

Eating Disorder Bulletin

January 2026

This bulletin aims to keep you up to date with current evidence around eating disorders including; anorexia, bulimia, binge eating and co-morbidities. Some articles are freely accessible, others require an Open Athens account to access. You can sign up to Open Athens here: <https://openathens.nice.org.uk/> or get in touch with the library for further support accessing the full texts. Make articles more accessible by downloading LibKey Nomad directly to your browser: [Download LibKey Nomad - Third Iron](#)

Eating Disorders

The relationship between healthy eating obsessions, clinical eating disorder, and health anxiety: the dark side of the pursuit of healthy eating.

Sanlier N, Ejder ZB, Kaya EY. Front Psychol. 2025 Dec 15;16:1705064. doi: 10.3389/fpsyg.2025.1705064. PMID: 41473519; PMCID: PMC12746652.

A Transdiagnostic Model of Eating Disorders—Comparing Symptom Interactions in Anorexia Nervosa, Bulimia Nervosa, and Binge Eating Disorder.

Meier, M., McNally, R., Kuckertz, J. et al. Cogn Ther Res (2025). <https://doi.org/10.1007/s10608-025-10698-8>

Conducting Eating Disorder Research in the Era of Generative AI: Researcher Perspectives and Guidelines From the International Journal of Eating Disorders.

Linardon J, Thomas JJ, Crow SJ, et al. Int J Eat Disord. 2025 Dec;58(12):2306-2316. doi: 10.1002/eat.24543. Epub 2025 Sep 7. PMID: 40916370; PMCID: PMC12703213.

Recent Innovations in Eating Disorder Prevention and Early Intervention.

Burton K, Finkelstein J, Brown TA. Curr Psychiatry Rep. 2025 Dec 26;28(1):6. doi: 10.1007/s11920-025-01657-x. PMID: 41449290; PMCID: PMC12740957.

“Feasibility and Acceptability of Brief Behavioral Treatment for Insomnia After Eating Disorder Treatment: The TIRED Study.”

Pacella, K. A., Bottera AR, K. T. Forbush KT, et al. . 2025. International Journal of Eating Disorders 58, no. 12: 2451–2464. <https://doi.org/10.1002/eat.24540>.

Emerging Adults Seeking Treatment for Their Eating Disorder: An Empirical Look at Young Adults Relative to Adults Over 25.

Laliberte MM, Gobin KC, Potechin MB, et al. Eur Eat Disord Rev. 2025 Dec 25. doi: 10.1002/erv.70068. Epub ahead of print. PMID: 41449675.

The association between premenstrual symptom severity and eating disorder: Mediation by food addiction and emotional eating, moderation by irrational beliefs.

Nolan LJ, Aurelus E, Eshleman A. Physiol Behav. 2026 Feb;304:115180. doi: 10.1016/j.physbeh.2025.115180. Epub 2025 Nov 16. PMID: 41253230.

“Learning From Those Who Have Lived: A Scoping Review Exploring the Involvement of Lived Experience Co-Design in Eating Disorder Research Methodologies.”

Miskovic-Wheatley, J., S. Vatter, S. H. Ong, et al. 2025. International Journal of Eating Disorders 58, no. 10: 1833–1883. <https://doi.org/10.1002/eat.24503>.

Psychometric evaluation and refinement of the Eating Disorder Examination Questionnaire in a clinical eating disorder sample.

Jeon ME, Abber SR, Broshek CE, et al. Psychol Assess. 2025 Sep;37(9):428-441. doi: 10.1037/pas0001399. PMID: 40811134.



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Anorexia Nervosa

Assessing Severity in Anorexia Nervosa Using Alternative Criteria to the DSM-5 in a Cross-Sectional Study.

Henriet E, Norton J, Seneque M, et al
Int J Eat Disord. 2025 Dec;58(12):2317-2330. doi: 10.1002/eat.24542. Epub 2025 Sep 10. PMID: 40926635; PMCID: PMC12703215.

" High-Caloric Realimentation and Mental and Physical Well-Being in Patients With Extreme Anorexia Nervosa. A Prospective Study."

Voderholzer, Ulrich, Juliane Silbernagl, Verena Haas, Uet al, 2025.European Eating Disorders Review 2025: 1–10.
<https://doi.org/10.1002/erv.70074>.

Severe and Enduring Anorexia Nervosa and Quality of Life: If, When, and How Palliative Care Should be Involved in Patient Care.

Bade R, Blakeslee M, Cody P. J Pediatr. 2025 Dec 9;114940. doi: 10.1016/j.jpeds.2025.114940. Epub ahead of print. PMID: 41380958.

Anorexia Nervosa in Older Adults: A Case Series and Systematic Review of Clinical and Systems-Level Challenges.

