2021: Top 10 areas for eating disorder research to investigate

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

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?

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?

Do No Harm
What are the positive and negative impacts of current treatment – how can we reduce the negative impact and increase the positive?

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?

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

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

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?

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

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?