intended for individuals who are preoccupied with thoughts of food, try repeatedly to lose weight and control eating, find themselves alternating between periods of strict dieting and uncontrollable eating, and/or who feel that weight and food dominate their life.

This book teaches individuals how to become more aware of their eating habits and behaviours, and imparts practical strategies to assist the individual to become more satisfied with body image, reduce binge eating, and to decrease Eating Disorder symptoms such as vomiting, laxative use, and excessive exercising. The book aims to reduce disordered eating and to promote a healthier, balanced approach to eating, thinking, self-evaluation, and living.

**Author:** Herrin, M & Matsumoto, N  
**Year:** 2007 (second edition)  
**Publisher:** Gurze Books  
**Country:** United States of America  
**ISBN:** 9780936077031

*The Parent’s Guide* is a valuable resource for parents who want to address eating issues in their child. The book is divided into four parts; identifying an Eating Disorder, taking action, using Maudsley methods, and a healthy eating guide.

The book is clear and practical, and addresses topics such as how to “break-the-ice” and open up discussion about eating problems, how to avoid parent traps to help your child overcome their eating problems, and how to implement family-based “Maudsley” treatment. The book supports parents in their crucial role in promoting the child’s path to recovery, and seeks to engender hope and impart practical strategies to address Eating Disorders in young people.

**The Secret Language of Eating Disorders: How You Can Understand and Work to Cure Anorexia and Bulimia**

**Author:** Claude-Pierre, P  
**Year:** 1998  
**Publisher:** Vintage  
**Country:** Canada  
**ISBN:** 9780375750182

*The Secret Language of Eating Disorders* is written by a mother of two daughters with Anorexia Nervosa. Her journey in helping her daughters prompted her to open up a clinic specialising in Eating Disorders treatment. The book outlines her views on Eating Disorders and their management.
Thin

**Director:** Greenfield, L  
**Year:** 2005  
**Publisher:** HBO  
**Country:** United States of America

This documentary is filmed at Renfrew Centre in Florida, and chronicles the stories of young women hospitalised with acute Eating Disorders. The challenges faced by the women are revealed in an honest, gripping portrayal. Eating, weight, food, issues of control, psychological comorbidity including suicidality, and relationships with family and fellow patients are some of the themes and issues that are focused on.

Unlocking the Mysteries of Eating Disorders: A Life-Saving Guide to Your Child’s Treatment and Recovery

**Author:** Herzog, D, Franko, D & Cable, P  
**Year:** 2007  
**Publisher:** McGraw-Hill  
**Country:** United States of America  
**ISBN:** 9780071475372

*Unlocking the Mysteries* discusses the myths, mysteries, and mistaken perspectives of Eating Disorders. The book presents stories of families who have dealt with Eating Disorders and overcome them. The book discusses early warning signs, helps parents to identify when problematic eating behaviours “cross the line”, and addresses topics from management of Eating Disorders to how to address the effects on family and friends.

The lead author is a world-renowned expert on Eating Disorders and endowed professor of psychiatry at Harvard Medical School.
When All Food Tastes Yuck

**Publisher:** Eating Disorders Foundation of Victoria  
**Year:** 2006  
**Publisher:** Eating Disorders Foundation of Victoria  
**Country:** Australia

*When All Food Tastes Yuck* is written for carers and families to improve understanding of Eating Disorders in children and adolescents. The booklet gives information on Eating Disorders, outlines warning signs, how to approach someone who is suspected to have or at high-risk of an Eating Disorder, and strategies to seek help. The booklet contains quotes, illustrations, stories, poems, and case studies.

Available from  
Eating Disorders Foundation of Victoria  
1513 High Street  
Glen Iris, VIC, 3146  
t 03 9885 6563  
f 03 9885 1153  
website: www.eatingdisorders.org.au

**Format**  
Booklet

When Perfect Isn’t Good Enough: Strategies for Coping with Perfectionism

**Author:** Antony, M & Swinson, R  
**Year:** 2009 (second edition)  
**Publisher:** New Harbinger Publications  
**Country:** United States of America  
**ISBN:** 9781572245594

Individuals with Eating Disorders and related problems tend to be very concerned with achieving high standards. Sometimes this perfectionism comes at a cost to areas of the individual’s life, and leads to distress, particularly when these high standards are experienced as consistently out of one’s reach and are overvalued.

*When Perfect Isn’t Good Enough* offers insight perfectionism – the nature and impact - and practical strategies to overcome perfectionistic behaviours and related thinking. The book also describes the association between perfectionism and psychological topics such as body image, Eating Disorders, depression and anxiety.

Available from  
New Harbinger Publications  
5674 Shattuck Avenue  
Oakland, California, USA, 94609  
t 0011 1 800 748 6273  
f 0011 1 510 652 5472  
website: www.newharbinger.com

**Format**  
Book  
291 pages
**Research-Based Content:**

**Why Can’t I look the Way I Want?: Overcoming Eating Issues**

**Author:** Hutchings, M  
**Year:** 2009  
**Publisher:** Allen & Unwin  
**Country:** United States of America  
**ISBN:** 9781741757545

*Why Can’t I Look the Way I Want* is written for teenagers and families and gives an insider account into the experience of Eating Disorders and associated behaviours such as strict dieting and compulsive exercising.

Melinda Hutchings offers an insightful and compelling account through sharing the personal stories and experiences of individuals who have faced eating problems. Interwoven throughout the book are messages of hope and recovery. She discusses the frustration encountered with “not looking the way I want” and how one’s life can be enhanced by breaking free of an Eating Disorder.

Available from Allen & Unwin  
PO Box 8500  
St Leonards, NSW 1590  
t 02 8425 0100  
f 02 9906 2218  
website: www.allenandunwin.com

**World Wide Charter for Action on Eating Disorders**

**Year:** 2008  
**Publisher:** Academy of Eating Disorders  
**Country:** United States of America

The *Worldwide Charter for Action on Eating Disorders* was developed through collaboration between the Academy of Eating Disorders and other professional and patient/carer organisations from around the world. The content was informed by a large-scale web-survey of key stakeholders. The charter is designed to be a tool to assist individuals diagnosed with Eating Disorders and their families and carers to identify quality in care and service practice, and to provide administrators with guidance to enhance service delivery and programme development. Two examples of core tenets of the charter include the right to accessible, high-quality, fully-funded, specialised care and the right to comprehensive assessment and treatment planning.

Available from the Academy of Eating Disorders  
111 Deer Lake Road, Suite 100, Deerfield, Illinois, USA, 60015  
t 0011 1 847 498 4274  
f 0011 1 847 480 9282  
website: www.aedweb.org

Free  

**Format**  
Position statement  
4 pages
CHAPTER 4 WEBSITES

This chapter outlines websites that provide information, support, or networking relevant to Eating Disorders. Information about the websites, including the names of the services facilitating the websites and a brief description of the resources contained on each website, appears in this chapter.

Websites are categorised as Eating Disorder Websites if they contain information specific to Eating Disorders or Secondary Support Websites if they concern more general, secondary issues of relevance, such as other health or mental health issues or support for carers in general. Table 1, located at the end of the chapter, contains a listing of websites and outlines the type of content, region of origin, type and age of target audience, and key information on the organisational structure of the service responsible for the website, including partnerships and government funding support.

A caveat of this review is that the quality of both the content and the development process of these websites is largely unknown. However, an Australian system for accrediting the quality of online health-related information has been developed by the Australian Department of Health and Ageing within the initiative HealthInsite. HealthInsite is a gateway for members of the Australian community to access high-quality health information. Any Australian organisation that operates a website with health-related information is able to request a free assessment from HealthInsite, and webpages that satisfy accreditation criteria are designated HealthInsite information partners. Information partners satisfy minimum mandatory requirements in five key domains (some relevant examples are provided):

1. Quality of information (i.e., websites must have a written policy that content is authored by a person or group with appropriate expertise, conflict of interest is addressed; sites have a written policy on advertising; sites observe copyright restrictions on material, etc).
2. Authentication (i.e., publisher clearly identified, date of publication reported, disclaimer notice included, a contact point for requesting further information is provided, etc).
3. Usability (i.e., efficiency of use, low error frequency, conforms to HTML specifications, etc).
4. Accessibility (i.e., provides clear navigation mechanisms, ensures that documents are clear and simple, etc).
5. Metadata (i.e., specific information appears in embedded metadata such as website creator and publisher information, resources are described, the language of the content of resources is encoded, etc).

Most of the websites identified did not report HealthInsite accreditation. As a future step, it would be valuable for all Australian websites listed to undergo HealthInsite assessment, to ensure that content is adhering to appropriate quality standards. All websites that reported HealthInsite accreditation are identified in the summaries below.
Eating Disorder Websites

Australian

Australia and New Zealand Academy for Eating Disorders (ANZAED)
- www.anzaed.org.au
This is the website of the Australia and New Zealand Academy of Eating Disorders, the peak professional association that supports and represents professionals who work in the field of Eating Disorders in Australia and New Zealand. The association hosts an annual conference, provides teaching and education days, supports training and education workshops to upskill practitioners, has special interest groups, offers researcher and clinician scholarships, provides a job notice service, and provides advocacy and leadership. The website contains information about the organisation’s activities and publications such as position statements.

Bridges Association Incorporated (Bridges)
- www.bridges.net.au
This is the website of Bridges Association Incorporated, a charitable incorporated association of Western Australia that is the state’s peak body representing and supporting the interests of individuals with Eating Disorders and their carers, families, and friends.

The Centre for Eating & Dieting Disorders (CEDD)
- www.cedd.org.au
This is the website of The Centre for Eating & Dieting Disorders, an academic and support centre based in Sydney that is a collaborative venture of the University of Sydney and the Sydney South West Area Health Service. The Centre is funded by the Mental Health Drug and Alcohol Office, New South Wales Department of Health, and examples of key functions include education and training for health professionals, contribution to policy development concerning Eating Disorders and body image, improvement of access to care for individuals in New South Wales, and research.

Centre for Clinical Interventions (CCI)
- www.cci.health.wa.gov.au
This is the website of a specialist Eating Disorder outpatient treatment service, the Centre for Clinical Interventions, which is funded by the Western Australian government. The website contains resources for health professionals and individuals with Eating Disorders, including information sheets and an online self-help program.

Eating Disorders Association Incorporated (EDA)
- www.eda.org.au
This is the website of the Eating Disorders Association Incorporated, Queensland’s peak charitable incorporated organisation representing and supporting the interests of individuals with Eating Disorders and their friends and loved ones. Services include a resource centre including a library, support groups for individuals with lived experience and carers, education programs, and information packs for health professionals.
**Eating Disorders Australia National Network (EDANN)**
- www.edann.com.au
to become www.nedc.com.au
This is the website of the Eating Disorders Australia National Network, a collaboration of organisations with experience, expertise, and interest in Eating Disorders. The organisations represent an array of stakeholders from health, education, research, charitable, and other sectors. Specific objectives of the network are to secure funding to support collaborative projects, to facilitate the sharing of resources, and to develop coordinated approaches to prevention, early intervention, treatment, and research, among other objectives.

**Eating Disorders Association of South Australia (EDASA)**
- www.edasa.org.au
This is the website of the Eating Disorders Association Incorporated, South Australia’s peak charitable incorporated organisation representing and supporting the interests of individuals with Eating Disorders and their friends and loved ones. This organisation provides services including support groups, support networks, and information.

**Eating Disorders Foundation of Victoria Incorporated (EDFV)**
- www.eatingdisorders.org.au
This is the website of the Eating Disorders Foundation, Victoria’s peak charitable incorporated organisation representing and supporting the interests of individuals with Eating Disorders and their friends and loved ones. Services include a telephone helpline, support groups, an online chat room and discussion board, education and support workshops for carers and individuals with Eating Disorders, among other initiatives.

**Tasmania Eating Disorder Website (TEDWeb)**
- www.tas.eatingdisorders.org.au
This is the website of the Eating Disorders Foundation, Tasmania’s peak charitable incorporated organisation representing and supporting the interests of individuals with Eating Disorders and their friends and loved ones. The website provides information and resources for individuals with Eating Disorders, and their carers, families, and friends. The organisation provides a services directory, an information line, and support groups.

**The Butterfly Foundation (Butterfly)**
- www.thebutterflyfoundation.org.au
This is the website of the Butterfly Foundation, the peak national body supporting and representing the interests of individuals with Eating Disorders and/or body image concerns, and their families, friends, and carers. The Butterfly Foundation is a charitable incorporated organisation that provides a range of services including telephone and online support, school prevention programs, support groups, direct relief, a day program, school presentations, parent and carer consultations, research, and provides advocacy and leadership.