Schulte VP, Chung L, Davidow J, et al.
,Journal of the Academy of Consultation-Liaison Psychiatry,2025,ISSN 2667-2960,
<https://doi.org/10.1016/j.jaclp.2025.11.003>.

Key features of illness and treatment experiences in longstanding anorexia nervosa: qualitative descriptive study.

Kiely L, Hay P, Conti J. BJPsych Open. 2025 Dec 22;12(1):e22. doi: 10.1192/bjo.2025.10923. PMID: 41424132; PMCID: PMC12724101.

Thirty-year outcome of anorexia nervosa: healthcare use and disability.

Dobrescu SR, Dinkler L, Gillberg IC, et al. The British Journal of Psychiatry. Published online 2025:1-9.
doi:10.1192/bjp.2025.10494

The Relationship Between Therapeutic Alliance, Early Symptom Change, and Outcome Among In-Patients With Anorexia Nervosa.

Werz J, Tuschen-Caffier B, Voderholzer U. Int J Eat Disord. 2025 Dec;58(12):2378-2391. doi: 10.1002/eat.24524. Epub 2025 Sep 24. PMID: 40990205; PMCID: PMC12703211.

Predictors of Treatment Outcome in Persons With Anorexia Nervosa: On the Practice of Regressing Body Mass Index at the End of Treatment on Body Mass Index at Baseline.

Meule, A., Kolar, D.R. and Voderholzer, U. (2025),Int J Eat Disord, 58: 254-258.
<https://doi.org/10.1002/eat.24324>

Patient and carer feedback and engagement with ECHOMANTRA, a digital guided intervention for anorexia nervosa.

Cardi, V., Rowlands, K., Ambwani, S, et al. European Eating Disorders Review, 33(2), 210–220.
<https://doi.org/10.1002/erv.3140>



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Bulimia Nervosa

The Role of Self-Compassion and Shame-Proneness Among Anorexia and Bulimia Nervosa.

Antichi L, Rossi C, Scerrati E, et al. Healthcare (Basel). 2025 Dec 24;14(1):47. doi: 10.3390/healthcare14010047. PMID: 41516978; PMCID: PMC12786003.

"Defining Recovery and Relapse in Bulimia Nervosa: A Systematic Review of the Literature,"

Gardini, Valentina, Francesca Pagli, and Elena Tomba. 2025. European Eating Disorders Review: 1–17. <https://doi.org/10.1002/erv.70033>.

ARFID

How do adult inpatients with ARFID or AN-R compare on self-report eating disorder assessments?

Manwaring JL, Cass K, Prostko S, Stein AB, et al. Eat Disord. 2025 Dec 26;1-14. doi: 10.1080/10640266.2025.2608345. Epub ahead of print. PMID: 41450131.

"The Prevalence and Burden of Avoidant/Restrictive Food Intake Disorder (ARFID) Symptoms in the Adult General Population of the UK and USA."

Brownlow, G., R. Flack, H. Burton-Murray et al. . 2025. International Journal of Eating Disorders 1–9. <https://doi.org/10.1002/eat.24588>.

Co-morbidities

Neurodiversity-affirming eating disorder care: insights into addressing co-occurring autism and eating disorders.

Saure, E; Keski-Rahkonen, A. Current Opinion in Psychiatry 38(6):p 445-451, November 2025. | DOI: 10.1097/YCO.0000000000001042

The mediating effect of trauma and loss spectrum on the relationship between autistic traits and eating disorder symptoms among patients with borderline personality disorder.

Carpita B, Bonelli C, Pini S, et al. CNS Spectrums. 2025;30(1):e97. doi:10.1017/S1092852925100783

From ARFID to Binge Eating: A Review of the Sensory, Behavioral, and Gut-Brain Axis Mechanisms Driving Co-Occurring Eating Disorders in Children and Adolescents with Autism Spectrum Disorder.

Kopańska M, Łucka I, Siegel M, Trojnik J, Pąchalska M. Nutrients. 2025 Nov 26;17(23):3714. doi: 10.3390/nu17233714. PMID: 41374005; PMCID: PMC12693767.

"Four Decades of Psychological Treatment for Bulimia Nervosa and Binge-Eating Disorder: A Meta-Regression of Changes in Abstinence Rates Over Time."

Messer, M., T. D. Wade, C. Anderson, et al. 2025. International Journal of Eating Disorders 1–11. <https://doi.org/10.1002/eat.70014>.



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Binge Eating

Gondal hormones and binge eating in females: developmental and etiologic insights from puberty to adulthood.

Culbert KM, Sisk CL, Klump KL. Curr Opin Psychiatry. 2025 Nov 1;38(6):410-415. doi: 10.1097/YCO.0000000000001030. Epub 2025 Jul 14. PMID: 40709655.

Visible yet Invisible: embodied meanings of weight stigma among women with binge eating disorder and higher weight.

