

Eating Disorder Bulletin

September 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

A systematic review and meta-analysis of routine white blood cell concentrations in people with eating disorders Johanna L. Keeler, Can Xu, Rebecca Morris, et al. Neuroscience 611475–4901873-7544; 0306-452210.1016/j.neuroscience.2025.12.045

Evaluating Priorities, a novel eating disorder prevention program targeting overvaluation of weight and shape Eric Stice, Sareena Shah, Amaya Aquino, et al. Body.Image581021451873-6807; 1740-144510.1016/j.bodyim.2026.102145

Validation of the ED-15-NL, a Brief Session-by-Session Questionnaire to Measure Changes in Eating Disorder Cognitions and Behaviors Caya H. van Eikenhorst, Benny van der Vijgh, Sanne F. et al. Int.J.Eat.Disord.592091–20961098-108X; 0276-3478; 0276-347810.1002/eat.70125

Developing a Clinical Prediction Model for Nonimprovement of Depressive Symptoms at Discharge After Treatment of Eating Disorders Emma De Schuyteneer, Nicolas Leenaerts, Elske Vrieze, et al. Int.J.Eat.Disord.591992–20031098-108X; 0276-3478; 0276-347810.1002/eat.70129

Thyroid Hormone Use in Individuals With Eating Disorders Dennis Gibson, Dan V. Blalock and Marina Foster. Eur.Eat.Disord.Rev.341378–13831099-0968; 1072-4133; 1072-413310.1002/erv.70129

When Is Improvement Possible? A Necessity-Based Analysis of Short-Term Eating Disorder Symptom Improvement During Inpatient Treatment Paolo Meneguzzo and Patrizia Todisco. Int.J.Eat.Disord.592084–20901098-108X; 0276-3478; 0276-347810.1002/eat.70131

Strategic Priorities for Advancing Eating Disorder Risk Reduction: A Narrative Review Hannah K. Jarman. Int.J.Eat.Disord.591869–18751098-108X; 0276-3478; 0276-347810.1002/eat.70124

Safe and Sound: Is Safeness a Specific Affective Dimension Related to Eating Disorder Behaviors? Ege Bicaker, Alexia E. Miller, Vittoria Trolio and Sarah E. Racine. Int.J.Eat.Disord.591970–19821098-108X; 0276-3478; 0276-347810.1002/eat.70121

The Importance of Considering Personal Recovery for Eating Disorders Andrew Allen, Maddison Tunstall, Catherine Houlihan, Kay Pozzebon, Daniel B. Fassnacht and Kathina Ali. Eur.Eat.Disord.Rev.341285–12931099-0968; 1072-4133; 1072-413310.1002/erv.70116

A Multi-Site Study of Brief Cognitive-Behavioural Therapy for Eating Disorders for Individuals With BMI $\geq$ 30 Ashley Dunford, P. Evelyn Kambanis, Lilian P. Palmer, et al. Eur.Eat.Disord.Rev.341209–12201099-0968; 1072-4133; 1072-413310.1002/erv.70112

Behind the 'social mask': A phenomenological study of loneliness and social disconnection in women with eating disorders Sonay Cumali Arslan and F. Elif Erguney Okumus. Eating Disorders: The Journal of Treatment & Prevention.2026, pp10.1080/10640266.2026.2719843

Associations Between Baseline Severity and Treatment Effects in Digital Interventions for Eating Disorders: A Meta-Regression Claudia Liu, Cleo Anderson, Mariel Messer and Jake Linardon. Eur.Eat.Disord.Rev.341231–12371099-0968; 1072-4133; 1072-413310.1002/erv.70113

Eating disorder diagnostic crossover: A meta-analysis Aspen Martin, Casey Stern, Milena S. Carpati, et al. Int.J.Eat.Disord.10.1002/eat.70175

How is waitlist duration associated with clinical presentation and treatment engagement in public eating disorder services? A cohort study J. Lindquist, R. Blackburn, P. M. McEvoy, D. et al. Int.J.Eat.Disord.10.1002/eat.70187

