

ANZAED NEWSLETTER



Editor's Report

Dear ANZAED members

Welcome to the ANZAED's second newsletter, the summer 2010 edition. Thanks to all of you who provided feedback following the inaugural newsletter. From your feedback we know the newsletter is valued by you as a resource. ANZAED's membership is growing-at last count it stood at 161. We remain the largest Australasian organisation representing the interests of clinicians and researchers in the field of eating disorders. Please keep those suggestions coming in for how the newsletter can best meet your needs. Also, please send any news, professional development or career opportunities you'd like put in the next newsletter. It's your newsletter!

Happy Reading

Warren Ward, Secretary ANZAED



President's Report

The new ANZAED executive has been very busy since the publication of the inaugural newsletter. It is my pleasure to bring members up to date.

Training

As outlined in the previous newsletter, I would like ANZAED to take a more active role in the training of health professionals in the treatment of Eating Disorders, and increase services to members. I am pleased to announce that ANZAED will be cosponsoring a one day workshop by **Associate Professor Josie Geller in Perth on June 3rd 2010**. Dr Geller was due to do a series of training days along the Eastern Sea Board, organised collaboratively by CEED, CEDD and EDOS. With the assistance of extra funds from ANZAED, this training can be extended to Western Australia. I would like to again thank CEED, CEDD and EDOS for their collaboration with ANZAED on this event. I am hopeful that ANZAED can continue to work in partnership with the state bodies in the future. More details about the training by Dr. Geller is available on the website and in the newsletter. **ANZAED members will be entitled to a 20% discount when they register for this workshop.**

It is with great pleasure that I can now announce that ANZAED will also be a cosponsor of a major **Eating Disorders Conference in Sydney in May 2010**. The conference is called "Eating Disorders: Meeting the Challenge". Other sponsors include CEDD, The Children's Hospital at Westmead, Centre for Research into Adolescent Health, and the Mental Health Council of Australia.

Once again, the ANZAED executive can announce that our members that are attending this conference are eligible to receive a 20% discount on their conference registration. ANZAED will be actively pursuing benefits like this with other organisations to be able to increase the services to our members.

As outlined below, there are a number of upcoming training opportunities in the field of eating disorders. ANZAED can announce that members in attending the **Josie Geller Training in Brisbane will receive a 20% discount on registration.** The ANZAED executive is actively negotiating with other states to achieve a similar discount.

The **Children's Hospital in Westmead** is holding training on **the Maudsley Family Based Treatment** for Anorexia on 22nd and 23rd April 2010 in Sydney. This is an important training as it disseminates the empirically supported treatment for Anorexia Nervosa in adolescents. Due to the work of ANZAED executive member Mr. Andrew Wallis, **ANZAED members will again receive a 20% discount to this training.** I think the Children's Hospital for their continued support of ANZAED to make training more available to members.

Member Input

The active pursuit of discounted training is an important new initiative for ANZAED. The executive is committed to achieving more for the membership. Please let all colleagues know of the benefits of membership. Be active in encouraging them to join. In this way the organisation grows in strength and numbers, and this in turn helps us negotiate with conference to achieve the best result for ANZAED members. Greater numbers also helps ANZAED be in a better position to be more active politically.

The ANZAED executive would like more input from membership regarding the direction ANZAED takes over the coming years, particularly in relation to member benefits, such as conferences and workshops. Shortly, members will receive a survey related to this. Please take the time to give us feedback about how ANZAED can best work for you.

Research Grants for the Eating Disorders

I would like to congratulate all of those who were successful in the latest round of research funding. Recipients include: Susan Byrne, Ian Caterson, Anthea Fursland, Phillipa Hay, Sloane Madden, Virginia McIntosh, Jon Mond, Susan Paxton, Elizabeth Rieger, Stephen Touyz, & Tracey Wade.

Many of these individuals are, of course, ANZAED members. Some of the research projects are detailed later in the newsletter, as well as some profiles of ANZAED members involved in the projects.