**The Centre of Excellence in Eating Disorders (CEED)**
- www.rch.org.au/ceed
This is the website of the Centre of Excellence in Eating Disorders, a program funded by the Victorian state government. This Centre provides services such as secondary consultation for health professionals to assist with assessment, diagnosis, and treatment planning; professional education and training programs; and develops clinical resources for use by public mental health professionals.
**International**

**Academy for Eating Disorders (AED)**
- [www.aedweb.org](http://www.aedweb.org)

This is the website of the Academy of Eating Disorders, a global professional association providing leadership in research, education, treatment, prevention, and advocacy for Eating Disorders. The association hosts an annual international conference and international teaching day, develops publications (including a peer-reviewed journal and reviews of the field), has special interest groups, a mailing list, and provides clinician and research scholarships, advocacy, and position statements.

**Beating Eating Disorders (beat)**
- [www.b-eat.co.uk](http://www.b-eat.co.uk)

This is the website of BEAT, the peak United Kingdom charity for Eating Disorders. The website contains a range of support features that may be relevant to international users, including publications such as information sheets and leaflets, an events and conferences notice webpage, and an online bookshop.

**Bodywhys: The Eating Disorder Association of Ireland (Bodywhys)**
- [www.bodywhys.ie](http://www.bodywhys.ie)

This is the website of Bodywhys, the peak national support association for individuals with Eating Disorders in Ireland, and their families and carers. The website details services available and provides information on Eating Disorders and how to support someone who has an Eating Disorder.

**Bulimia Help (Bulimia Help)**
- [www.bulimiahelp.org](http://www.bulimiahelp.org)

Bulimia Help is a website dedicated to supporting recovery from Bulimia Nervosa and related Eating Disorders. The website contains online information, an online support community including a support buddy service, a personal food journal, audio guided eating sessions to help manage eating routines, and tools and exercises to help prevent and manage binge episodes.

**Families Empowering and Supporting Treatment of Eating Disorders (F.E.A.S.T.)**
- [www.feast-ed.org](http://www.feast-ed.org)

This is the website of F.E.A.S.T., a not-for-profit global organisation that provides support to parents and caregivers of individuals with Eating Disorders. The website includes, research from leading ED professionals, information and mutual support, 24/7 on line parent/carer forum, and eating disorder wiki, international treatment providers, and other resources.

**Institute of Psychiatry (IOP)**
- [www.iop.kcl.ac.uk/sites/edu](http://www.iop.kcl.ac.uk/sites/edu)

This is the Eating Disorders website of the Institute of Psychiatry (IOP) at King’s College London. The IOP is world-renowned for the quality of its research into Eating Disorders. This website contains updates about research projects, events and training, handouts and downloads for health professionals (e.g., guidance on medical risk assessment for Eating Disorders and assisted refeeding), questionnaires and research measures for researchers, and other useful information and links.

**Maudsley Parents**
- [www.maudsleyparents.org](http://www.maudsleyparents.org)

This is the website of a not-for-profit volunteer organisation dedicated to supporting parents to help their children recover from Eating Disorders through the use of Maudsley family-based treatment. The website contains information, resource information, family stories, and questions and answers.

**National Centre for Eating Disorders (NCFED)**
- [www.eating-disorders.org.uk](http://www.eating-disorders.org.uk)

This is the website of the National Centre for Eating Disorders, a United Kingdom private organisation that was developed to provide counselling and support to individuals with or affected by Eating Disorders. The website provides information sheets and a confidential e-counselling service (at cost).
National Eating Disorders Association (NEDA)
- www.nationaleatingdisorders.org
This is the website of the National Eating Disorders Association, the peak not-for-profit support association for individuals with and affected by Eating Disorders and related issues in the United States. The websites contains online information and resources and event information.

National Eating Disorder Information Centre (NEDIC)
- www.nedic.ca
This is the website of the National Eating Disorder Information Centre of Toronto, Canada. NEDIC is a not-for-profit organisation that provides information and resources on Eating Disorders and related issues to a range of audiences, including individuals with lived experience, carers and loved ones, and health professionals. The website contains personal stories, a resource library including articles, a book list, a website list, and other information.

Something Fishy -
www.something-fishy.org
This website is dedicated to Eating Disorder recovery and is owned by CRC Health, a private company specialising in behavioural health. The website contains information about Eating Disorders and related issues. There is an interactive online community consisting of bulletin boards and chat rooms. Individuals can join as members and connect through email, ICQ chat, AOL Instant messaging chat, and Yahoo.

Secondary Support Websites

Anxiety Online
- www.anxietyonline.org.au
This website is the gateway to an online internet-based treatment clinic for people with anxiety difficulties. The website consists of information, a clinical assessment program (e-PASS), and treatment programs for specific anxiety problems. These include self-help and therapist assisted treatment programs. The online assessment assesses for 22 psychological problems including Anorexia Nervosa, Bulimia Nervosa, and Binge Eating Disorder.

ARAFMI: Association of Relatives and Friends of the Mentally Ill (ARAFMI)
NSW: www.arafmi.org
WA: www.arafmi.asn.au
VIC: www.arafmi.org.au
QLD: www.arafmiqld.org
TAS: www.arafmitas.org.au
These are websites of ARAFMI, an association for carers, relatives, and friends of individuals experiencing a range of mental health issues. ARAFMI supports and represents the interests of this group, and provides counselling, support groups, respite, education, and advocacy.

Beyondblue
- www.beyondblue.org.au
This is the website of beyondblue: the national depression initiative, Australia’s peak not-for-profit organisation dedicated to addressing depression and related issues. The initiative is funded by the federal, state, and territory governments. The website contains symptom checklists and screening questionnaires for depression, anxiety, postnatal depression, and bipolar disorder. Information materials are available on a range of issues related to depression, for consumers, carers and loved ones, and health professionals. A research notice board and links to useful websites is available.

*HealthInsite information partner
Carers Australia
- www.carersaustralia.com.au
This is the website of the peak not-for-profit organisation representing the interests of carers in Australia. Carers Australia aims to support the health, well-being, and financial position of carers and provides advocacy for carers within the government and community. The website provides information for carers such as available services, information about carers, contact details for state- and territory-based offices, publications, event notices, and media releases.

Children of Parents with a Mental Illness (COPMI)
- www.copmi.net.au
This is the website of Children of Parents with a Mental Illness, an Australian not-for-profit organisation that provides advocacy, education, and information relevant to children of individuals with mental illnesses. The website contains a directory of resources for children, youth, teachers, health and community workers, child protection and justice workers, and workforce education personnel. A listing of state-based services, such as health promotion, early intervention, and family support programs is provided, with publications and news updates.

depressioNet
- www.depressionservices.org.au
This is the website of depressioNet, an online portal to information about services for individuals aged 18 years and over with depression. The website contains general information about depression and related issues, a free online counselling service, a moderated online peer support service (discussion forums and chat), and information on how to obtain support and professional help. depressionServices is provided by depressioNet, an Australian not-for-profit organisation serving the interests of individuals with depressive illnesses.

GROW Australia
- www.grow.net.au
This is the website of GROW, a voluntary community-based organisation that aims to support individuals experiencing a variety of mental health issues. The website provides information, contact details for state-based services and group meeting times and locations.

Healthdirect Australia
- www.healthdirect.org.au
This is the website of Healthdirect Australia, a free 24-hour, 7-day a week, telephone health information line staffed by registered nurses. The information line is available to residents of the Australian Capital Territory, New South Wales, the Northern Territory, Western Australia, Tasmania, and South Australia, and is expected to be fully national in 2011. Healthdirect Australia is a joint initiative of Commonwealth, State, and Territory governments.

Lifeline Australia
- www.lifeline.org.au
This is the website of Lifeline Australia. The website provides contact details for the 24-hour confidential telephone counselling line and information service, contact details for other help services and telephone help lines, and an online service finder.

MensLine Australia
- www.menslineaus.org.au
MensLine Australia is a community service that provides support, information, and referral advice for men on issues such as family, relationships, emotions and mental wellbeing. The website provides contact information and resources such as tipsheets, a services database, and an online support forum.

*HealthInsite information partner
**Mental Health Carers NT**
- [www.mentalhealthcarersnt.org](http://www.mentalhealthcarersnt.org)

This is the website of Mental Health Carers NT (formerly NT ARAFMI), a Northern Territory not-for-profit association supporting the needs of relatives, loved ones, and carers, of individuals with mental illness. The website provides information about support groups, carer education, carer rights, carer services, upcoming events, and consumer services.

**Multicultural Mental Health Australia (MMHA)**
- [www.mmha.org.au](http://www.mmha.org.au)

This is the website of Multicultural Mental Health Australia, an initiative funded by the federal government to provide support and information to individuals with mental illnesses from culturally and linguistically diverse (CALD) backgrounds. The website contains information and resources for consumers, their carers and families, and health professionals. The website contains fact sheets in a range of languages, resources such as a carer support kit, a mailing list, and information on translation services. Resources are available in a variety of formats, including written, audiotape, and DVD.

**Parentline**

Parentline provides an information, support, and referral service for parents and carers of children. The website contains contact details for support, information, and tip sheets. Parentline is a joint initiative of BoysTown, and the Queensland and Northern Territory governments.

**SANE**
- [www.sane.org](http://www.sane.org)

This is the website of SANE, an Australian not-for-profit community organisation dedicated to improving the lives and well-being of individuals with mental illness and to preventing suicide. The website contains information, an online bookshop, fact sheets, podcasts, video clips, crisis contact information, a “StigmaWatch” service for media items, and notices of events, activities, and advocacy initiatives.

*HealthInsite information partner*
Youth-Specific Secondary Support Websites

**Headroom**  
- [www.headroom.net.au](http://www.headroom.net.au)  
This is the website of Headroom, a South Australian youth mental health promotion project auspiced by the Children, Youth, and Women’s Health Service and funded by the Department of Health, Health Promotion Branch. The websites provide information to children, young people, parents, and professionals, and contains fact sheets and tip sheets, and information on helpful resources and services.

*HealthInsite information partner*

**Headspace**  
- [www.headspace.org.au](http://www.headspace.org.au)  
This is the website of Headspace, a youth mental health initiative funded by the federal government to give young people access to information and support. The website contains information and fact sheets, advice on where to get help, personal stories, news and events, evidence maps of interventions, and information for parents and carers.

*HealthInsite information partner*

**Kids Helpline**  
This is the website of Kids Helpline, a dedicated telephone service designed to support young people aged 5 to 25 years to obtain information and guidance on issues affecting their wellbeing. The website provides details on how to access the Kids Helpline online counselling service and email counselling (7 days a week).

*HealthInsite information partner*

**Reach Out**  
- [www.reachout.com](http://www.reachout.com)  
This website provides information, support, and connections to help young people to manage mental health and lifestyle issues. The website provides information on a range of issues related to wellbeing and there is an online forum where youth can share experiences and views. The website promotes youth participation in the community, by alerting youth of opportunities to have their say on important social or national matters.

*HealthInsite information partner*

**Young Carers Australia**  
- [www.youngcarers.net.au](http://www.youngcarers.net.au)  
This is the website of Young Carers Australia, an initiative to support young people caring for a person with an illness. The website was produced and funded by the Australian government with assistance from Carers Australia. The website contains information and guidance, an online interactive forum, news and events, support service details, a “Chillout room” with games and entertainment, and opportunities to voice thoughts and opinions on matters of relevance through surveys and e-polls.