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Differences Among Purging Presentations at Admission to Treatment: Eating Disorder and General Psychopathology Symptoms. Rienecke R.D., Blalock D.V., Duffy A., et al. Int.J.Eat.Disord.591794–179910.1002/eat.70114

Exploring illness and recovery in eating disorders: a qualitative study of patients' group therapies experiences. Carfagno M., Martinelli F., Labocchetta V., et al. Journal of Eating Disorders14no pagination10.1186/s40337-026-01684-w

Specialized, integrative treatment for long-standing eating disorders: early insights and implications. FernandezAranda F., Jaurrieta N., Fernandez de Betono K., et al. Journal of Eating Disorders14no pagination10.1186/s40337-026-01674-y

The prevalence and clinical correlates of body-focused repetitive behaviors in eating disorders Kathryn E. Barber, Mercedes G. Woolley, Francesca Knudsen, et al. Eat.Disord.34530–5471532-530X; 1064-026610.1080/10640266.2025.2519902

Outcomes and moderators of shame in residential treatment for eating disorders in females Emily M. Bowers, Julie M. Petersen, Tera Lensegrav-Benson, Benita Quakenbush and Michael P. Twohig. Eat.Disord.34456–4741532-530X; 1064-026610.1080/10640266.2025.2498249

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Essential Training for an Essential Role: Dietitians and Eating Disorder Care Caroline A. Hill, Tanja Rabbering, Kelly M. Dann, Jasmine K. Singh, Maureen Moerbeck and Sarah Maguire. Eur.Eat.Disord.Rev.341351–13591099-0968; 1072-4133; 1072-413310.1002/erv.70115

Identifying education, training, and practice needs of primary care social workers treating eating disorders Fatima Ahmad and Kyle T. Ganson. Australian Social Work10.1080/0312407X.2026.2718827

Catch My Drift: Building Scalable and Sustainable Models for Promoting Clinician Adherence to Evidence-Based Treatments for Eating Disorders Andrea Beth Goldschmidt and Andrea Kass Graham. J.Med.Internet Res.28e1070391438-8871; 1439-4456; 1438-887110.2196/107039

Identifying Eating Disorders in Adolescents and Adults Living With Higher Weight: An Updated Systematic Review of Questionnaire Diagnostic Accuracy Eve T. House, Caitlin M. McMaster, et al. Int.J.Eat.Disord.591876–18961098-108X; 0276-3478; 0276-347810.1002/eat.70132



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Eating Disorder Bulletin

September 2026

Anorexia Nervosa

Hypersensitivity to dietary fatty acids in women with restrictive anorexia nervosa: A pilot psychophysical study across chain length and saturation Ernesto Tarragon, Juan José Moreno and Eugenia Moreno. Physiol.Behav.3161154881873-507X; 0031-938410.1016/j.physbeh.2026.115488

Heart Rate Variability in Anorexia Nervosa: A Systematic Review and Meta-Analysis on the Moderating Role of Measurement Duration and Clinical Stage Marta Victoria Santiago, Miguel Heres, Cristina Mazas, Maria Fernandez-Del-Valle, Hugo Olmedillas and Susana Pulgar. Eur.Eat.Disord.Rev.341171–11831099-0968; 1072-4133; 1072-413310.1002/erv.70104

Understanding the eating disorder voice: Exploring therapeutic dialogues, identity and momentary experience in anorexia nervosa Milly Bethan Salsbury. 87157

Motivation to change, therapeutic alliance and outcome-a complex interaction in patients with anorexia nervosa Janina Werz, Brunna TuschenCaffier and Ulrich Voderholzer. Int.J.Eat.Disord.10.1002/eat.70189

An invited updated systematic review and meta-analysis comparing atypical anorexia nervosa and anorexia nervosa Veronica Lee, Kelsey E. Hagan and B. Timothy Walsh. Int.J.Eat.Disord.10.1002/eat.70182

"There's more to recovery than just weight gain": Ethical challenges for justice and respect in adjudication of capacity for patients with anorexia nervosa Lucie M. Turner, Anne C. M. Hughes, Julia Lakhani, Debra K. et al. Int.J.Law Psychiatry1081022321873-6386; 0160-252710.1016/j.ijlp.2026.102232