Position Paper

The ANZAED executive has recently developed a position paper regarding the outpatient treatment of eating disorders. This is a “companion” document to the position paper in inpatient treatment. Both these documents can be found on the website (www.anzaed.org.au)

Body Image News



Two announcements

were made regarding the media influence on body image dissatisfaction. The National Advisory Group on Body Image, on which a number of ANZAED members sat, produced a comprehensive set of recommendations in a proposed National Strategy on Body Image. Amongst the recommendations was the suggestion of a voluntary industry code of conduct for promoting positive body image; standardised sizing; an increased role for public advocacy; as well as an increased role for intervention in body dissatisfaction.

ANZAED also offered its support to a document produced by the Liberal Democratic Party in Great Britain. The document, “The Impact of Media Images on Body Image and Behaviours: A Summary of the Scientific Evidence”, provided a concise review of the literature highlighting the importance of the issue of body image distress and the role of idealised media images on body image. A number of recommendations were made regarding the labelling of digitally altered images and the prohibition of altering images aimed at those under 16 years of age. Similar recommendations were made regarding the use of underweight models in fashion week, as well as the introduction of media literacy programs in schools.

Both these documents can be found on the Resources section of the ANZAED website (www.anzaed.org.au). In a similar theme, ANZAED has also previously endorsed the AED guidelines on the fashion industry, also available on www.anzaed.org.au

Conference Subcommittee

Following the Brisbane conference, the ANZAED executive considered the recommendations of conference co-chair Elaine Painter, that ANZAED form a Conference Subcommittee. The role of the committee would be to support local ANZAED conference convenors by streamlining many of the activities that repeat from year to year (such as registration forms, marketing for example). This committee has recently been established and is being chaired by Sloane Madden. I would like to thank Professor Susan Paxton who, in her role as AED President, has given ANZAED access to the AED conference planning handbook to assist this committee.

Resource

The Royal Australian and New Zealand College of Psychiatry have updated and reissued Consumer and Carer treatment guidelines for Anorexia Nervosa. A PDF version of these have been made available on the resources section of www.anzaed.org.au

Scholarship Winner!!!

I am pleased to announce that we had an extremely strong contingent of entries for this years ANZAED/AED ICED Travel Scholarship. The standard of research being conducted into eating disorders across Australia and New Zealand is extremely high. The winner of this years \$3,000 travel scholarship is Ms. Laura Hart for her abstract, "First aid for Eating Disorders: development of guidelines for use by the public". The executive congratulates Laura and wishes her all the best for the conference in Austria in June.

Sad Departure.

It is with great regret that I inform the membership that our executive secretary, Amanda Ridd, is leaving her role with us at ANZAED to pursue further study in psychology. Amanda has played an integral role in the development of the ANZAED website, online registration, the newsletter as well as numerous other ANZAED activities. She has served as the first point of contact with ANZAED for many of our members. Amanda will be greatly missed by the ANZAED executive. I know Amanda will also miss her work with ANZAED and I take this opportunity to wish her all the best for the future. We welcome Amanda's replacement, Ms. Leigh Hanham to the team.

Chris Thornton, President ANZAED



Research and Grant News!!!!!!

We are delighted to announce new prestigious funding for research involving several members of ANZAED.

- The first is from the Australian Research Council (ARC DP1095656) to Prof Susan Paxton (LaTrobe), A/Prof Jonathan Mond (UWS), Prof Phillipa Hay (UWS), and Prof Bryan Rodgers (ANU) for the study: *Paving the way for effective public health interventions for bulimic eating disorders: Understanding stigma and mental health literacy.*

Amount: \$214,000 over three years.

This research is about promoting and maintaining good health. We know well that the burden of bulimic eating disorders in the community is high, frequently ignored and increasing. This study we hope will lead the way for improved understanding of eating disorders and a reduction of stigma in relation to these problems. The focus is to reduce shame and suffering for people with eating disorders and enhance appropriate treatment seeking and the quality of advice received from family, friends and health professionals. A public health intervention based on our findings we hope will contribute to a more tolerant and understanding community.