*HealthInsite information partner*
### Table 1. Websites Relevant to Eating Disorders

<table>
<thead>
<tr>
<th>Website</th>
<th>Target Audience</th>
<th>Service Organisational Structure, Partnerships, and Support</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Australian</strong></td>
<td></td>
<td></td>
</tr>
<tr>
<td><a href="http://www.anzaed.org.au">www.anzaed.org.au</a></td>
<td>□ □</td>
<td>□ □</td>
</tr>
<tr>
<td><a href="http://www.bridges.net.au">www.bridges.net.au</a></td>
<td>□ □ □</td>
<td>□</td>
</tr>
<tr>
<td><a href="http://www.cci.health.wa.gov.au">www.cci.health.wa.gov.au</a></td>
<td>□ □</td>
<td>□</td>
</tr>
<tr>
<td><a href="http://www.cedd.org.au">www.cedd.org.au</a></td>
<td>□ □</td>
<td>□ □</td>
</tr>
<tr>
<td><a href="http://www.eda.org.au">www.eda.org.au</a></td>
<td>□ □ □ □</td>
<td>□ □</td>
</tr>
<tr>
<td><a href="http://www.edann.org">www.edann.org</a></td>
<td>□ □ □ □</td>
<td>□ □</td>
</tr>
<tr>
<td><a href="http://www.edasa.org.au">www.edasa.org.au</a></td>
<td>□ □ □ □</td>
<td>□ □</td>
</tr>
<tr>
<td><a href="http://www.eatingdisorders.org.au">www.eatingdisorders.org.au</a></td>
<td>□ □ □</td>
<td>□ □</td>
</tr>
<tr>
<td><a href="http://www.rch.org.au/ceed">www.rch.org.au/ceed</a></td>
<td>□ □</td>
<td>□ □</td>
</tr>
<tr>
<td><a href="http://www.tas.eatingdisorders.org.au">www.tas.eatingdisorders.org.au</a></td>
<td>□ □ □ □</td>
<td>□ □</td>
</tr>
<tr>
<td><a href="http://www.thebutterflyfoundation.org.au">www.thebutterflyfoundation.org.au</a></td>
<td>□ □ □ □</td>
<td>□ □</td>
</tr>
<tr>
<td><strong>International</strong></td>
<td></td>
<td></td>
</tr>
<tr>
<td><a href="http://www.aedweb.org">www.aedweb.org</a></td>
<td>□ □</td>
<td>□ □</td>
</tr>
<tr>
<td><a href="http://www.b-eat.co.uk">www.b-eat.co.uk</a></td>
<td>□ □ □</td>
<td>□</td>
</tr>
<tr>
<td><a href="http://www.bodywhys.ie">www.bodywhys.ie</a></td>
<td>□ □ □</td>
<td>□</td>
</tr>
<tr>
<td><a href="http://www.bulimiahelp.org">www.bulimiahelp.org</a></td>
<td>□ □ □ □</td>
<td>□</td>
</tr>
<tr>
<td><a href="http://www.eating-disorders.org.uk">www.eating-disorders.org.uk</a></td>
<td>□ □ □ □</td>
<td>□ □</td>
</tr>
<tr>
<td><a href="http://www.feast-ed.org">www.feast-ed.org</a></td>
<td>□ □ □ □</td>
<td>□</td>
</tr>
<tr>
<td><a href="http://www.iop.kcl.ac.uk/sites/edu">www.iop.kcl.ac.uk/sites/edu</a></td>
<td>□ □ □ □ □ □</td>
<td>□</td>
</tr>
<tr>
<td><a href="http://www.maudsleyparents.org">www.maudsleyparents.org</a></td>
<td>□ □ □ □ □</td>
<td>□</td>
</tr>
<tr>
<td><a href="http://www.nationaleatingdisorders.org">www.nationaleatingdisorders.org</a></td>
<td>□ □ □ □ □</td>
<td>□</td>
</tr>
<tr>
<td><a href="http://www.nedic.ca">www.nedic.ca</a></td>
<td>□ □ □ □ □</td>
<td>□</td>
</tr>
<tr>
<td><a href="http://www.something-fishy.org">www.something-fishy.org</a></td>
<td>□ □ □ □ □</td>
<td>□</td>
</tr>
</tbody>
</table>

**Notes:**
- □ indicates the presence of the feature.
- □□ indicates the absence of the feature.
### Websites

<table>
<thead>
<tr>
<th>Website</th>
<th>Target Audience</th>
<th>Service Organisational Structure, Partnerships, and Support</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Secondary Support Websites</strong></td>
<td></td>
<td></td>
</tr>
<tr>
<td><a href="http://www.anxietyonline.org.au">www.anxietyonline.org.au</a></td>
<td></td>
<td></td>
</tr>
<tr>
<td><a href="http://www.beyondblue.org.au">www.beyondblue.org.au</a></td>
<td></td>
<td></td>
</tr>
<tr>
<td><a href="http://www.carersaustralia.com.au">www.carersaustralia.com.au</a></td>
<td></td>
<td></td>
</tr>
<tr>
<td><a href="http://www.copmi.net.au">www.copmi.net.au</a></td>
<td></td>
<td></td>
</tr>
<tr>
<td><a href="http://www.depressionservices.org.au">www.depressionservices.org.au</a></td>
<td></td>
<td></td>
</tr>
<tr>
<td><a href="http://www.grow.net.au">www.grow.net.au</a></td>
<td></td>
<td></td>
</tr>
<tr>
<td><a href="http://www.healthdirect.org.au">www.healthdirect.org.au</a></td>
<td></td>
<td></td>
</tr>
<tr>
<td><a href="http://www.lifeline.org.au">www.lifeline.org.au</a></td>
<td></td>
<td></td>
</tr>
<tr>
<td><a href="http://www.menslineaus.org.au">www.menslineaus.org.au</a></td>
<td></td>
<td></td>
</tr>
<tr>
<td><a href="http://www.mentalhealthcarersnt.org">www.mentalhealthcarersnt.org</a></td>
<td></td>
<td></td>
</tr>
<tr>
<td><a href="http://www.mmha.org.au">www.mmha.org.au</a></td>
<td></td>
<td></td>
</tr>
<tr>
<td><a href="http://www.parentline.com.au">www.parentline.com.au</a></td>
<td></td>
<td></td>
</tr>
<tr>
<td><a href="http://www.sane.org">www.sane.org</a></td>
<td></td>
<td></td>
</tr>
<tr>
<td><strong>Youth-Specific Secondary Support Websites</strong></td>
<td></td>
<td></td>
</tr>
<tr>
<td><a href="http://www.headroom.net.au">www.headroom.net.au</a></td>
<td></td>
<td></td>
</tr>
<tr>
<td><a href="http://www.headspace.org.au">www.headspace.org.au</a></td>
<td></td>
<td></td>
</tr>
<tr>
<td><a href="http://www.kidshelp.com.au">www.kidshelp.com.au</a></td>
<td></td>
<td></td>
</tr>
<tr>
<td><a href="http://www.reachout.com">www.reachout.com</a></td>
<td></td>
<td></td>
</tr>
<tr>
<td><a href="http://www.youngcarers.net.au">www.youngcarers.net.au</a></td>
<td></td>
<td></td>
</tr>
<tr>
<td><a href="http://www.youthbeyondblue.com">www.youthbeyondblue.com</a></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>
CHAPTER 5 SERVICES

Treatment Services

This section provides a list of services within the Australian Eating Disorders sector that are relevant to treatment. The list is organised by state and includes treatment, consultation and liaison, co-ordinating, and outreach services.

Disclaimer of Endorsement: The services listing is provided for convenience only. We cannot guarantee the accuracy, relevancy, timeliness, or completeness of the information provided. The inclusion of services is not intended to assign importance to those services listed. The National Eating Disorders Collaboration Project does not support or endorse services listed within this document.

It was beyond the scope of this review to compile a private practitioner listing or database, however, such databases are maintained by non-government organisations, such as the Eating Disorders Foundation of Victoria and The Butterfly Foundation, which can be contacted for further information. If you are a private practitioner and would like to identify as a service provider for Eating Disorders, please contact the Eating Disorders Foundation of Victoria (if Victorian-based) or The Butterfly Foundation.
### Name of Organisation | Contact Information | Service Type | Population*
---|---|---|---
**Australian Capital Territory**

**Calvary Hospital**
- **Location:** Mary Potter Circuit, Corner Belconnen Way & Haydon Drive, Bruce, ACT, 2617
- **Telephone:** 02 6201 6111
- **Fax:** 02 6201 6210
- **Postal Address:** Calvary Health Care ACT, PO Box 254, Jamison, ACT, 2614
- **Website:** www.calvary-act.com.au/public
- **Service Type:** Public Hospital
- **Population:** Adult

**Throsby Place Eating Disorders Program**
- **Location:** Phillip Health Centre, Corner Keltie and Corinna Streets, Woden, ACT, 2606
- **Telephone:** 02 6205 1519
- **Fax:** 02 6205 1152
- **Website:** www.health.act.gov.au
- **Service Type:** Public Mental Health Service
- **Population:** Child, Adolescent & Adult

**New South Wales**

**Anxiety and Eating Disorders Clinic, Macarthur Mental Health Service**
- **Location:** 6 Brown Street, Campbelltown, NSW, 2560
- **Telephone:** 02 4629 5400 or 1300 336 339
- **Fax:** 02 4628 6101
- **Website:** www.sswahs.nsw.gov.au/MHealth/community/macarthur.html
- **Service Type:** Public Hospital
- **Population:** Adolescent & Adult

**Central Coast Eating Disorders Early Intervention Outpatient Service**
- **Location:** Level 2, Wyong Central Community Health Centre, 36a Pacific Highway, Wyong, NSW, 2259
- **Postal Address:** C/- PO Box 361, Gosford, NSW, 2250
- **Telephone:** 02 4356 9418
- **Fax:** 02 4356 9401
- **Service Type:** Public Hospital
- **Population:** Adolescent & Adult

**The Centre for Eating & Dieting Disorders**
- **Telephone:** 02 9515 5843
- **Email:** info@cedd.org.au
- **Website:** www.cedd.org.au
- **Service Type:** Coordination and Consultation Centre
- **Population:** Child, Adolescent & Adult

**The Centre for Psychotherapy Eating Disorders Service**
- **Location:** James Fletcher Hospital, 72 Watt Street, Newcastle, NSW, 2300
- **Telephone:** 02 4924 6820
- **Fax:** 02 4924 6801
- **Service Type:** Public Mental Health Service
- **Population:** Adult

**The Children’s Hospital at Westmead, Eating Disorder Clinic (Adolescent Medicine Unit/Department of Psychological Medicine)**
- **Location:** Cnr Hawkesbury Road and Hainsworth Westmead, NSW, 2145
- **Telephone:** 02 9845 0000
- **Fax:** 02 9845 3489
- **Postal Address:** The Children’s Hospital at Westmead, Locked Bag 4001, Westmead, NSW, 2145
- **Website:** www.chw.edu.au
- **Service Type:** Public Hospital
- **Population:** Child & Adolescent

**Chris Thornton & Associates**
- **Location:** Suite 4, 5 Redleaf Avenue, Wahroonga, NSW, 2076
- **Telephone:** 02 9487 7799
- **Fax:** 02 487 7699
- **Postal Address:** PO Box 577, Wahroonga, NSW, 2076
- **Email:** ckthornton@bigpond.com
- **Service Type:** Private Mental Health Service
- **Population:** Child, Adolescent, & Adult

**Hunter Mental Health Services Community Adolescent Team**
- **Location:** 36 Kenwick Street, The Junction, NSW, 2291
- **Telephone:** 02 4961 2477
- **Fax:** 02 4961 0731
- **Service Type:** Public Mental Health Service
- **Population:** Adolescent

**Hunter New England Area Health Service, Centre for Psychotherapy, Eating Disorders Service**
- **Location:** 72 Watt Street, Newcastle, NSW, 2300
- **Telephone:** 02 4924 6820
- **Fax:** 02 4924 6801
- **Service Type:** Public Mental Health Service
- **Population:** Adult

