

Eating Disorder Bulletin

August 2026

This bulletin aims to keep you up to date with current evidence around eating disorders, including Anorexia Nervosa, Bulimia Nervosa, 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

From urge to behavior: An investigation of the temporal relationship between eating disorder urges and engagement in eating disorder behaviors.

Hooper SC, Qiu J, Henry TR, Hunt R, Levinson CA.

Behav Res Ther. 2026 Aug;203:105068. doi: 10.1016/j.brat.2026.105068. Epub 2026 May 15.

PMID: 42155367

Parenteral Nutrition in Eating Disorders: A Systematic Scoping Review.

Kristian YY, Pratiwy FNE, Wijaya V.

Eur Eat Disord Rev. 2026 Sep;34(5):1250-1272. doi: 10.1002/erv.70117. Epub 2026 Apr 17.

PMID: 41995151 Free PMC article.

Personalized Treatment Selection for Digital Eating Disorder Interventions: A Proof-of-Concept for the Personalized Advantage Index.

McClure Z, Fuller-Tyszkiewicz M, Messer M, Linardon J.

Int J Eat Disord. 2026 Aug;59(8):1785-1793. doi: 10.1002/eat.70112. Epub 2026 Apr 21.

PMID: 42014370 Free PMC article. Clinical Trial.

The Importance of Considering Personal Recovery for Eating Disorders.

Allen A, Tunstall M, Houlihan C, Pozzebon K, Fassnacht DB, Ali K.

Eur Eat Disord Rev. 2026 Sep;34(5):1285-1293. doi: 10.1002/erv.70116. Epub 2026 Apr 21.

PMID: 42013906 Free PMC article.

Leveraging artificial intelligence to personalize treatment for eating disorders: A proof-of-concept study.

Torres R, Hernandez J, Gaweda A, Levinson CA.

J Affect Disord. 2026 Aug 1;406:121681. doi: 10.1016/j.jad.2026.121681. Epub 2026 Mar 27.

PMID: 41905613 Free PMC article.

A neurodevelopmental model of eating disorder risk in midlife to older adulthood.

Heintz-Monette HL, Haynos AF, Hagan KE, Berner LA.

Neurosci Biobehav Rev. 2026 Sep;188:106830. doi: 10.1016/j.neubiorev.2026.106830. Epub 2026 Jun 23.

PMID: 42336225 Free PMC article. Review.

Testing the sociocultural model of eating disorders: A cross-national analysis of income inequality, gender equality, and eating disorder rates.

Harris EA, Barlow FK, Wu A, Russo-Batterham D, Griffiths S, Blake KR.

Soc Sci Med. 2026 Aug;402:119380. doi: 10.1016/j.socscimed.2026.119380. Epub 2026 May 7. PMID: 42119462

Participation in the New Maudsley Model Workshops is Associated With Reductions in Caregiver Burden in Eating Disorders.

Dani C, Rossi E, Cassioli E, Selvi G, Tarchi L, Rotella F, Moretti S, Troiani MR, D'Anna G, Giunti I, Lucarelli S, Treasure J, Ricca V, Castellini G.

Eur Eat Disord Rev. 2026 Sep;34(5):1221-1230. doi: 10.1002/erv.70111. Epub 2026 Apr 10.

PMID: 41960849 Free PMC article.

Clinical decisions on diagnosis and indication for treatment in stereotypical vs. non-stereotypical cases of eating disorders.

Fürtjes S, Luther AC, Karg S, Beesdo-Baum K, Peschel SKV.

BMC Psychiatry. 2026 Jul 17;26(1):540. doi: 10.1186/s12888-026-08407-0.

PMID: 42469748 Free PMC article.

From school burnout to eating disorders: A serial mediation model of excessive social media use, thin-ideal internalization, and appearance comparison.

Liu T, Zhang Y, Liu Z, Chao M.

J Health Psychol. 2026 Sep;31(10):4191-4208. doi: 10.1177/13591053251406971. Epub 2026 Jan 24.

PMID: 41580900

Bridging appetite and emotional dynamics: the oxytocinergic system as a therapeutic axis in feeding and eating disorders.

Eramo B, Sepe C, Friuli M, Campagna A, Romano A, Gaetani S.