- The second research grant is from the National Health Medical Research Council (NHMRC PG 634922) to Prof Phillipa Hay (UWS), Prof Stephen Touyz (University of Sydney), A/Prof Caroline Meyer (Loughborough University), Dr John Arcelus (Leicester Health Service), Dr Sloane Madden (University of Sydney), Dr Ross Crosby (University of North Dakota, USA) and Prof Kathleen Pike (Temple University Japan) for the study: *Taking a LEAP forward in the treatment of Anorexia Nervosa: A randomised controlled trial.*

Amount: \$557,100

The aim of this study is to determine the efficacy of a novel therapy in the treatment for anorexia nervosa, namely the Loughborough Eating disorders Activity therapy. LEAP is an innovative therapy that addresses the role of extreme exercise in anorexia nervosa and is fully integrated with an established manualised cognitive behavioural therapy (CBT) developed by Professor Pike. The two-site (Sydney and Leicester) trial will test the efficacy of LEAP enhanced CBT compared to CBT alone in individual therapy.

- The third is also from the NHMRC (PG 634434) entitled: *A randomised controlled trial of three treatments for anorexia nervosa in adults.* It is led by A/Prof Susan Byrne (University of Western Australia) and other investigators are Professor Tracey Wade (Adelaide University), Prof Stephen Touyz (University of Sydney), Prof Phillipa Hay (UWS), Professor Chris Fairburn (University of Oxford), Professor Ulrike Schmidt and Prof Janet Treasure (University of London) and A/Prof Virginia McIntosh from Christchurch New Zealand.

Amount - \$584,125

This Australian study will be the first of its type in the world. The first treatment is the newly devised Enhanced Cognitive Behaviour Therapy (formulated from the trans-diagnostic theory for eating disorders). The second treatment is the Maudsley Cognitive Motivational Therapy which was designed specifically to treat anorexia nervosa. The third treatment is specialist supportive clinical management which represents a combination of clinical management and supportive psychotherapy. The benefits of this research will be significant in informing treatments for that are both highly effective *and* meet patient's needs.

- The fourth was also from the NHMRC (NHMRC 632621) entitled *The Effectiveness of Motivational Enhancement Therapy for Obese Patients and Support Partners* which is a randomised controlled trial conducted by Dr Elizabeth Rieger (The Australian National University), Professor Ian Caterson (University of Sydney) and Professor Janet Treasure (Kings College University of London and the Eating Disorders Unit at the South London and Maudsley Hospital)

Amount: \$528,900

We know that weight loss programs for obese individuals have generally proven to be ineffective in providing a long-term solution to the problem, with lost weight generally regained in the initial years after treatment. Such outcome data are particularly concerning given the range of medical, psychological and social morbidities and elevated mortality known to be associated with obesity. The aim of this study is to improve the maintenance of

weight loss in obese adults by (i) helping obese individuals to increase and sustain their motivation for weight control using motivational enhancement therapy and (ii) teaching the support partners of obese individuals effective strategies for supporting weight control.

Member Profile 1: SUSAN PAXTON

We are very proud to have Professor Susan Paxton as a member of ANZAED. Professor Paxton is currently president of the Academy for Eating Disorders, the peak international eating disorders



association. She was a founding member of ANZAED and has previously occupied positions as Secretary and President of ANZAED. She has a very impressive CV too detailed to give justice to in these pages. She is currently Professor and Head of School at the School of Psychological Science at Latrobe University, in addition to being a Member of Board of Directors, Butterfly Foundation; Member of the Victorian Ministerial Community Advisory Committee on Body Image; and Member of the Federal Government's National Advisory Group on Body Image. She has a very long list of publications in the eating disorders field. She kindly took some time aside from her busy schedule to grant an interview for the 2010 Summer ANAZED newsletter to talk about a study for which she and her co-researchers have been granted \$ AUD 214 000 from the Australia Research Council. The study is called 'Paving the way for effective public health interventions for bulimic eating disorders' and the co-investigators are Professor Paxton, A/Prof Jonathon Mond, Prof Phillipa Hay and Prof B Rodgers.

ANZAED: Can you tell us what led to your interest in this topic of research?

Professor Paxton: I have had an interest in eating disorders since 1987 when I was in my first academic job. I was working as a senior tutor in the Department of Psychiatry at the University of Melbourne and my main role was working with medical students. However, I was also doing one to two sessions a week in the psychiatric unit at Royal Melbourne Hospital, and they had an eating disorders unit in the psychiatry unit. That's when I was first exposed to patients with eating disorders. So my first interest in researching eating disorders arose from my clinical work. I became interested in how people develop these problems and in how one can address body image and dieting behaviours at an early stage. I started thinking 'there must be some way to prevent these disorders'. In 1993 I published a paper on prevention which was one of the first papers ever published on prevention of eating disorders.