---

*Population: *Adult, Child, Adolescent & Adult

---

NEDC: Resources Review | 93
<table>
<thead>
<tr>
<th>Name of Organisation</th>
<th>Contact Information</th>
<th>Service Type</th>
<th>Population*</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>New South Wales cont.</strong></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Hunter New England Area Health Service, Tamworth Base Hospital Nutrition and Dietetics Department</td>
<td>Location: Tamworth Base Hospital, Dean Street, Tamworth, NSW, 2340 Telephone: 02 6767 8440 Fax: 02 6766 3463 Postal Address: Locked Bag 9783, Tamworth, NSW, 2340</td>
<td>Public Hospital</td>
<td>Child, Adolescent, &amp; Adult</td>
</tr>
<tr>
<td>Illawarra Eating Disorders Service</td>
<td>Location: Bulli Community Health Centre, 322 Princes Highway Bulli, NSW, 2516 Telephone: 02 4285 5444 or 1300 792 753 Fax: 02 4285 2480</td>
<td>Public Mental Health Service</td>
<td>Adolescent</td>
</tr>
<tr>
<td>John Hunter Hospital</td>
<td>Location: Lookout Road, New Lambton, NSW, 2305 Postal Address: Locked Bag 1, Hunter Region, MC, NSW, 2310 Website: <a href="http://www.hnehealth.nsw.gov.au">www.hnehealth.nsw.gov.au</a></td>
<td>Public Hospital</td>
<td>Child &amp; Adolescent</td>
</tr>
<tr>
<td>Meridian Clinic at Total Health</td>
<td>Location: Suite 1901, Tower 1, 520 Oxford Street Bondi Junction, NSW, 2022 Telephone: 02 8021 2496 Fax: 02 9387 7236 Email: <a href="mailto:meridianclinic@gmail.com">meridianclinic@gmail.com</a> Website: <a href="http://www.totalhealthcare.net.au">www.totalhealthcare.net.au</a></td>
<td>Private Health Service</td>
<td>Child, Adolescent, &amp; Adult</td>
</tr>
<tr>
<td>Meta Clinic</td>
<td>Location: 53 Grandview Street, Pymble, NSW, 2073 Telephone: 02 9488 7911 Fax: 02 9988 4926</td>
<td>Private Health Service</td>
<td>Child, Adolescent, &amp; Adult</td>
</tr>
<tr>
<td>Mind Potential, Binge Eating Awareness Group Program</td>
<td>Location: 3/282 Great North Road, Wareemba, NSW, 2046 Telephone: 02 9713 6838 Website: <a href="http://www.mindpotential.com.au">www.mindpotential.com.au</a></td>
<td>Private Mental Health Service</td>
<td>Adult</td>
</tr>
<tr>
<td>MindRight, Group Program for Adults with Eating Disorders</td>
<td>Location: Level 34, 50 Bridge Street, Sydney, NSW, 2000 Telephone: 0432171137 Website: <a href="http://www.mindright.com.au">www.mindright.com.au</a></td>
<td>Private Mental Health Service</td>
<td>Child, Adolescent, and Adult</td>
</tr>
<tr>
<td>Nepean Hospital, Eating Disorders Clinic</td>
<td>Location: Cnr. Somerset Street and Derby Street, Kingswood, NSW, 2747 Telephone: 02 4734 2352 Postal Address: PO Box 63, Penrith, NSW, 2751</td>
<td>Public Hospital</td>
<td>Adult</td>
</tr>
<tr>
<td>North Gosford Private Hospital</td>
<td>Location: Burrabil Avenue, Gosford North, NSW, 2250 Telephone: 02 4324 7111 Website: <a href="http://www.gosfordprivate.com.au">www.gosfordprivate.com.au</a></td>
<td>Private Hospital</td>
<td>Adolescent &amp; Adult</td>
</tr>
<tr>
<td>Northern Rivers Eating Disorders Service, Lismore and District Women’s Health Centre</td>
<td>Location: 25 Uralla Street, Lismore, NSW, 2480 Telephone: 02 6621 9800 Fax: 02 6621 8591 Email: <a href="mailto:ldwch@one.net.au">ldwch@one.net.au</a> Website: <a href="http://www.lismorewomen.org.au/services/eatingdisorders.html">www.lismorewomen.org.au/services/eatingdisorders.html</a></td>
<td>Non-Government Organisation (Referral and Assessment only)</td>
<td>Adolescent &amp; Adult</td>
</tr>
<tr>
<td>Northside Greenwich Clinic, Eating Disorders Program</td>
<td>Location: 2 Greenwich Road, Greenwich, NSW, 2065 Telephone: 02 9433 3555 Fax: 02 9433 3599 Website: <a href="http://www.northsidegroup.com.au">www.northsidegroup.com.au</a></td>
<td>Private Hospital</td>
<td>Adolescent &amp; Adult</td>
</tr>
<tr>
<td>Redbank House (Department of Child, Adolescent and Family Psychiatry)</td>
<td>Location: Institute Road, Westmead, NSW, 2145 Telephone: 02 9845 6577 Fax: 02 9891 3690 Website: <a href="http://www.wsahs.nsw.gov.au/services/medical_psychology/childtxt.htm">www.wsahs.nsw.gov.au/services/medical_psychology/childtxt.htm</a></td>
<td>Public Hospital</td>
<td>Child &amp; Adolescent</td>
</tr>
<tr>
<td>Name of Organisation</td>
<td>Contact Information</td>
<td>Service Type</td>
<td>Population*</td>
</tr>
<tr>
<td>----------------------</td>
<td>---------------------</td>
<td>--------------</td>
<td>-------------</td>
</tr>
<tr>
<td><strong>New South Wales cont.</strong></td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>
| Rivendell Adolescent Unit, Thomas Walker Hospital, Concord West | Location: Hospital Road, Concord West, NSW, 2138  
Telephone: 02 9736 2288  
Fax: 02 9743 6264  
| Royal North Shore Hospital | Location: Royal North Shore Hospital, Pacific Highway and Reserve Road, St Leonards, NSW, 2065  
Telephone: 02 9926 7111  
| Royal Prince Alfred Hospital, Missenden Psychiatric Unit | Location: Missenden Road, Camperdown, NSW, 2050  
Telephone: 02 9515 8165  
Fax: 02 9565 6442  
| Royal Prince Alfred Hospital, Eating Disorder Program | Location: Level 2, Building 92, Royal Prince Alfred Hospital Missenden Road, Camperdown, NSW, 2050  
Telephone: 02 9515 6040  
Fax: 02 9565 6442 | Public Hospital | Adult |
| Shoalhaven Eating Behaviour Service | Location: 5-7 Lawrence Avenue, Nowra, NSW, 2541  
Telephone: 02 4424 6300  
Fax: 02 4424 6347  
Postal Address: Nowra Community Health Centre, PO Box 55, Nowra, NSW, 2541 | Public Mental Health Service | Adolescent & Adult |
| South Pacific Private | Location: 24 Beach Street, Curl Curl, NSW, 2096  
Telephone: 02 9905 3667 or toll free on 1300 063 332  
Fax: 02 9905 9696  
Website: [www.southpacificprivate.com.au](http://www.southpacificprivate.com.au) | Private Hospital | Adult |
| Sydney Children’s Hospital, Randwick, Eating Disorder Unit | Location: High Street, Randwick, NSW, 2031  
Telephone: 02 9382 1111  
Fax: 02 9419 7319 | Public Hospital | Child & Adolescent |
| Sydney West Area Health Service, Eating Disorders Day Treatment Program | Location: 20 Fennell Street, North Paramatta, NSW, 2151  
Telephone: 02 9360 9423  
Fax: 02 9630 6190  
Postal Address: PO Box 533, Wentworthville, NSW, 2145  
| Tamworth Base Hospital, Nutrition and Dietetics Department | Location: Dean Street, Tamworth, NSW, 2348  
Telephone: 02 6767 8440  
Fax: 02 6766 3463  
Postal Address: Locked Bag 9783, Tamworth, NSW, 2340 | Public Hospital | Adolescent & Adult |
| Wesley Private Hospital, Peter Beumont Centre for Eating Disorders, Inpatient and Day Patient Program | Location: 91 Milton Street, Ashfield, NSW, 2131  
Telephone: 02 9716 1400  
Website: [www.wesleymission.org.au/Centres/whs/Wesley_Private_Hospital](http://www.wesleymission.org.au/Centres/whs/Wesley_Private_Hospital) | Private Hospital | Adolescent & Adult |
| Westmead Hospital, Eating Disorders Inpatient Service & Eating Disorders Day Treatment Program & Eating Disorders Outpatient Clinic | Location: Department of Medical Psychology, Hawkesbury Road, Westmead, NSW, 2145  
Telephone: 02 9845 6680 or 02 9630 9423  
Website: [www.wsahs.nsw.gov.au](http://www.wsahs.nsw.gov.au) | Public Hospital | Adult |
### Northern Territory

<table>
<thead>
<tr>
<th>Name of Organisation</th>
<th>Contact Information</th>
<th>Service Type</th>
<th>Population*</th>
</tr>
</thead>
</table>
| Top End Association for Mental Health Incorporated (TEAMhealth Inc) | Location: Level 5, 62 Cavenagh Street, Darwin, NT, 0800  
Telephone: 08 8943 9600  
Fax: 08 8943 9601  
Postal Address: GPO Box 4050, Darwin City, NT, 0801  
Email: teamhealth@teamhealth.asn.au  
Website: www.teamhealth.asn.au | Non-Government Organisation | Adolescent & Adult |
| Top End Mental Health Services (TEMHS) | Location: Tamarind Centre, 12 Ross Smith Avenue  
Parap, NT, 0804  
Telephone: 08 8999 4988  
Fax: 08 8999 4999  
Postal Address: PO Box 140, Parap, NT, 0804  
Website: www.health.nt.gov.au | Public Mental Health Service | Child, Adolescent, & Adult |

### Queensland

<table>
<thead>
<tr>
<th>Name of Organisation</th>
<th>Contact Information</th>
<th>Service Type</th>
<th>Population*</th>
</tr>
</thead>
</table>
| Child and Youth Mental Health Service, Eating Disorder Program | Location: Suite 13, Riverwalk Place,  
238 Robina Town Centre Drive, Robina QLD 4226  
Telephone: 07 5667 1714  
Fax: 07 5667 1726 | Public Mental Health Service | Child & Adolescent |
| ISIS – The Eating Issues Centre Incorporated | Location: 58 Spring Street, West End, QLD, 4101  
Telephone: 07 3844 6055  
Fax: 07 3844 6466  
Email: info@isis.org.au  
Website: www.isis.org.au | Non-Government Organisation | Adult |
| New Farm Clinic, Eating Disorders Program | Location: 22 Sargent Street, New Farm, QLD, 4005  
Telephone: 07 3254 9100  
Fax: 07 3358 4781  
Website: www.newfarmclinic.com.au | Private Hospital | Adolescent & Adult |
| Royal Brisbane & Women’s Hospital, Eating Disorders Outreach Service | Location: Building 14, Cartwright St, Windsor,  
Royal Brisbane and Women’s Hospital, Herston, QLD, 4029  
Telephone: 07 3114 0809  
Fax: 07 3144 0806 | Public Hospital | Adolescent & Adult |
| Royal Brisbane & Women’s Hospital, Eating Disorders Service | Location: Herston Road, Herston, QLD, 4029  
Telephone: 07 3636 1133 | Public Hospital | Adult |
| Royal Children’s Hospital, Eating Disorder Clinic | Location: Herston Road, Herston, QLD, 4029  
Telephone: 07 3636 8111  
Fax: 07 3636 7215 | Public Hospital | Child & Adolescent |
| The Sunshine Coast Private Hospital | Location: Syd Lingard Drive, Buderim, QLD, 4556  
Telephone: 07 5430 3303  
Fax: 07 5444 7001  
Website: www.uhc.com.au/scph | Private Hospital | Adult |
### South Australia

<table>
<thead>
<tr>
<th>Name of Organisation</th>
<th>Contact Information</th>
<th>Service Type</th>
<th>Population*</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Advanced Psychology Services</strong></td>
<td>Location: Suite 5, Level 1, 79 Pennington Terrace, North Adelaide, SA, 5006 Telephone: 0409 827 283 or 0418 823 231 Fax: 08 8361 8915 Email: <a href="mailto:advancedpsychologyservices@gmail.com">advancedpsychologyservices@gmail.com</a></td>
<td>Private Mental Health Service</td>
<td>Child, Adolescent, &amp; Adult</td>
</tr>
<tr>
<td><strong>Blackwood Private Hospital</strong></td>
<td>Location (inpatient): 13 Laffers Road, Belair, SA, 5051 Telephone: 08 8278 0400 Location (outpatient): 31 Gault Road, Belair, SA, 5052</td>
<td>Private Hospital</td>
<td>Child, Adolescent, &amp; Adult</td>
</tr>
<tr>
<td><strong>Flinders Medical Centre, Weight Disorders Unit</strong></td>
<td>Location: Flinders Medical Centre, Bedford Park, SA, 5042 Telephone: 08 8204 5237 Fax: 08 8204 5450 Website: <a href="http://www.flinders.sa.gov.au">www.flinders.sa.gov.au</a></td>
<td>Public Hospital</td>
<td>Adolescent &amp; Adult</td>
</tr>
<tr>
<td><strong>Flinders University Services for Eating Disorders</strong></td>
<td>Location: School of Psychology, Flinders University of South Australia, Adelaide, SA, 5001 Postal Address: GPO Box 2100, Adelaide, SA, 5001 Telephone: 08 8201 2416 Fax: 08 8201 3877</td>
<td>University</td>
<td>Adolescent &amp; Adult</td>
</tr>
<tr>
<td><strong>Lifehouse Australia</strong></td>
<td>Location: 49 Dorene Street, St Mary’s, SA, 5043 Postal address: PO Box 766, Melrose Park, SA, 5039 Telephone: 08 8277 1433 Website: <a href="http://www.lifehouse.asn.au">www.lifehouse.asn.au</a></td>
<td>Charitable Incorporated Organisation</td>
<td>Adolescent &amp; Adult</td>
</tr>
<tr>
<td><strong>Women’s and Children’s Hospital, Department of Psychological Medicine, Adelaide</strong></td>
<td>Location: 72 King William Road, North Adelaide, SA, 5006 Telephone: 08 8161 7000 Fax: 08 8161 7459 Website: <a href="http://www.wch.sa.gov.au">www.wch.sa.gov.au</a></td>
<td>Public Hospital</td>
<td>Child &amp; Adolescent</td>
</tr>
<tr>
<td><strong>Women's Health Statewide</strong></td>
<td>Location: 64 Pennington Terrace, North Adelaide, 5006, SA Telephone: 08 8239 9600 Fax: 08 8239 9696 Email: <a href="mailto:info@whs.sa.gov.au">info@whs.sa.gov.au</a> Website: <a href="http://www.whs.sa.gov.au">www.whs.sa.gov.au</a></td>
<td>Public Health Service</td>
<td>Adult Women</td>
</tr>
</tbody>
</table>

### Tasmania

Note: Generalist services are listed only as there are no specialist Eating Disorder programs in Tasmania.