Berg KH, Natvik E, Jahren L, et al. Int J Qual Stud Health Well-being. 2025 Dec 31;20(1):2603089. doi: 10.1080/17482631.2025.2603089. Epub 2025 Dec 16. PMID: 41402969; PMCID: PMC12713207.

Exploring the role of mindfulness, emotion regulation, and distress tolerance during delivery of a Dialectical Behaviour Therapy app for recurrent binge eating.

Soliman OM, Messer M, Skvarc D, et al. Eat Disord. 2025 Dec 18:1-23. doi: 10.1080/10640266.2025.2602455. Epub ahead of print. PMID: 41411672.

" Understanding Engagement Experiences in an Adapted Digital Cognitive Behavioral Intervention for Lower-Income Adults With Eating Disorders With Binge Eating and/or Purging: A Qualitative Analysis of Barriers and Facilitators."

Yu, K., S. Vendlinski, H. Beck, et al. 2025. International Journal of Eating Disorders 1–11. <https://doi.org/10.1002/eat.70010>.

"In Their Own Words": A Qualitative Exploration of Lived Experience and Healthcare Professional Perspectives on Evaluating a Digital Intervention for Binge Eating.

Murphy R, Osborne EL, Newhouse N, Powell J. Int J Eat Disord. 2025 Dec;58(12):2271-2280. doi: 10.1002/eat.24539. Epub 2025 Sep 1. PMID: 40888210; PMCID: PMC12703220.

" Dialectical Behavior Therapy and Cognitive Behavior Therapy in Individuals With Binge-Eating Disorder: What Works for Whom?"

Lammers, MW., Vroling, RD. Crosby, SH. W et al. 2025. International Journal of Eating Disorders 1–12. <https://doi.org/10.1111/eat.70000>.

LGBTQ+

Evidence That the DSM-5-TR Eating Disorder Criteria Perform Differently Across Cisgender and Transgender or Gender Diverse Individuals Using the Eating Disorder Diagnostic Scale.

Sharma AR, Bottera AR, Joo S, et al. Int J Eat Disord. 2025 Dec;58(12):2444-2450. doi: 10.1002/eat.24554. Epub 2025 Sep 23. PMID: 40984827.



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Child and Adolescent

Parenting Stress in Adolescent Anorexia Nervosa: Differential Stress in Mothers and Fathers During Inpatient Treatment.

Stonawski V, Kutzner J, Büscher S, et al. Int J Eat Disord. 2025 Dec;58(12):2366-2377. doi: 10.1002/eat.24551. Epub 2025 Sep 18. PMID: 40964830; PMCID: PMC12703218.

Characteristics and 12-month outcomes of clinically-referred children and young people at risk of body dysmorphic disorder.

Frisira, E., Tan, S.F., Partlett, C. et al. Soc Psychiatry Psychiatr Epidemiol (2025). <https://doi.org/10.1007/s00127-025-03023-x>

Efficacy of pharmacological and non-pharmacological interventions for the treatment of anorexia nervosa in adolescents and adults (EfaNosa): protocol for a network meta-analysis.

Halter F, Zeeck A, Hartmann A, et al. Syst Rev. 2025 Dec 9;14(1):245. doi: 10.1186/s13643-025-02999-6. PMID: 41366465; PMCID: PMC12687480.

'Falling down the rabbit hole': a thematic analysis of young people's views on TikTok algorithms and eating disorder content.

Parnell, T., Hunt, D., Wilkins, J. et al. J Eat Disord (2025). <https://doi.org/10.1186/s40337-025-01505-6>

. Links between eating disorder symptom severity, comorbid psychopathology, and risk for hospital readmission among inpatient adolescents with anorexia nervosa.

Franklin EV, Flint DD, Nguyen DT, et al. Eat Disord. 2025 Dec 17:1-14. doi: 10.1080/10640266.2025.2602454. Epub ahead of print. PMID: 41404933.

" Parental and Peer Relationships and Their Impact on Symptom Severity in Adolescent Patients With Anorexia Nervosa,"

Tschitsaz, A, Andrea M. S, Lerch S, et al. 2025. European Eating Disorders Review: 1–13. <https://doi.org/10.1002/erv.70072>.

Clinician perspectives on the process of change in an adolescent eating disorder Day Program.

White N, Dawson L, Mitchison D, Wallis A. J Eat Disord. 2025 Dec 29;13(1):289. doi: 10.1186/s40337-025-01457-x. PMID: 41462394; PMCID: PMC12751757.

Bidirectional associations between anxiety and eating disorder symptoms in adolescence: the moderating role of childhood household dysfunction.

Jiang G, Peng S, Zhong J, et al. J Eat Disord. 2025 Nov 25;13(1):295. doi: 10.1186/s40337-025-01478-6. PMID: 41291852; PMCID: PMC12750753.