ANZAED: Can you tell us a bit about the research you are doing?

Professor Paxton: We are trying to understand which community attitudes currently create barriers for people with eating disorders in seeking treatment, and what we can do about reducing those barriers. We are particularly interested in this because there are helpful treatments available for bulimic disorders, but the treatment-seeking for people with eating disorders is very low (perhaps as low as 10% of people with such disorders seek help). Two years ago I was involved in a qualitative study which reflected on what people with bulimic eating disorders believed could be of benefit in

helping them take the first step in seeking help. That study identified that shame and fear of stigma were important barriers to treatment seeking so now we are trying to learn more about stigmatising attitudes, and importantly, how we can change them.

ANZAED: How did the members of the research team come to work together?

Professor Paxton: A/Prof Jonathon Mond and Prof Phillipa Hay are also ANZAED members. I have worked with them both before very productively, and like me, they have an interest in trying to understand community attitudes to eating disorders. Bryan Rodgers is a mental health epidemiologist who brings important knowledge and skills to the study as it is a randomised community-based survey of people in the community.

ANZAED: What outcomes do you hope to achieve with this study?

Professor Paxton: We will be using a random community sample and we aim to identify community attitudes which are barriers to people seeking help. Importantly, we also want to test some brief and simple messages to identify how effective they would be as public health messages to change community attitudes in a positive way. We are particularly interested in attitudes because these are things that can potentially be changed unlike other risk factors such as genetic factors. So we will be asking our community sample about how persuasive each of these messages would be in changing their attitudes about bulimic eating disorders to seeking help. We will also be rating the messages as to their novelty value and believability. Public health messages about depression from organisations such as Beyond Blue have really changed community attitudes to depression and reduced the barriers to seeking help. Similarly, we're hoping to contribute to changing attitudes in the community about eating disorders.

ANZAED: What advice would you give to people starting out in their research career?

Professor Paxton: I would advise them to join an active research team with people who have an established profile, and who have had previous success in accessing grant funding. It is both stimulating and supportive to work in a team environment.

ANZAED: Thanks for granting us some time out of your busy schedule for this interview. We wish you and your co-researchers success with the study, and look forward to hearing about its progress.

[Member Profile 2: SUE BYRNE](#)



Dr. Sue Byrne, Associate Professor at UWA and Research Consultant at the Centre for Clinical Interventions, has been awarded an NHMRC Project Grant of \$584,125 to evaluate three promising new treatments for anorexia nervosa (AN) in adults. The study's title is *A randomised controlled trial (RCT) of three new treatments for anorexia nervosa in adults*. Her co-investigators are Australia's leading researchers/clinicians in the field of eating disorders (Professor Tracey Wade in Adelaide, and Professors Phillipa Hay and Stephen Touyz in Sydney), and other CIs include Professors Christopher Fairburn, Janet Treasure and Ulrike Schmidt from the UK and Dr Virginia McIntosh from New Zealand. Associate investigators include Dr Ross Crosby (from the US) and Dr. Anthea Fursland (from CCI in Perth).

This Australian multi-centre RCT will be the first of its type in the world. The first treatment is the newly devised Enhanced Cognitive Behaviour Therapy (CBT-E), which was formulated from the transdiagnostic theory for eating disorders (Fairburn, Cooper & Shafran, 2003). The second treatment is the Maudsley Cognitive Motivational Therapy (MCMT; Schmidt & Treasure, 2006), which was designed specifically to treat AN and was formulated from the cognitive-interpersonal maintenance model. The third treatment is non-specific supportive clinical management (SCM; McIntosh et al., 2005), which represents a combination of clinical management and supportive psychotherapy. Over 200 patients will be recruited into the trial. All three treatments will be conducted over a 10 month period, and at the end of treatment patients will be followed-up for one year. The benefits of this research will be significant in informing treatments for AN that are efficacious, theoretically-driven and highly acceptable to patients.