<table>
<thead>
<tr>
<th>Name of Organisation</th>
<th>Contact Information</th>
<th>Service Type</th>
<th>Population*</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>The Hobart Clinic</strong></td>
<td>Location: 31 Chipmans Road, Rokeby, TAS, 7019 Telephone: 03 6427 9960 Fax: 03 6427 6439 Website: <a href="http://www.thehobartclinic.com.au">www.thehobartclinic.com.au</a></td>
<td>Private Hospital</td>
<td>Adult</td>
</tr>
<tr>
<td><strong>North West Regional Hospital, Spencer Clinic</strong></td>
<td>Location: 23 Brickport Road, Burnie, TAS, 7320 Telephone: 03 6430 6666 Website: <a href="http://www.dhhs.tas.gov.au/nwahs/north_west_regional_Hospital">www.dhhs.tas.gov.au/nwahs/north_west_regional_Hospital</a></td>
<td>Public/Private Hospital</td>
<td>Adult</td>
</tr>
<tr>
<td><strong>Royal Hobart Hospital, Department of Psychological Medicine or General Medical Ward</strong></td>
<td>Location: 48 Liverpool Street, Hobart, TAS, 7000 Telephone: 03 6222 8308 Postal Address: GPO Box 1061, Hobart, TAS, 7001 Website: <a href="http://www.dhhs.tas.gov.au/Hospitals/royal_hobart">http://www.dhhs.tas.gov.au/Hospitals/royal_hobart</a></td>
<td>Public Hospital</td>
<td>Adult</td>
</tr>
</tbody>
</table>
### Chapter 5 / Services

#### Tasmania cont.

<table>
<thead>
<tr>
<th>Name of Organisation</th>
<th>Contact Information</th>
<th>Service Type</th>
<th>Population*</th>
</tr>
</thead>
</table>
| Royal Hobart Hospital, Paediatric Ward | **Location:** 48 Liverpool Street, Hobart, TAS, 7000  
**Telephone:** 03 6222 8308  
**Postal Address:** GPO Box 1061, Hobart, TAS, 7001  
| St Helens Private Hospital, Eating Disorders Day Program | **Location:** 186 Macquarie Street, Hobart, TAS, 7000  
**Telephone:** 03 6221 6506  
**Fax:** 03 6221 6419 | Private Hospital | Adolescent & Adult |

#### Victoria

<table>
<thead>
<tr>
<th>Name of Organisation</th>
<th>Contact Information</th>
<th>Service Type</th>
<th>Population*</th>
</tr>
</thead>
</table>
| Albert Road Clinic, Adolescent Unit | **Location:** 31-33 Albert Road, Melbourne, VIC, 3004  
**Telephone:** 03 9256 8311  
**Fax:** 03 9820 9588  
**Website:** [www.albertroadclinic.com.au](http://www.albertroadclinic.com.au) | Private Mental Health Service | Adolescent |
| Alfred Child and Adolescent Mental Health Service | **Location:** 99 Nepean Highway, Moorabbin, VIC, 3189  
**Telephone:** 03 8552 0555  
**Fax:** 03 9532 5631 | Public Mental Health Service | Child & Adolescent |
| Austin Health, Paediatric Eating Disorders Program | **Location:** 145 Studley Road, Heidelberg, VIC, 3084  
**Telephone:** 03 9496 0000  
**Fax:** 03 9458 4779  
**Postal Address:** PO Box 5555, Heidelberg, VIC, 3084  
**Website:** [www.austin.org.au](http://www.austin.org.au) | Public Hospital | Child & Adolescent |
| Austin Health, Banksia House Austin & Repatriation Medical Centre | **Location:** 145 Studley Road, Heidelberg, VIC, 3084  
**Telephone:** 03 9496 0000  
**Fax:** 03 9458 4779  
**Postal Address:** PO Box 5555, Heidelberg, VIC, 3084  
**Website:** [www.austin.org.au](http://www.austin.org.au) | Public Hospital | Adolescent & Adult |
| Barwon Health, Eating Disorders Service | **Location:** 15 Packington Street, Geelong West, VIC, 3220  
**Telephone:** 03 5229 2754  
**Fax:** 03 5222 8387  
**Website:** [www.baronwhealth.org.au/services/mentalhealth/Service,documentId.9107.aspx](http://www.baronwhealth.org.au/services/mentalhealth/Service,documentId.9107.aspx) | Public Mental Health Service | Adolescent & Adult (to 25 years) |
| Centre of Excellence in Eating Disorders | **Location:** The Royal Melbourne Hospital  
Royal Park Campus, Building S, 34-54 Poplar Road, Parkville, VIC, 3052  
**Telephone:** 03 8387 2669  
**Fax:** 03 8387 2673  
**Postal Address:** C/o Post Office Royal Melbourne Hospital, Parkville, VIC, 3050  
**Website:** [www.rch.org.au/ceed](http://www.rch.org.au/ceed) | Coordination and Consultation Centre | Not applicable |
| Disordered Eating Service c/o GP Association Geelong | **Postal Address:** PO Box 4256, Geelong VIC 3220  
**Telephone:** 03 5229 1922  
**Fax:** 03 5223 2209  
| Geelong Clinic | **Location:** 98 Townsend Road, St. Albans Park, VIC, 3219  
**Telephone:** 03 5248 1155  
**Fax:** 03 5248 4852  
**Email:** tgc@healthscope.com.au  
**Website:** [www.healthscopeHospitals.com.au](http://www.healthscopeHospitals.com.au) | Private Mental Health Service | Adolescent & Adult |
<table>
<thead>
<tr>
<th>Name of Organisation</th>
<th>Contact Information</th>
<th>Service Type</th>
<th>Population*</th>
</tr>
</thead>
</table>
| **Headspace**        | **Location 1:** Old Post Office, Cnr Gheringap and Ryrie Street, Geelong, VIC, 3220  
Telephone: 03 5222 6690  
Fax: 03 5222 6722  
Website: www.headspace.org.au/barwon  
**Location 2:** 332 Carlisle Street, Baladiva, VIC, 3183  
Telephone: 03 9526 1600  
Fax: 03 9526 1699  
Website: www.headspace.org.au/southernmelbourrne  
**Location 3:** Corner Highett Road and Peterson Street, Highett, VIC, 3190  
Telephone: 03 9526 1600  
Fax: 03 9526 1699  
Website: www.headspace.org.au/southernmelbourrne | Youth Health Service | Adolescent |
| **Loddon Campaspe Southern Mallee Eating Disorders Service** | **Location:** Centre for Rural Mental Health, Arnold Street  
Bendigo, VIC, 3552  
Telephone: 03 5454 6493  
Fax: 03 5454 7766  
Postal Address: PO Box 126, Bendigo, VIC 3552  
Website: www.rch.org.au/ceed/services.cfm?doc_id=2986#Lodden | Public Health Service | Adolescent & Adult |
| **Mandometer Pty Ltd** | **Location 1:** Brighton Clinic, 412 Bay Street, Brighton  
Telephone: 03 9596 5718  
Fax: 03 9596 5728  
**Location 2:** Mornington Clinic, 883 Nepean Highway, Mornington, VIC, 3931  
Telephone: 01 5976 0666  
Fax: 03 9596 5728  
Email: info@mandometer.com.au  
Website: www.mandometer.com | Private Mental Health Service | Child, Adolescent, & Adult |
| **Melbourne Clinic, Eating Disorders Program** | **Location:** 130 Church Street, Richmond, VIC, 3121  
Telephone: 03 9429 4688  
Fax: 03 9420 9351  
Website: www.healthscope.com.au | Private Mental Health Service | Adult |
| **Mental Health First Aid, Orygen Youth Health Research Centre** | **Location:** Poplar Road, Parkville, VIC, 3052  
Telephone: 03 9342 2800  
Fax: 03 9342 3745  
Postal Address: Locked Bag 10, Parkville, VIC, 3052  
| **Monash Medical Centre, Adolescent Medical Unit** | **Location:** 246 Clayton Road, Clayton, VIC, 3168  
Telephone: 03 9594 2398  
Fax: 03 9594 6925  
Website: www.southernhealth.org.au/mmc.htm | Public Hospital | Adolescent |
| **Monash Medical Centre, Eating Disorders Unit** | **Location:** 246 Clayton Road, Clayton, VIC, 3168  
Telephone: 03 9594 2398  
Fax: 03 9594 6925  
Website: www.southernhealth.org.au/mmc.htm | Public Hospital | Adolescent & Adult |
| **The Oak House** | **Location:** 190 Union Road (corner of Mont Albert Road), Surrey Hills, VIC, 3127  
Telephone: 03 9888 4737  
Fax: 03 9888 4797  
Postal Address: PO Box 210, Surrey Hills, VIC, 2137  
Email: info@theoakhouse.com.au  
Website: www.theoakhouse.com.au | Private Mental Health | Child, Adolescent, & Adult |
### Victoria cont.