Pharmacol Res. 2026 Aug;230:108279. doi: 10.1016/j.phrs.2026.108279. Epub 2026 Jun 2.

PMID: 42235725 Review.

Psychological Landscape of Eating Disorders: A Study of Self-Control, Mood, and Personality Traits in Adults.

Deniz ME, Arslan Ü, Erdinç B, Shalqini V, Satici SA.

Int J Methods Psychiatr Res. 2026 Sep;35(3):e70091. doi: 10.1002/mpr.70091.

PMID: 42402941 Free PMC article.

A Multi-Site Study of Brief Cognitive-Behavioural Therapy for Eating Disorders for Individuals With BMI $\geq$ 30.

Dunford A, Kambanis PE, Palmer LP, Graver H, Liu ME, Hillard J, Yee S, Turner H, Breithaupt L, Evans E, Blythe E, White C, Broadley J, Waller G, Eddy KT, Thomas JJ, Becker KR.

Eur Eat Disord Rev. 2026 Sep;34(5):1209-1220. doi: 10.1002/erv.70112. Epub 2026 Apr 5.

PMID: 41937408 Free PMC article.

Catch My Drift: Building Scalable and Sustainable Models for Promoting Clinician Adherence to Evidence-Based Treatments for Eating Disorders.

Goldschmidt AB, Graham AK.

J Med Internet Res. 2026 Aug 12;28:e107039. doi: 10.2196/107039.

PMID: 42585573 Free PMC article.

A systematic review and meta-analysis of routine white blood cell concentrations in people with eating disorders.

Keeler JL, Xu C, Morris R, Hartland H, Treasure J, Himmerich H.

Neuroscience. 2026 Sep 11;611:475-490. doi: 10.1016/j.neuroscience.2025.12.045. Epub 2025 Dec 19.

PMID: 41423019

Body Dysmorphic

Daily Body (Dis-)Satisfaction and Dietary Restriction in Women Across the Eating Disorder Spectrum.

Buehler MR, Arend AK, Reichenberger J, Blechert J.

Int J Eat Disord. 2026 Aug;59(8):1753-1763. doi: 10.1002/eat.70110. Epub 2026 Apr 20.

PMID: 42007725 Free PMC article.



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Child and Adolescent

Assessment and treatment of binge eating disorder in adolescence.

Smith MR, Chevinsky J, Jhe G.

Curr Opin Pediatr. 2026 Aug 1;38(4):366-373. doi:

10.1097/MOP.0000000000001562. Epub 2026 May 14.

PMID: 42163834 Review.

Eating Disorder Focused Family Therapy with Autistic Children and Young People: A Narrative Review of Recent Developments.

Austin A, Loomes R, Duffy F.

Curr Psychiatry Rep. 2026 Aug 14;28(1):63. doi: 10.1007/s11920-026-01710-3.

PMID: 42599540 Free PMC article. Review.

Validated strategies for screening for eating disorders in primary health care: A scoping review with a focus on adolescents and adults.

Oliveira LDS, Curvello-Silva KL, de Farias Costa PR, Menezes IJP, de Macêdo PFC, Dos Santos Ruas AM, Monteiro RA, de Lira CRN, Abreu EC, de Magalhães Cunha C, de Santana MLP.

PLoS One. 2026 Aug 3;21(8):e0347184. doi: 10.1371/journal.pone.0347184. eCollection 2026.

PMID: 42546062 Free PMC article.

Changes in Parental Well-Being Following Intensive Day Programme Treatment for Restrictive Eating Disorders in Adolescents.

Gledhill LJ, Calissano C, Thorpe W, Simic M, Baudinet J.

Eur Eat Disord Rev. 2026 Sep;34(5):1412-1418. doi: 10.1002/erv.70126. Epub 2026 May 23.

PMID: 42175793 Free PMC article.

Adolescent and Young Adult Perceptions of Online Versus In-Person Cognitive-Behavioral Therapy for Eating Disorders.

Thomas J, Pasewicz AM, Billman Miller MG, Friedberg R, Essayli JH.

Int J Eat Disord. 2026 Aug;59(8):1847-1852. doi: 10.1002/eat.70099. Epub 2026 Apr 12.