ANZAED: This is a very exciting study, with a design that researchers dream of. Can you tell our readers how you managed to get such a well-designed study together?

Dr Byrne: The two most important things were perseverance and collaboration. The design evolved over a number of years. We first dreamed up the idea maybe 5 years ago and all of the CIs, including the international CIs, worked together to craft the original grant application. After three unsuccessful attempts to obtain NHMRC funding, we nearly gave up! I'm glad we didn't of course, because the fourth time we were successful. Actually, I now realize that that period of time was really valuable because it meant that we kept improving on the design, responding to feedback from reviewers and clarifying exactly what we wanted the study to look like. The end product is well refined and really exciting.

ANZAED: Can you tell us more about the cross-site and international collaboration?

Dr Byrne: Participants in the trial will be recruited from a number of sites around Australia – in Perth, Adelaide and Sydney. The therapy will be conducted at all of these sites by psychologists who will be trained in all three treatments by the international CIs. The Australian and International CIs will all be involved in supervising the therapists to ensure treatment integrity.

ANZAED: What are the reasons you are a member of ANZAED, and where would you like to see ANZAED develop in the future?

Dr Byrne: I have been a member of ANZAED since I was a PhD student, because my doctoral research was in the field of eating disorders. I always enjoy the ANZAED conferences because we are a pretty small field, and they provide the opportunity to catch up with other Australian researchers and clinicians and to find out about the exciting work that is being conducted around Australia and New Zealand. The ANZAED also provides a good forum for up and coming researchers

and clinicians to form collaborations and generate ideas. I find the ANZAED to be a very supportive association for researchers.

ANZAED: Do you have any advice for researchers beginning their careers?

Dr Byrne: Particularly in the field of eating disorders, I think it is important that researchers also maintain a clinical load. We learn so much from our patients that can inform our research and vice versa. I consider myself extremely lucky to be working with a team of people who manage to combine teaching, research and clinical work.

ANZAED/AED Sisterhood Committee Update
by Phillipa Hay



"Joining Forces for Change" There continue to be monthly teleconferences. In addition to progress on expansion of the sisterhood in Europe, Asia and the Americas the AED Advocacy and Communication committee has been discussing the work of Mr Matan Uziel in Israel, notably his political advocacy in addressing issue of 'thin ideal' in the fashion industry. Whilst it is unclear what the outcomes are at present (e.g. there has been no legislation as yet) we discussed how and if IAED and AED could join forces to support his work.

AED is to have a media release soon and Yael Latzer (IAED President) will express support for his efforts at a meeting in the Knesset (Israeli parliament) she will attend in November.

Conference Report: The 19th Annual Renfrew Centre Foundation Conference for Professionals: Feminist Perspectives and Beyond: The Art and Science of Eating Disorders Treatment

The Renfrew Centre held its 19th Annual Conference for Professionals at the Philadelphia Airport Marriott in the US, from November 12-15. The conference featured the following keynote speakers presenting on a number of topics relevant to this year's theme:

Joan Borysenko, PhD: *The Psychology, Biology and Spirituality of the Feminine Lifecycle*

Daniel J. Siegel, MD: *Mindsight, Self-Regulation and Attachment: Promoting Health by Moving from Chaos and Rigidity to Neural Integration*

Panel Presentation by William N. Davis, PhD; Carolyn Costin, MFT; James Lock, MD and Kathryn Zerbe, MD: *What Makes a Difference? Perspectives on the Art and Science of Eating Disorders*

Treatment

Workshop topics over the four day event included:

- Understanding and treating EDNOS
- Integrating Evidence-Based Interventions and Relational Therapies
- Adapting Therapeutic Techniques to the Changing Clinical Picture
- Providing Motivation and Skills to Help Therapists and Clients Move Beyond Their “Comfort Zones”
- Overcoming Shame
- Combining Different Treatment Models to Enhance Outcome
- Effective Ways to Address Exercise Issues
- Coached Meals
- Mindfulness
- Neurobiology
- Therapist Self-Care



March 2010

Eating Disorders International Conference (EDIC) (London, UK)

Date: Thursday 11th – Saturday 13th March, 2010

Venue: Kensington Conference and Events Centre
Hornton Street, Kensington, London