<table>
<thead>
<tr>
<th>Name of Organisation</th>
<th>Contact Information</th>
<th>Service Type</th>
<th>Population*</th>
</tr>
</thead>
<tbody>
<tr>
<td>Orygen Youth Health, Young People's Eating Disorder Clinic</td>
<td>Location: Poplar Road, Parkville, VIC, 3052&lt;br&gt;Telephone: 03 9342 2800&lt;br&gt;Fax: 03 9342 2745&lt;br&gt;Postal Address: Locked Bag 10, Parkville, VIC, 3052&lt;br&gt;Website: <a href="http://www.oyh.org.au">www.oyh.org.au</a></td>
<td>Public Mental Health Service</td>
<td>Adolescent &amp; Young Adult</td>
</tr>
<tr>
<td>Peninsula Health Frankston Hospital</td>
<td>Location: Hastings Road, Frankston, VIC, 3199&lt;br&gt;Telephone: 03 9784 7777&lt;br&gt;Fax: 03 9784 7012&lt;br&gt;Postal Address: PO Box 52, Frankston, VIC, 3199&lt;br&gt;Website: <a href="http://www.phcn.vic.gov.au/services/frankstonhosp/index.htm">www.phcn.vic.gov.au/services/frankstonhosp/index.htm</a></td>
<td>Public Hospital</td>
<td>Child &amp; Adolescent</td>
</tr>
<tr>
<td>R.I.P.E. Recovery is Possible for Everyone</td>
<td>Location 1: The Abbotsford Convent, Cl 48, 1 St. Heliers Street&lt;br&gt;Abbotsford, VIC, 3067&lt;br&gt;Location 2: Carinya Counselling Rooms, 24 Mullum Mullum Road&lt;br&gt;Ringwood, VIC, 3134&lt;br&gt;Telephone: 0412 128 115&lt;br&gt;Email: <a href="mailto:info@recoveryispossible.com.au">info@recoveryispossible.com.au</a>&lt;br&gt;Website: <a href="http://www.recoveryispossible.com.au">www.recoveryispossible.com.au</a></td>
<td>Private Mental Health Service</td>
<td>Adult</td>
</tr>
<tr>
<td>Royal Children’s Hospital, Integrated Mental Health Program, Banksia Inpatient Unit</td>
<td>Location: 14 Mavis Street, Footscray, VIC, 3011&lt;br&gt;Telephone: 03 8345 7500&lt;br&gt;Fax: 03 8345 7334</td>
<td>Public Hospital</td>
<td>Adolescent</td>
</tr>
<tr>
<td>Royal Children’s Hospital, Centre for Adolescent Health, Healthy Eating Program</td>
<td>Location: 2 Gatehouse Street, Parkville, VIC, 3052&lt;br&gt;Telephone: 03 9345 5890&lt;br&gt;Website: <a href="http://www.rch.org.au/cah">www.rch.org.au/cah</a></td>
<td>Public Hospital</td>
<td>Child &amp; Adolescent</td>
</tr>
<tr>
<td>Royal Melbourne Hospital, Eating Disorder Unit</td>
<td>Location: 2nd Level John Cade Building, Grattan Street, Parkville, VIC, 3052&lt;br&gt;Telephone: 03 9342 4033&lt;br&gt;Fax: 03 9342 8483&lt;br&gt;Website: <a href="http://www.mh.org.au">www.mh.org.au</a></td>
<td>Public Hospital</td>
<td>Adolescent &amp; Adult</td>
</tr>
<tr>
<td>Southern Health Butterfly Eating Disorder Day Program</td>
<td>Location: 28 Chadstone Road, East Malvern, VIC, 3145&lt;br&gt;Telephone: 1300 369 012&lt;br&gt;Postal Address: c/- Monash Medical Centre, Child and Adolescent Mental Health Service, Locked Bag 29, Clayton South, VIC, 3169&lt;br&gt;Website: <a href="http://www.thebutterflyfoundation.org.au/about_us/the_butterfly_southern_health_day_program">www.thebutterflyfoundation.org.au/about_us/the_butterfly_southern_health_day_program</a></td>
<td>Public Mental Health Service</td>
<td>Adolescent &amp; Young Adult</td>
</tr>
<tr>
<td>Southern Health Psychiatric Specialty Unit</td>
<td>Location: Monash Medical Centre, 246 Clayton Road, Clayton, VIC, 3168&lt;br&gt;Postal Address: Locked Bag 29, Clayton South, VIC, 3169&lt;br&gt;Telephone: 03 9594 1414&lt;br&gt;Fax: 03 594 6347</td>
<td>Public Hospital</td>
<td>Adult</td>
</tr>
<tr>
<td>St Vincent’s Body Image and Eating Disorders Service</td>
<td>Location: Rear 104 Studley Park Road, Kew, VIC, 3163&lt;br&gt;Telephone: 03 9854 1700&lt;br&gt;Fax: 03 9854 1701&lt;br&gt;Website: <a href="http://www.swhm.org.au">www.swhm.org.au</a></td>
<td>Private Hospital</td>
<td>Child, Adolescent, &amp; Adult</td>
</tr>
<tr>
<td>Swinburne University Psychology Centre, Mindful Moderate Eating Group for Binge Eating</td>
<td>Location: 33 Wakefield St, Hawthorn, VIC, 3122&lt;br&gt;Telephone: 03 9214 8653&lt;br&gt;Fax: 03 9214 5528&lt;br&gt;Email: <a href="mailto:psychclinic@swin.edu.au">psychclinic@swin.edu.au</a>&lt;br&gt;Website: <a href="http://www.swinburne.edu.au/lss/psychology/pc/meg.html">www.swinburne.edu.au/lss/psychology/pc/meg.html</a></td>
<td>University</td>
<td>Adult</td>
</tr>
</tbody>
</table>
### Western Australia

<table>
<thead>
<tr>
<th>Name of Organisation</th>
<th>Contact Information</th>
<th>Service Type</th>
<th>Population*</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Body Esteem Program, Women’s Healthworks</strong></td>
<td><strong>Location:</strong> Suite 6, Joondalup Lotteries House, 70 Davidson Terrace, Joondalup, WA, 6027&lt;br&gt;<strong>Telephone:</strong> 08 9300 1566&lt;br&gt;<strong>Fax:</strong> 08 9300 1699&lt;br&gt;<strong>Email:</strong> <a href="mailto:info@womenshealthworks.org.au">info@womenshealthworks.org.au</a>&lt;br&gt;<strong>Website:</strong> <a href="http://www.womenshealthworks.org.au">www.womenshealthworks.org.au</a></td>
<td>Non-Government Organisation/Women’s Health Centre</td>
<td>Adult</td>
</tr>
<tr>
<td><strong>Centre for Clinical Interventions, Eating Disorders Program</strong></td>
<td><strong>Location:</strong> 223 James Street, Northbridge, WA, 6003&lt;br&gt;<strong>Telephone:</strong> 08 9227 4399&lt;br&gt;<strong>Fax:</strong> 08 9328 3911&lt;br&gt;<strong>Email:</strong> <a href="mailto:info.cci@health.wa.gov.au">info.cci@health.wa.gov.au</a>&lt;br&gt;<strong>Website:</strong> <a href="http://www.cci.health.wa.gov.au">www.cci.health.wa.gov.au</a></td>
<td>Public Mental Health</td>
<td>Adolescent &amp; Adult</td>
</tr>
<tr>
<td><strong>Hollywood Private Hospital, Eating Disorders Program</strong></td>
<td><strong>Location:</strong> Monash Avenue, Nedlands, WA, 6009&lt;br&gt;<strong>Telephone:</strong> 08 9346 6000&lt;br&gt;<strong>Fax:</strong> 08 9389 8470&lt;br&gt;<strong>Postal Address:</strong> Hollywood Private Hospital, Locked Bag 2002, Nedlands, WA, 6909&lt;br&gt;<strong>Website:</strong> <a href="http://www.hollywood.ramsayhealth.com.au">www.hollywood.ramsayhealth.com.au</a></td>
<td>Private Hospital</td>
<td>Adolescent &amp; Adult</td>
</tr>
<tr>
<td><strong>Princess Margaret Hospital for Children, Eating Disorders Program</strong></td>
<td><strong>Location:</strong> Roberts Road, Subiaco, WA, 6008&lt;br&gt;<strong>Telephone:</strong> 08 9340 7012&lt;br&gt;<strong>Fax:</strong> 08 9340 7700&lt;br&gt;<strong>Postal Address:</strong> Eating Disorders Program, Psychological Medicine Clinical Care Unit, Princess Margaret Hospital for Children, GPO Box D184, Perth, WA, 6840&lt;br&gt;<strong>Website:</strong> <a href="http://www.pmh.health.wa.gov.au/services/eating_disorders/index.htm">www.pmh.health.wa.gov.au/services/eating_disorders/index.htm</a></td>
<td>Public Hospital</td>
<td>Child &amp; Adolescent</td>
</tr>
</tbody>
</table>

*Many programs that offer clinical services to adolescents have age restrictions.*
Community-Based and Professional Support

This section lists services that provide:

- Community-based support e.g., charitable associations that support people with Eating Disorders, services that offer community-based education, training, information, and/or resources; and

- Professional support services e.g., professionals bodies representing interests relevant to the Eating Disorders sector, treatment or other services that provide support to health professionals in the form of co-ordination, training, education, information, resources, and networking.

Disclaimer of Endorsement: The services listing is provided for convenience only. We cannot guarantee the accuracy, relevancy, timeliness, or completeness of the information provided. The inclusion of services is not intended to assign importance to those services listed. The National Eating Disorders Collaboration Project does not support or endorse services listed within this document.
<table>
<thead>
<tr>
<th>Organisation Name</th>
<th>Service Type</th>
<th>Contact Information</th>
<th>Services</th>
</tr>
</thead>
<tbody>
<tr>
<td>Australia and New Zealand Academy of Eating Disorders (ANZAED)</td>
<td>Non-Profit Peak Professional Body</td>
<td>Postal Address: ANZAED C/O: Eating Disorders Victoria, 1513 High Street, Glen Iris, VIC, 3146 Fax: 03 9885 1153 Email: <a href="mailto:info@anzaed.org.au">info@anzaed.org.au</a> Website: <a href="http://www.anzaed.org.au">www.anzaed.org.au</a></td>
<td>- Annual conference is held each year and is attended by researchers, health professionals, education professionals, carers, and those individuals who have or are recovering from an Eating Disorder. Clinical training workshops are available at the conference within a Clinical Training Day initiative. Clinician and young investigator scholarships are offered by the academy to support attendance. - Clinical training workshops are held throughout the year to assist clinicians to develop and enhance their skills in the area of Eating Disorders. - Online discussion board is available to facilitate communication on Eating Disorders and related issues. - Job vacancy service to provide information on Australian and New Zealand job opportunities in Eating Disorders. - Advocacy regarding body image and Eating Disorders.</td>
</tr>
<tr>
<td>The Butterfly Foundation</td>
<td>Community-Based, Non-Profit Organisation</td>
<td>Postal Address 1: PO Box 453, Malvern, VIC, 3144 Telephone: 03 9822 5771 Fax: 03 9822 5776 Postal Address 2: 103 Alexander Street, Crows Nest, NSW, 2065 Telephone: 02 9412 4499 Fax: 02 8090 8196 Email: <a href="mailto:info@thebutterflyfoundation.org.au">info@thebutterflyfoundation.org.au</a> Website: <a href="http://www.thebutterflyfoundation.org.au">www.thebutterflyfoundation.org.au</a></td>
<td>- Peer support groups are available in the Sydney area. - Telephone counselling is available on (02) 9412 4499. - Email counselling is available at <a href="mailto:support@thebutterflyfoundation.org.au">support@thebutterflyfoundation.org.au</a> - Art therapy program is available in Sydney. - School presentations - offering the Dove BodyThink program can be provided. The program is on body image, self-esteem, and media literacy. - Research study information is provided on the website. Studies sometimes trial treatment, self-help, or carer interventions, or they may seek to advance other important areas of Eating Disorder knowledge. - Advocacy regarding body image and Eating Disorders. - Facebook group.</td>
</tr>
<tr>
<td>Carer’s Australia</td>
<td>Community-Based, Non-Profit Organisation</td>
<td>Location: Various locations throughout Australia - consult website for further information. Website: <a href="http://www.carersaustralia.com.au">www.carersaustralia.com.au</a> Telephone: 1800 242 636 Various locations throughout Australia. Contact information line or consult website for further information.</td>
<td>- Helpfinder service to help locate services and support that carers and persons receiving care for are entitled to and/or can access for assistance (e.g., carer allowances, respite and carerlink centres, carers associations, vocational rehabilitation services, etc). - Counselling service available through the National Carer Counselling Program on the infoline 1800 242 636. - Advisory service available through the Carer Advisory Service on the infoline 1800 242 636. - Respite information is available. - Carer support groups are available. - Advocacy for carers.</td>
</tr>
<tr>
<td>Organisation Name</td>
<td>Service Type</td>
<td>Contact Information</td>
<td>Services</td>
</tr>
<tr>
<td>--------------------------------------------------------</td>
<td>-----------------------</td>
<td>--------------------------------------------------------------------------------------</td>
<td>--------------------------------------------------------------------------</td>
</tr>
<tr>
<td>Dietitians Association of Australia (DAA)</td>
<td>Non-Profit Peak</td>
<td>Location: 1/8 Phipps Close, Deakin, ACT, 2600  Telephone: 02 6163 5200  Fax: 02 6282 988  Email: <a href="mailto:nationaloffice@daa.asn.au">nationaloffice@daa.asn.au</a></td>
<td>Helpfinder service is available to help locate an accredited practising dietitian. The registry can be searched online, and it is possible to search for dietitian's with an interest in Eating Disorders. Practice guideline for the nutritional management of Anorexia Nervosa is available and can be downloaded freely online. Eating disorders interest group is available for DAA members to join. Mental health interest group is available for DAA members to join.</td>
</tr>
<tr>
<td>Nutrition Australia</td>
<td>Community-Based, Non-Profit Organisation</td>
<td>Location: Various locations throughout Australia - consult website for further information.  Email: <a href="mailto:act@nutritionaustralia.org">act@nutritionaustralia.org</a>  Website: <a href="http://www.nutritionaustralia.org">www.nutritionaustralia.org</a></td>
<td>Workshops and information sessions for parents and children Professional development for childcare staff, canteen convenors, teachers, and aged care employees Resources for childcare professionals, such as books, pamphlets, nutrition kits, posters, leaflets, stickers, and magnets Menu reviews and accreditation reports for childcare organisations, aged care facilities, and school canteens Cooking demonstrations and workshops Position statements and policy-related papers Community-based programs for schools, childcare centres, and other agencies to promote nutritional habits for health and well-being e.g., “Let’s Get Fruity” program. Workplace health promotion programs Curriculum development advice and guidance</td>
</tr>
<tr>
<td>Youth Mental Health First Aid, Orygen Youth Health Research Centre</td>
<td>Community-Based, Non-Profit Organisation</td>
<td>Location: Locked Bag 10, Parkville, VIC, 3052  Fax: 03 9342 3745  Website: <a href="http://www.mhfa.com.au">www.mhfa.com.au</a></td>
<td>Training and education program on identification and early intervention for mental health problems in youth, including Eating Disorders. Accredited trainers are located across Australia that can deliver training to a range of audiences and services (e.g., community health settings, non-government organisations, universities, government departments, etc.). First aid guidelines for Eating Disorders are available that summarise first aid strategies applicable to individuals with Eating Disorders that have been agreed on by an expert panel of professionals, consumers, and carers. These are free to download online.</td>
</tr>
<tr>
<td>Organisation Name</td>
<td>Service Type</td>
<td>Contact Information</td>
<td>Services</td>
</tr>
<tr>
<td>-------------------</td>
<td>--------------</td>
<td>---------------------</td>
<td>----------</td>
</tr>
<tr>
<td><strong>Australian Capital Territory</strong></td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>
| **Eating Disorders Foundation of the ACT (EDFACT)** | Community-Based, Non-Profit Organisation | Telephone: 02 6166 1679 Postal Address: 245 Kingsford Smith Drive Spence, ACT, 2615 Email: leni.cleaves@edfact.org.au | • Information forums held periodically throughout the year for individuals with Eating Disorders and their families, community members, carers and/or health professionals.  
• Email mailing list to provide information on upcoming events from EDFACT and other relevant organisations.  
• Carers support group is run periodically on demand in collaboration with Carers ACT. The group program operates fortnightly over 12 weeks.  
• Information and referral advice is available, no telephone counselling is available.  
• Facebook group. |
| **Women’s Centre for Health Matters (WCHM)** | Community-Based, Non-Profit Organisation | Location: Building One, Pearce Community Centre, Collett Place, Pearce, ACT, 2607 Telephone: 02 6290 2166 Fax: 02 6286 4742 Postal Address: WCHM Inc., PO Box 385, Mawson, ACT, 2607 Website: www.wchm.org.au | • Advocacy regarding Eating Disorders in women.  
• Collaborates with EDFACT and Carers Inc to support the running of support groups. |
<table>
<thead>
<tr>
<th>Organisation Name</th>
<th>Service Type</th>
<th>Contact Information</th>
<th>Services</th>
</tr>
</thead>
</table>
| Centre for Eating and Dieting Disorders (CEDD) | Government Organisation | **Location:** Level 2, Building 92, Royal Prince Alfred Hospital, Camperdown 2050  
**Telephone:** 02 9515 6040  
**Fax:** 02 9515 6442  
**Email:** info@cedd.org.au  
**Website:** www.cedd.org.au |  
- Free online accredited GP training program on Eating Disorders identification, early intervention, and management. Accredited through RACGP and ACRRM.  
- Professional interest groups have been established in dietetics, nursing, Maudsley family-based treatment and exercise and body-oriented practice, and information about these is available on the website and through quarterly meetings.  
- Support of NSW Health funded Eating Disorder area co-ordinators and day programs. Eating disorder area coordinator information is available online for health professionals.  
- Video and telemedicine support for services and individuals on evidence-based practice for working in Eating Disorders.  
- Arrage regular 1- and 2-day workshops accessed by clinicians across the Asia Pacific region.  
- Co-ordination of networks of Eating Disorder specialists in NSW via email listserv.  
- Facilitate establishment of Eating Disorder capacity in generalist health services and establishment of local referral pathways.  
- Offer regular talks to professional groups.  
- Eating Disorder Network breakfast meetings arranged with local and international speakers. The meetings are videotaped and later webcast.  
- Helpfinder service accessible in the form of a online database and pdf of clinicians and services practising across NSW.  
- Noticeboard on website of upcoming training and education events for health professionals; education and support programs and activities for sufferers, carers, and families; workshops and seminars relevant to Eating Disorders; research trials.  
- Contracted advice to NSW Health Department and Minister on policy development relevant to Eating Disorders.  
- Employment website for professionals interested in Eating Disorder jobs.  
- Online library of assessment and treatment guidelines and toolkits. |
## Chapter 5 / Services

