

# MENTAL HEALTH IN FOCUS

## EATING DISORDERS: BEYOND THE UNKNOWN

Episode Two

### CLINICAL RESOURCE LIST

Resource Name	Link	Description
<b>Set Point Theory</b>	<a href="http://www.cci.health.wa.gov.au/-/media/CCI/Mental-Health-Professionals/Eating-Disorders/Eating-Disorders--Information-Sheets/Eating-Disorders-Information-Sheet---24---Set-Point-Theory.pdf">www.cci.health.wa.gov.au/-/media/CCI/Mental-Health-Professionals/Eating-Disorders/Eating-Disorders--Information-Sheets/Eating-Disorders-Information-Sheet---24---Set-Point-Theory.pdf</a>	Understanding the biological and genetic mechanisms behind our body's predisposed weight.
<b>Atypical Anorexia</b>	<a href="http://www.nedc.com.au/eating-disorders/eating-disorders-explained/types/other-specified-feeding-or-eating-disorders/">www.nedc.com.au/eating-disorders/eating-disorders-explained/types/other-specified-feeding-or-eating-disorders/</a>	The characteristics, risks, and treatment of Atypical Anorexia, a specification under Other Specified Feeding and Eating Disorders (OSFED).
<b>Eating Disorders and People at Higher Weight</b>	<a href="http://www.nedc.com.au/eating-disorders/eating-disorders-explained/eating-disorders-and-people-at-higher-weight/">www.nedc.com.au/eating-disorders/eating-disorders-explained/eating-disorders-and-people-at-higher-weight/</a>	Helping you to understand the relationship between eating disorders and higher weight, as well as the importance of language and messages to overcome weight stigma.
<b>How to screen, assess and refer for eating disorders</b>	<a href="http://www.nedc.com.au/assets/NEDC-Resources/Screening-identification-referral-guide.pdf">www.nedc.com.au/assets/NEDC-Resources/Screening-identification-referral-guide.pdf</a>	This guide can help you to identify and assess eating disorders through common physical, behavioural, and psychological signs and symptoms.
<b>Eating Disorder Examination Questionnaire (online)</b>	<a href="http://www.insideoutinstitute.org.au/assessment/?started=true">www.insideoutinstitute.org.au/assessment/?started=true</a>	The EDE-Q is a 28-item self-report questionnaire used to assess eating disorder symptoms and level of severity. InsideOut Institute for Eating Disorders have developed this online form.



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<b>Eating Disorders Examination Questionnaire (excel)</b>	<a href="http://www.nedc.com.au/research-and-resources/show/eating-disorders-examination-questionnaire-edq-v-6-0-excel-smart-form">www.nedc.com.au/research-and-resources/show/eating-disorders-examination-questionnaire-edq-v-6-0-excel-smart-form</a>	The EDE-Q is a 28-item self-report questionnaire used to assess eating disorder symptoms and level of severity.
<b>Rethinking how we see Anorexia</b>	<a href="http://www.pursuit.unimelb.edu.au/articles/rethinking-how-we-see-anorexia">www.pursuit.unimelb.edu.au/articles/rethinking-how-we-see-anorexia</a>	Comparing and contrasting Anorexia Nervosa and Atypical Anorexia, helping us to understand the medical and psychiatric risk associated with both eating disorders.
<b>Eating Disorder Core Skills: eLearning for GPs</b>	<a href="http://www.nedc.com.au/professional-development/elearning/eating-disorder-core-skills-elearning-for-gps/">www.nedc.com.au/professional-development/elearning/eating-disorder-core-skills-elearning-for-gps/</a>	Comprehensive foundational eating disorder training developed specifically for GPs. Module 1 provides foundational knowledge for all mental health professionals. The training is accredited by RACGP (40 points), GPMHSC, and ACRRM.
<b>Avoidant Restrictive Food Intake Disorder (ARFID)</b>	<a href="http://www.nedc.com.au/eating-disorders/eating-disorders-explained/types/arfid/">www.nedc.com.au/eating-disorders/eating-disorders-explained/types/arfid/</a>	A DSM diagnosis characterised by an avoidance and restriction of intake that is not due to body image disturbance.
<b>National Eating Disorder Collaboration</b>	<a href="http://www.nedc.com.au/">www.nedc.com.au/</a>	NEDC is an initiative of the Australian Government dedicated to developing and implementing a nationally consistent, evidence-based system of care for the prevention and treatment of eating disorders.
<b>Eating Disorder Core Skills: eLearning for Mental Health Professionals</b>	<a href="https://nedc.com.au/professional-development/elearning/eating-disorder-core-skills-elearning-for-mental-health-professionals/">https://nedc.com.au/professional-development/elearning/eating-disorder-core-skills-elearning-for-mental-health-professionals/</a>	MH Core Skills is a 5-hour self-paced comprehensive foundational training designed to equip mental health professionals with knowledge and skill across identification, assessment, referral, and support.