Contact: EDIC@hamptonmedical.com

April 2010

2 Day Intensive Workshop in the Maudsley Model of Family Based Treatment for Anorexia Nervosa

(20% Discount on registration fee for ANZAED members)

Date: 22nd and 23rd April 2010

Venue: The Children's Hospital at Westmead

Contact: ColleenA@chw.edu.au

May/June 2010

“Treating Bodies Across the Globe”

International Eating Disorder Symposium (Salt Lake City, USA)

Date: 19-20th May, 2010

Venue: Salt Lake City, Utah

Contact: Maya Miyairi ieds.uofu@gmail.com

"Eating Disorders: Meeting the Challenge"

Sydney Conference for Professionals and Carers (Sydney, Australia)

Speakers include Josie Geller, Dianne Neumark-Sztainer, Daniel Le Grange

(20% Discount on registration fee for ANZAED members)

Date: Thursday 27th and Friday 28th May, 2010

Venue: Novotel Hotel & Conference Centre, Sydney Olympic Park, Homebush

Contact: Jeremy Freeman jfree@email.cs.nsw.gov.au

Dr Josie Geller Workshops

Last edition, ANZAED reported on the work of Dr Geller regarding her series of workshops which will be presented in Australia and New Zealand in late May/early June 2010.

Final dates are as follows:

Auckland

Contact: Anna Hedley AHedley@adhb.govt.nz

Dates: 19,20 May 2010

Sydney

RMI Training 21,22 May

Contact: Stephanie Heard stephanie.heard@mater.org.au

Sat 29 May: 1 day workshop

Contact: Jeremy Freeman jfree@email.cs.nsw.gov.au

Melbourne:

Contact: Michelle Robertson michelle.roberton@mh.org.au

Monday 24, Tues 25 May

Brisbane

Contact: Elaine Painter Elaine_Painter@health.qld.gov.au

Dates: Mon 31 May & Tues 1 June.

20% Discount on registration fee for ANZAED members!!!!

Perth

Contact: Anthea Fursland Anthea.Fursland@health.wa.gov.au

Dates: Wed 2 June **(20% Discount on registration fee for ANZAED members)**

June 2010.....

International Conference for Eating Disorders (ICED) (Salzburg, Austria) 9-12 June 2010

Held by the Academy for Eating Disorders (AED)

Register by April 27 to receive early registration discount. Keynote address by Dr Kelly Vitousek.

This year's Clinical Teaching Day (Wed 9th June) workshops include:

- * Collaborative Care: The New Maudsley Model
- * Treatments of Obesity and Binge Eating Disorder: Psychotherapy, Behavioral Therapy, Psychopharmacology and Bariatric
- * Cognitive-Behavioral Therapy for Eating Disorders: Core Skills to Help Your Patients Recover

* Medical Complications of Anorexia Nervosa and Bulimia and their Treatment
Multidisciplinary Team Working to Facilitate Treatment of Children and Adolescents with Eating Disorders and Their Families

* Everybody Has Won and All Must Have Prizes? How to Improve the Treatment of Eating Disorders? (Jeder hat gewonnen, und Alle sollen Preise haben? Wie kann man die Therapie von Essstörungen verbessern? – presented in German)

* Media Training -- Working Effectively with the Media

Date: Wed 9th June – Sat 12th June

Venue: Salzburg Congress and Sheraton Salzburg, Austria

Contact: The AED Headquarters, aed@aedweb.org.

Appearance Matters 4 Conference 22-23 June 2010

Hosted by the Centre for Appearance Research in Bristol.

Will highlight current research and good practice around appearance-related issues including visible differences, ethics, education, the media, identity, weight, provision of care, psychosocial interventions and areas for further research.

For more information visit the conference website at

<http://www.uwe.ac.uk/appearancematters>

August 2010

The 8th Annual Conference of the Australia and New Zealand Academy for Eating Disorders (ANZAED), (Auckland, NZ)

Date: Thurs 26th – Saturday 28th August

Venue: The Hilton Auckland, Princes Wharf, Quay St, Auckland NZ

Contact: Leigh Hanham leigh.hanham@eatingdisorders.org.au