PMID: 41968286 Free PMC article.

Neurocognitive Profiles and Predictors of Symptom Trajectory During and After Treatment in Adolescent Bulimia Nervosa.

Singh S, Plessow F, Reilly EE, Gorrell S, Matheson BE, Lock JD, Le Grange D.

Eur Eat Disord Rev. 2026 Sep;34(5):1384-1394. doi: 10.1002/erv.70128. Epub 2026 May 14.

PMID: 42133874 Free PMC article. Clinical Trial.

Acceptability, Feasibility, and Preliminary Effectiveness of a Mobile App for Teens With or at High Risk for Eating Disorders: A Three-Arm Pilot Randomized Controlled Trial Comparing Self-Help, Guided Self-Help, and Guided Self-Help With a Social Networking Component.

Cavazos-Rehg PA, Fitzsimmons-Craft EE, Kasson E, Szlyk HS, Li X, Smith AC, D'Adamo L, Lew D, Wilfley DE.

Int J Eat Disord. 2026 Aug;59(8):1724-1739. doi: 10.1002/eat.70105. Epub 2026 Apr 16.

PMID: 41992076 Free PMC article. Clinical Trial.

Co-morbidites

Role of Depression and Anxiety in Eating Disorder Symptomatology in Higher Levels of Care for Girls With Anorexia Nervosa.

Ghannadpour J, Dieste S, Buerkert S, Stewart SM.

J Clin Psychol. 2026 Sep;82(9):1304-1312. doi: 10.1002/jclp.70158. Epub 2026 Jun 9.

PMID: 42263255 Free PMC article.

Associations among alexithymia, depression, and eating disorder symptoms in anorexia nervosa: Findings from a cross-sectional mediation model.

Renzi A, Cerroni S, Marini I, Di Trani M, Pasquini M, Mariani R.

J Psychiatr Res. 2026 Oct;201:641-650. doi:

10.1016/j.jpsychires.2026.07.020. Epub 2026 Jul 21.

PMID: 42503289

Comorbid Depression in Hospitalised Youth With Anorexia Nervosa: Characteristics, Correlates, and Impact on Weight Gain and Treatment Duration.

Wiese A, Arnold S, Zaid S, Müller AE, Correll CU, Jaite C.

Eur Eat Disord Rev. 2026 Sep;34(5):1419-1432. doi: 10.1002/erv.70130. Epub 2026 May 27.

PMID: 42202135 Free PMC article.

Examining Comorbid Psychopathology Symptoms as Predictors of Family Based Treatment for Adolescents With Anorexia Nervosa and Atypical Anorexia Nervosa in a Real-World Setting.

Wilson D, Grimmer H, Mendes RA, Irwin J, Atherton J, Litster R, White J, Loxton NJ.

Eur Eat Disord Rev. 2026 Sep;34(5):1360-1369. doi: 10.1002/erv.70124. Epub 2026 May 2.

PMID: 42068578 Free PMC article.

Child and Adolescent and Anorexia Nervosa

Adolescent anorexia nervosa treated in primary care with a family-based method - long-term outcomes.

Ronkainen J, Jääskeläinen E, Tossavainen P, Nordström T, Ronkainen J.

Scand J Prim Health Care. 2026 Dec;44(1):1-10. doi:

10.1080/02813432.2025.2564795. Epub 2025 Sep 30.

PMID: 41026941 Free PMC article.

Tactile stimulus discrimination in adolescents with anorexia nervosa: a behavioral and neurophysiological study.

Lammers JR, Romero Frausto H, Dalhoff A, Hansen S, Roesmann K, Junghöfer M, Wessing I.

Transl Psychiatry. 2026 Jul 23;16(1):379. doi: 10.1038/s41398-026-04264-3.

PMID: 42498709 Free PMC article.

Family Therapy for Anorexia Nervosa With Emerging Adults: A Retrospective Case Series in Routine Clinical Care.

Nursigadoo D, Dodge E, Allen KL, Schmidt U, Baudinet J.

Eur Eat Disord Rev. 2026 Sep;34(5):1395-1401. doi: 10.1002/erv.70107. Epub 2026 May 15.

PMID: 42136393 Free PMC article.



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