<table>
<thead>
<tr>
<th>Organisation Name</th>
<th>Service Type</th>
<th>Contact Information</th>
<th>Services</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Northern Territory</strong></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Mental Health Association of Central Australia (MHACA)</td>
<td>Community-Based, Non-Profit Organisation</td>
<td>Location: 65 Hartley Street, Alice Springs, NT, 0871</td>
<td>- Individual psychosocial support that is recovery-oriented.</td>
</tr>
<tr>
<td></td>
<td></td>
<td>Telephone: 08 8950 4600</td>
<td>- Drop-in centre for support and information.</td>
</tr>
<tr>
<td></td>
<td></td>
<td>Fax: 08 8953 5577</td>
<td>- Peer support program held weekly which is group based.</td>
</tr>
<tr>
<td></td>
<td></td>
<td>Postal Address: MHACA, PO Box 2326, Alice Springs, NT, 0871</td>
<td>- Short-term care around relapse to minimise hospitalisation.</td>
</tr>
<tr>
<td></td>
<td></td>
<td>Email: <a href="mailto:info@mhaca.org.au">info@mhaca.org.au</a></td>
<td>- Education and training in mental health first aid and suicide prevention.</td>
</tr>
<tr>
<td></td>
<td></td>
<td>Website: <a href="http://www.mhaca.org.au">www.mhaca.org.au</a></td>
<td>- Independent living support.</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td>- Advocacy on mental health issues.</td>
</tr>
</tbody>
</table>

<p>| <strong>Queensland</strong> | | | |
| Eating Disorders Association of Queensland Incorporated (EDA) | Community-Based, Non-Profit Organisation | Location: 12 Chatsworth Road, Greenslopes, QLD, 4120 | - Helpfinder service is available to assist individuals, families, and health professionals find out information about services. Call 07 3394 3661. |
| | | Telephone: 07 3394 3661 | - Peer support group is available, called the Eating Disorder Recovery Support Group. Various support groups are run. |
| | | Fax: 07 3394 3663 | - Family support groups are available. |
| | | Email: <a href="mailto:admin@eda.org.au">admin@eda.org.au</a> | - Family information program is run in a 4-week format and provides information and support on eating issues and disorders to family and friends. |
| | | Website: <a href="http://www.eda.org.au">www.eda.org.au</a> | - Family skills training program is available in conjunction with the family information program. It runs for 6 weeks and provides skills to assist in supporting recovery such as motivational interviewing skills. |
| | | | - Psychoeducation course called Seeds for Change is available. The 10-week course focuses on eating issues. |
| | | | - Community education and training on Eating Disorders. |
| | | | - Newsletter provided periodically throughout the year. |
| | | | - Sharing of recovery stories and messages to individuals receiving inpatient treatment. |
| | | | - Support group resource kit is available to assist health professionals, groups, or individuals to set up a support group for Eating Disorders. |
| | | | - Information pack with referral and support information is available to be mailed. |
| | | | - Short-term telephone counselling is available. |
| | | | - Advocacy regarding body image and Eating Disorders. |</p>
<table>
<thead>
<tr>
<th>Organisation Name</th>
<th>Service Type</th>
<th>Contact Information</th>
<th>Services</th>
</tr>
</thead>
</table>
| Eating Disorders Outreach Service (EDOS)               | Public Hospital        | **Location:** Building 14, Cartwright St, Windsor, Royal Brisbane and Women’s Hospital Herston, QLD, 4029  
**Telephone:** 07 3114 0809  
**Fax:** 07 3144 0806 | - Support and information for health professionals and services.  
- Intake assessment service for health professionals and services is offered. The assessment may be for inpatient or outpatient services and Eating Disorders Outreach Service will feedback their recommendations for ongoing management or referral to the health professional or health service.  
- Education and training is available to health professionals and health services on a state-wide basis. This includes training in new treatment options such as cognitive-behavioural guided self-help.  
- Consultation and liaison service to facilitate tertiary referrals to inpatient services. |
| Isis – The Eating Issues Centre Incorporated          | Community-Based, Non-Profit Organisation | **Location:** 58 Spring Street, West End, QLD, 4101  
**Telephone:** 07 3844 6055  
**Fax:** 07 3844 6466  
**Website:** www.isis.org.au | - Helpfinder service available on 07 3844 6055.  
- Resources for individuals with Eating Disorders are available such as an information pack, Bite Me (audio CD booklet), and ‘The Don’t Diet — Live It! Workbook — Healing Food, Weight, and Body Image Issues.’  
- Resources for health professionals are available.  
- Community training and education on eating issues and body image is available for the general public, schools, health workers and services, and other individuals.  
- Creative art workshops are available.  
- Library service with books and other resources on body image, eating issues, feminism, abuse, and other topics. |
| South Australia                                      | Community-Based, Non-Profit Organisation | **Location:** 589 South Road, Everard Park, SA, 5035  
**Telephone:** 08 8297 4011  
**Fax:** 08 8297 7587  
**Email:** support@edasa.org.au  
**Website:** www.edasa.org.au | - Peer support group is available to share information and provide support. Guest speakers and self-help activities are organised. The Eating Disorders Recovery Support Group meets fortnightly.  
- Carer and family support group is available. The Friends and Relatives Support Group meets fortnightly.  
- Library service is offered which contains a range of books and multimedia on Eating Disorders which are suitable for individuals with Eating Disorders, and families and carers.  
- Advocacy regarding body image and Eating Disorders. |
# Services

