

MENTAL HEALTH IN FOCUS

EATING DISORDERS: BEYOND THE UNKNOWN

Episode Two

CLINICAL RESOURCE LIST

Resource Name	Link	Description
Set Point Theory	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	Understanding the biological and genetic mechanisms behind our body's predisposed weight.
Atypical Anorexia	www.nedc.com.au/eating-disorders/eating-disorders-explained/types/other-specified-feeding-or-eating-disorders/	The characteristics, risks, and treatment of Atypical Anorexia, a specification under Other Specified Feeding and Eating Disorders (OSFED).
Eating Disorders and People at Higher Weight	www.nedc.com.au/eating-disorders/eating-disorders-explained/eating-disorders-and-people-at-higher-weight/	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.
How to screen, assess and refer for eating disorders	www.nedc.com.au/assets/NEDC-Resources/Screening-identification-referral-guide.pdf	This guide can help you to identify and assess eating disorders through common physical, behavioural, and psychological signs and symptoms.
Eating Disorder Examination Questionnaire (online)	www.insideoutinstitute.org.au/assessment/?started=true	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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Eating Disorders Examination Questionnaire (excel)	www.nedc.com.au/research-and-resources/show/eating-disorders-examination-questionnaire-edq-v-6-0-excel-smart-form	The EDE-Q is a 28-item self-report questionnaire used to assess eating disorder symptoms and level of severity.
Rethinking how we see Anorexia	www.pursuit.unimelb.edu.au/articles/rethinking-how-we-see-anorexia	Comparing and contrasting Anorexia Nervosa and Atypical Anorexia, helping us to understand the medical and psychiatric risk associated with both eating disorders.
Eating Disorder Core Skills: eLearning for GPs	www.nedc.com.au/professional-development/elearning/eating-disorder-core-skills-elearning-for-gps/	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.
Avoidant Restrictive Food Intake Disorder (ARFID)	www.nedc.com.au/eating-disorders/eating-disorders-explained/types/arfid/	A DSM diagnosis characterised by an avoidance and restriction of intake that is not due to body image disturbance.
National Eating Disorder Collaboration	www.nedc.com.au/	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.
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/	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.

