

# 2021: Top 10 areas for eating disorder research to investigate

## Early Identification

How can GPs & other health professionals better identify disordered eating and the symptoms of all stages of all types of eating disorders, and intervene appropriately as part of routine practice?

## Equity of Access

How do we ensure all Australians have equitable access to effective eating disorder treatments no matter where they live or what they can afford?

## Treatment Outcomes

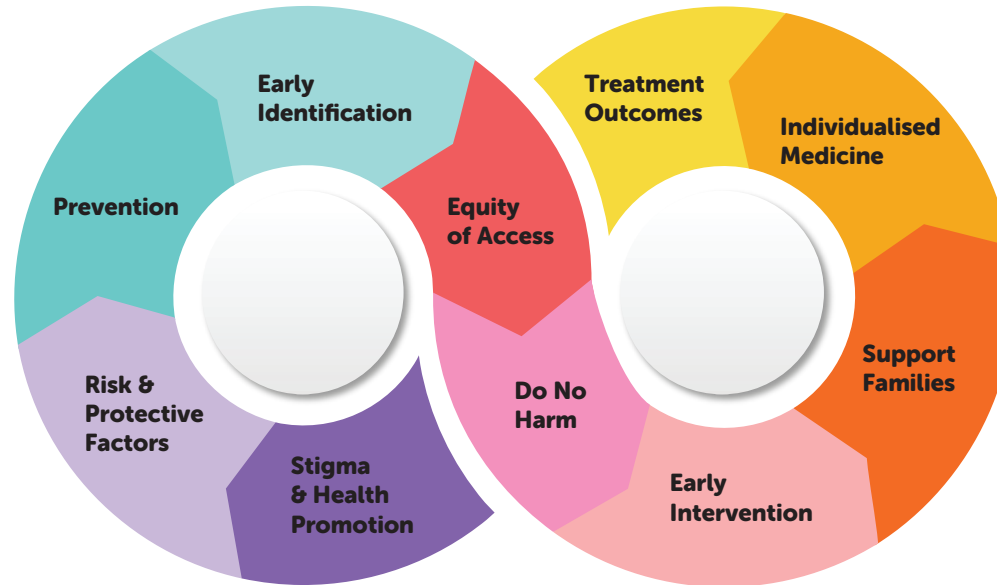
What existing eating disorder services, treatments, or treatment factors have the best long-term outcomes?

## Prevention

Are there particular strategies parents/families can use that help prevent the development of an eating disorder?

## Individualised Medicine

How can treatments be more individualized to consider diverse needs, stage of life, illness duration, type and diagnosis?



## Risk & Protective Factors

What are the key risk and protective factors and how do they impact on the development of (or the risk of developing) an eating disorder?

## Support Families

What support and skills do families need to help their loved one at all ages and stages of treatment across the recovery journey?

## Stigma & Health Promotion

How can public health messaging around healthy eating and weight be delivered without impacting on the development of eating disorders and inducing weight stigma?

## Do No Harm

What are the positive and negative impacts of current treatment – how can we reduce the negative impact and increase the positive?

## Early Intervention

What are the barriers to early intervention and how can these be addressed?