Thanks for watching the NEDC professional development video series:

- Introduction to Eating Disorders
- Eating Disorders: Screening and Assessment
- Medical Management
- Nutritional Management
- Recovery-focused Psychological Treatment

Each of these modules is half an hour long, and can be claimed as half an hour of self-directed CPD with your professional body.

This handout provides further information and links based on the content of the videos.

### Screening Tools

**SCOFF** *(BMJ 1999; 319:1467)*

Do you make yourself **S**ick because you feel uncomfortably full?

Do you worry you have lost **C**ontrol over how much you eat?

Have you recently lost more than **O**ver 6kg in a 3 month period?

Do you believe yourself to be **F**at when others say you are too thin?

Would you say that **F**ood dominates your life?

Score one point for every “yes”; a score of ≥2 indicates a likely case of an eating disorder.

### Assessment Tools

**Eating Attitudes Test (EAT-26)**

This 26-item test and guidance for scoring and interpretation can be accessed via the InsideOut Institute at [this link](#).

**Compulsive Exercise Test (CET)**

This 24-item test and its scoring details (including subscales) can be found [here](#).

**Eating Disorder Examination Questionnaire (EDE-Q)**

This 28-item test can be accessed via the InsideOut Institute at [this link](#).

### Standards

The [National Practice Standards for Eating Disorders](#) outline the requirements of individuals, services and systems to successfully respond to eating disorders. Information about stepped care and workforce competencies is included.

### Useful resources

For information about Guided Self Help, see: Overcoming Binge Eating by Christopher Fairburn (ISBN: 9781572305618), Overcoming Bulimia Nervosa and Binge Eating by Peter Cooper (ISBN 10: 1849010757), or watch [this presentation](#) from Dr Beth Shelton.

For information about working with and support carers, see resources from the [NEDC](#) and from [Eating Disorders Families Australia](#).

For a range of useful practice tools, see: [Centre for Clinical Interventions](#) and [InsideOut Institute](#).
Evidence-based treatment

The evidence-based treatment modalities for eating disorders referred to in the videos are:

- Enhanced Cognitive Behavioural Therapy for Eating Disorders (CBT-E)
- Family Based Treatment (FBT), which can include the Maudsley Approach
- The Maudsley Model of Anorexia Treatment in Adults (MANTRA)
- Specialist Supportive Clinical Management (SSCM)
- Guided Self Help

For professional development training to deliver these modalities, see:

- Australia and New Zealand Academy for Eating Disorders
- Queensland Eating Disorders Service
- The InsideOut Institute
- The Sydney Children’s Hospital Network: (02) 9845 2446
- The Victorian Centre of Excellence in Eating Disorders

Key guidelines

Guidelines for the Inpatient Management of Adult Eating Disorders in General Medical and Psychiatric Settings in NSW

A guide to admission and inpatient treatment for people with eating disorders in Queensland

Royal Children’s Hospital Melbourne, Management of Eating Disorders in the Emergency Department

Guidelines for the Admission of Children and Young People with an Eating Disorder

Royal Australian and New Zealand College of Psychiatrists clinical practice guidelines for the treatment of eating disorders

Eating Disorders First Aid Guidelines (Mental Health First Aid)

If you need to find local guidelines for service delivery and you cannot see them here, contact your state’s eating disorder service:

ACT  NSW  NT  QLD  SA  TAS  VIC  WA

Consultation and referral

For consultation services when supporting a person with an eating disorder, contact your state’s eating disorder service:

ACT  NSW  NT  QLD  SA  TAS  VIC  WA

For further support or assistance to locate an eating disorder practitioner or service, contact:

- Australia and New Zealand Academy for Eating Disorders
- National Eating Disorders Collaboration
- The Butterfly National Helpline

References mentioned in the videos