<table>
<thead>
<tr>
<th>Organisation Name</th>
<th>Service Type</th>
<th>Contact Information</th>
<th>Services</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Tasmania</strong></td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>
| **ARAFMI Tasmania** | Community-Based, Non-Profit Organisation | Location: 34 Howick Street, Launceston, TAS, 7250  
Telephone: 03 6331 4486  
Fax: 03 6334 8719  
Postal Address: PO Box 464, Launceston, TAS, 7250  
Email: north@arafmitas.org.au  
Website: www.arafmitas.org.au | - Peer support group for Eating Disorders meets twice monthly.  
- Carer support group for Eating Disorders meets twice monthly. |
| **Community Nutrition Unit (CNU), Department of Health and Human Services (DHHS)** | Public Health Service | Location 1: Community Nutrition Unit, Department of Health and Human Services, Level 3, 25 Argyle Street, Hobart, TAS, 7000  
Telephone: 03 6222 7222  
Fax: 03 6222 7252 | - Body image and Eating Disorders awareness course is available, called Food, Fads, and Feelings. This course is a 9-week program suitable for individuals with body image concerns and those who are experiencing disordered eating such as dieting, overeating, binge eating, food preoccupation, and emotional eating. The program is not suitable for individuals with Anorexia Nervosa, Bulimia Nervosa, or severe mental health problems.  
- Eating disorder information and support website has been developed in partnership with the Tasmanian Parents and Friends Support Group (www.tas.eatingdisorders.org.au).  
- Community education and training is available on promoting positive eating behaviours and nutrition (e.g., for schools, community groups)  
- Education and training on nutrition and healthy eating behaviours is available for health professionals and community workers.  
- Evaluation service is available to help evaluate the effectiveness of health promotion programs related to nutrition and eating.  
- Resources are available such as an eating guide designed for parents of young children.  
- Public education and campaigning such as supporting No Diet Day. |
| **Tasmanian Eating Disorders Infoline** | Telephone Helpline | Telephone: 1800 675 028  
Email: tas.eatingdisorders@dhhs.tas.gov.au | - Information and referral advice. |
| **Tasmanian Eating Disorders Website (TEDWeb)** | Website | Email: tas.eatingdisorders@dhhs.tas.gov.au  
Website: www.tas.eatingdisorders.org.au | - Website with information about services and resources for people with Eating Disorders and their carers and families. |
| **Support Group for Family and Friends of People with Eating Disorders** | Community-Based, Non-Profit Support Group | Location: Royal Hobart Hospital, Lower Ground Floor, “A” Black  
Telephone: 03 6225 2948 or 03 6222 8188 | - Support group for family, carers, and friends of people with Eating Disorders. |
| **Tasmanian Eating Disorders Support Service (T.E.S.S.)** | Community-Based, Non-Profit Organisation | Location: 85 Peel Street West, Launceston, TAS, 7250  
Telephone: 03 6343 1485  
Postal Address: PO Box 447, Launceston, TAS, 7250 | - Eating disorder workshops are available for local schools.  
- Referral service for service providers.  
- Support groups are available.  
- Counselling and support to those in rural areas. |
<table>
<thead>
<tr>
<th>Organisation Name</th>
<th>Service Type</th>
<th>Contact Information</th>
<th>Services</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Victoria</strong></td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>
| Acorn Support Group                     | Community-Based, Non-Profit Support Group | **Postal Address:** PO Box 3486, Albury, NSW, 2640 **Telephone:** 0427 730 283 **Email:** admin@acornsupportgroup.com **Website:** www.acornsupportgroup.com | - Monthly meetings for families and carers of individuals with Eating Disorders.  
- Library of books and DVDs.  
- Starter kit to inform families and individuals about treatment options and services.  
- Newsletter and email network to support families, carers, and health professionals.  
- Information and awareness events are hosted periodically.  
- Advocacy regarding Eating Disorders. |
| Centre of Excellence in Eating Disorders (CEED) | Coordination and Consultation Centre | **Location:** Centre of Excellence in Eating Disorders, The Royal Melbourne Hospital- Royal Park Campus, Building 5, 34-54 Poplar Road Parkville, VIC, 3052 **Telephone:** 03 8387 2669 **Postal Address:** Centre of Excellence in Eating Disorders, c/o Post Office, Royal Melbourne Hospital, VIC, 3050 **Email:** ceed@mh.org.au **Website:** www.rch.org.au/ceed | - Consultation and support service available to public mental health services (Adult and Children and Adolescent Mental Health Services)  
- Education and training at an introductory and advanced level on Eating Disorders management is available through the State-Wide Mental Health Education and Training (Cluster) Program. In-service training is available.  
- Service development consultation to specialist Eating Disorder services, and Adult and Child and Adolescent Mental Health Services is available. |
| Eating Disorders Foundation of Victoria (EDFV) | Community-Based, Non-Profit Organisation | **Location:** 1513 High Street, Glen Iris, VIC, 3146 **Telephone:** 03 9885 6563 **Fax:** 03 9885 1153 **Helpline:** 1300 550 236 **Email:** edfv@eatingdisorders.org.au **Website:** www.eatingdisorders.org.au | - Telephone helpline is available. The Eating Disorders Helpline operates on weekdays from 9:30am to 5:00pm by trained volunteers.  
- Training and education is available. Programs are run periodically and upon request and cater for a variety of audiences including individuals with Eating Disorders, carers and families, school staff, health and welfare workers, fitness centre staff and sports coaches, community works, employers with workplace Eating Disorder issues, and community groups.  
- Library service is offered which contains a range of books and multimedia on Eating Disorders which are suitable for individuals with Eating Disorders, and families and carers.  
- Recovery support officer is available to provide guidance and support to individuals at all stages of recovery from an Eating Disorder.  
- Helpfinder service is available to assist individuals, families, and health professionals find out information about services. Referral details can be obtained by ringing the Eating Disorders Helpline on 1300 550 236  
- Family support officer is available to assist families, friends, and partners of a person with an Eating Disorder.  
- Chatroom and online discussion boards to provide support to individuals with Eating Disorders  
- Care and share is an online meeting place for families, friends, and partners of people with Eating Disorders. |
<table>
<thead>
<tr>
<th>Organisation Name</th>
<th>Service Type</th>
<th>Contact Information</th>
<th>Services</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Victoria cont.</strong></td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>
| Eating Disorders Foundation of Victoria (EDFV) continued |                                       |                                                                                      | - Peer support groups are available for individuals who are beginning or maintaining recovery, for families and friends, and for these groups combined.  
- Carer skills-based program is available comprising a 6-week course containing training in motivational interviewing, problem solving, communication, and tools to facilitate recovery.  
- Newsletter provided periodically throughout the year.  
- Advocacy regarding body image and Eating Disorders. |
| **If Not Dieting**                | Private Organisation                   | Location: 139 High Street, Prahran, VIC, 3181  
Telephone: 03 9529 6099  
Email: calmeating@ifnotdieting.com.au  
Website: www.ifnotdieting.com.au | - Comprehensive 2-day health professional training based on the person-centred, non-dieting approach to healthy weight management, and follow-up sessions for past participants.  
- Books and publications including "If Not dieting, Then What?", "Calm Eating," and "If Not Dieting: Eating Awareness Diary"  
- Website with regular updates |
| **Northern Eating Disorder Support Group** | Community-Based, Non-Profit Support Group | Location: Watsonia Neighbourhood House, 47 Lambourn Road, Watsonia, VIC, 3087  
Telephone: 0409 588 551 | - Support group for parents, families, and loved ones of young people with Eating Disorders and operates on a monthly basis. |
| **The Oak House**                 | Private Mental Health Centre          | Location: 190 Union Road (corner of Mont Albert Road), Surrey Hills, VIC, 3127  
Telephone: 03 9888 4737  
Fax: 03 9888 4797  
Postal Address: PO Box 210, Surrey Hills, VIC, 2137  
Email: info@theoakhouse.com.au  
Website: www.theoakhouse.com.au | - Training and education workshops for GPs, allied health professionals, school professionals, and community groups on Eating Disorders tailored to the specific audience. |
| **Pathways Geelong**              | Community-Based, Non-Profit Organisation | Postal Address: PO Box 7168, Geelong West, VIC 3218  
Telephone: 03 5229 8295  
Website: www.pathways.org.au | - Outreach program that operates in partnership with Barwon Health's Eating Disorder Service. |
| **Western Australia**             |                                       |                                                                                      |                                                                                                                                                                                                          |
| **Bridges Association Incorporated** | Community-Based, Non-Profit Organisation | Postal Address: PO Box 138, Karrinyup Shopping Centre, Karrinyup, WA, 6018  
Email: info@bridges.net.au  
Website: www.bridges.net.au | - General support and assistance to individuals with Eating Disorders and carers and families.  
- Referral information to guide individuals toward professional help and services.  
- Newsletter provided periodically throughout the year.  
- Hosts state-based Body Image and Eating Disorder Awareness Week events with WA Eating Disorder treatment services in the first week of September each year.  
- Fundraising events are held periodically, such as movie nights  
- Advocacy regarding body image and Eating Disorders. |
<table>
<thead>
<tr>
<th>Organisation Name</th>
<th>Service Type</th>
<th>Contact Information</th>
<th>Services</th>
</tr>
</thead>
</table>
| **Western Australia cont.**                     |                                  |                                                                                                                                                                                                                      | **Online handouts for GPs and other health professionals.**  
**Online self-help package for individuals with body image and disordered eating issues.**  
**Training and education workshops for clinicians and health professionals** are provided in introductory and advanced formats to periodically throughout the year, in Western Australia and interstate on demand. The workshops cover assessment, diagnosis, and treatment, and the treatment approach is oriented in cognitive-behavioural techniques, specifically, enhanced cognitive behavioural therapy. A training calendar is available upon request.  
**Peer support groups for Anorexia Nervosa/Bulimia Nervosa** are offered through the Body Esteem Program. The groups are closed groups and run one evening a week for 20 weeks.  
**Parent/carer education and support program** is available.  
**Guided self-help group** for overeating/Binge Eating Disorder is available as a 20-week program.  
**Step-down group** is available. This is a 5-week support group open to participants who have completed a previous 20-week group.  
**Referral directory** is available which lists services related to Eating Disorders including psychologists and clinical psychologists, counsellors, psychiatrists, dietitians, groups, general practitioners, and public and private health services. |
| Centre for Clinical Interventions               | Public Mental Health Service     | Location: 223 James Street, Northbridge, WA, 6003  
Telephone: 08 9227 4399  
Fax: 08 9328 5911  
Email: info.cci@health.wa.gov.au  
Website: www.cci.health.wa.gov.au |                                                                                                                                                                                                                      |
| Princess Margaret Hospital for Children, Eating Disorders Program | Public Hospital                  | Location: Roberts Road, Subiaco, WA, 6008  
Telephone: 08 9340 7012  
Fax: 08 9340 7700  
Postal Address: Eating Disorders Program, Psychological Medicine Clinical Care Unit, Princess Margaret Hospital for Children, GPO Box D184, Perth, WA, 6840  
Website: www.pmh.health.wa.gov.au/services/eating_disorders/index.htm | **Training and education workshops for the public, carers, school professionals, and health professionals** are provided throughout the year. The workshops cover identification and assessment, supporting parents throughout treatment, family therapy, supporting people with Eating Disorders for fitness professionals, dietetic and nutritional management, promotion of positive body image and prevention of Eating Disorders, and individual psychological therapies. A calendar is available online. |
| Women’s Healthworks                             | Community-Based, Non-Profit Organisation | Location: Suite 6, Joondalup Lotteries House, 70 Davidson Terrace, Joondalup, WA, 6027  
Telephone: 08 9300 1566  
Fax: 08 9300 1699  
Email: info@womenshealthworks.org.au  
Website: www.womenshealthworks.org.au |                                                                                                                                                                                                                      |
# Appendix A

## Quality Appraisal Checklist

### 1. Content: Does the resource…

<table>
<thead>
<tr>
<th>A. Start with a clear statement of aims?</th>
<th>Yes/No</th>
</tr>
</thead>
<tbody>
<tr>
<td>Describes its purpose</td>
<td></td>
</tr>
<tr>
<td>Describes who it is for</td>
<td></td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>B. Provide unbiased and comprehensive information?</th>
<th>Yes/No</th>
</tr>
</thead>
<tbody>
<tr>
<td>If applicable...</td>
<td></td>
</tr>
<tr>
<td>Describes the topic under consideration (e.g., provides background information)</td>
<td></td>
</tr>
<tr>
<td>The breadth of information provided is adequate</td>
<td></td>
</tr>
<tr>
<td>Describes or includes procedures (i.e., treatments, targets, monitoring, behaviour change, courses of action, etc.)</td>
<td></td>
</tr>
<tr>
<td>Describes uncertainty around the current evidence (i.e., what is not known)</td>
<td></td>
</tr>
<tr>
<td>Describes benefits of options</td>
<td></td>
</tr>
<tr>
<td>Describes risks of options (e.g., harms/side effects/disadvantages)</td>
<td></td>
</tr>
<tr>
<td>If the resource is a self-help program, assessment or self-monitoring tools are provided and use is explained</td>
<td></td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>C. Contain accurate and evidence-based information?</th>
<th>Yes/No</th>
</tr>
</thead>
<tbody>
<tr>
<td>If applicable...</td>
<td></td>
</tr>
<tr>
<td>Clearly states the evidence sources used in compiling the information</td>
<td></td>
</tr>
<tr>
<td>Information quoted or procedures included are in line with the most up-to-date clinical evidence and/or information</td>
<td></td>
</tr>
<tr>
<td>Personal opinion and/or advertising are clearly distinguished from evidence-based information</td>
<td></td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>D. Help users to make appropriate decisions?</th>
<th>Yes/No</th>
</tr>
</thead>
<tbody>
<tr>
<td>If applicable...</td>
<td></td>
</tr>
<tr>
<td>Acknowledges (explicitly or implicitly) that the user has decisions to make</td>
<td></td>
</tr>
<tr>
<td>Ask users to consider factors affecting possible courses of action</td>
<td></td>
</tr>
<tr>
<td>Suggest ways and/or provide tools to help users make decisions</td>
<td></td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>E. Disclose conflicts of interest?</th>
<th>Yes/No</th>
</tr>
</thead>
<tbody>
<tr>
<td>Includes authors’/developers’ credentials or qualifications</td>
<td></td>
</tr>
<tr>
<td>Reports source of funding to develop and distribute the resource</td>
<td></td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>F. Have a clear structure and layout?</th>
<th>Yes/No</th>
</tr>
</thead>
<tbody>
<tr>
<td>If applicable...</td>
<td></td>
</tr>
<tr>
<td>Is consistent in design and layout throughout</td>
<td></td>
</tr>
<tr>
<td>Includes aids to finding information (e.g., contents, index, site map, or search facility)</td>
<td></td>
</tr>
<tr>
<td>Illustrates information with diagrams and/or pictures</td>
<td></td>
</tr>
<tr>
<td>Where diagrams appear, they are labelled and relate to the subject matter</td>
<td></td>
</tr>
<tr>
<td>Sections are clearly separated</td>
<td></td>
</tr>
<tr>
<td>If the resource is a program, the resource clearly describes how to use or follow the program</td>
<td></td>
</tr>
</tbody>
</table>

| G. Help the user judge its reliability? | |
|-----------------------------------------| |
| Reports date of publication and/or last update | |
| Indicates sources of further information | |

**Rating:**
REFERENCES

(Endnotes)