Overcoming six decades of anorexia nervosa: a case of holistic treatment and recovery Cristina Carmona I Farrés, Mar Carceller-Sindreu, Leonor Patricia Gawron, et al. Eat.Disord.34475–4861532-530X; 1064-026610.1080/10640266.2025.2501360

Using Bioelectrical Impedance Analysis to Assess Body Composition Changes in Female Patients with Anorexia Nervosa (AN) during Physical Recovery Mary Kathryn Edwards, Rena Zelig and Diane Radler. Nutr.Rev.841932–19431753-4887; 0029-664310.1093/nutrit/nuaf221

Parents/ Family

A Comparative Evaluation of Three Large Language Models for Parent-Centered Questions About Anorexia Nervosa Yesilkaya C., Keles H.K., Taspolat E.R., et al. Int.J.Eat.Disord.591764–177510.1002/eat.70118

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Bulimia Nervosa

Weight Suppression, Brain Reward Response to Food Cues, and Bulimic Behaviours: A Pilot fMRI Study Simar Singh, Kanchana Jagannathan, Anna Rose Childress and Michael R. Lowe. Eur.Eat.Disord.Rev.341370–13771099-0968; 1072-4133; 1072-413310.1002/erv.70127

Maternal bulimia nervosa and pregnancy outcomes: A systematic review of obstetric and neonatal risks Angela Shehu, Aya Sameer, Marwa Khalil, et al. Eating Disorders: The Journal of Treatment & Prevention.2026, pp10.1080/10640266.2026.2718803

Co-morbidites

Predictors of premature treatment termination in an inpatient programme for women with PTSD and/or eating disorders Fany Mershon, Jonathan E. Handelzalts, Lotem Zvi and Inbal Shlomi. Int.J.Psychiatry Clin.Pract.30315–3241471-1788; 1365-150110.1080/13651501.2026.2677571

Comorbid Depression in Hospitalised Youth With Anorexia Nervosa: Characteristics, Correlates, and Impact on Weight Gain and Treatment Duration Antonia Wiese, Sabine Arnold, Sarah Zaid, Antonia E. Müller, Christoph U. Correll and Charlotte Jaite. Eur.Eat.Disord.Rev.341419–14321099-0968; 1072-4133; 1072-413310.1002/erv.70130

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Eating Disorder Bulletin

September 2026

Body Dysmorphic

A randomized controlled trial comparing a virtual peer-led cognitive dissonance-based eating disorder prevention program to media advocacy in young adult men with body image concerns Tiffany A. Brown, Dominic M. Denning, Marley G. et al. Body.Image581021471873-6807; 1740-144510.1016/j.bodyim.2026.102147

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Participation in the New Maudsley Model Workshops is Associated With Reductions in Caregiver Burden in Eating Disorders Cristiano Dani, Eleonora Rossi, Emanuele Cassioli, et al. Eur.Eat.Disord.Rev.341221–12301099-0968; 1072-4133; 1072-413310.1002/erv.70111

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Artificial Intelligence

Benchmarking Generative Artificial Intelligence Against Human Judgment in Eating Disorder Case Recognition and Treatment Recommendations Jake Linardon and Mariel Messer. Int.J.Eat.Disord.592076–20831098-108X; 0276-3478; 0276-347810.1002/eat.70128

COVID-19

Impact of COVID-19 Lockdown on Psychopathology at the Onset of Eating Disorders Elvira Anna Carbone, Cristiano Dani, Matteo Geraci, et al. Eur.Eat.Disord.Rev.341336–13501099-0968; 1072-4133; 1072-413310.1002/erv.70123

Binge Eating

Reward Processing in Binge Eating and Harmful Drinking: A Systematic Review Taylor N. Breddy, Kendall M. Schmidt and Lindsay P. Bodell. Int.J.Eat.Disord.591897–19281098-108X; 0276-3478; 0276-347810.1002/eat.70133

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Eating Disorder Bulletin

September 2026

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Characteristics of menstrual irregularities across eating disorder subtypes in postmenarcheal adolescents Demet Aygün Arı, Melis Pehlivan Türk Kızıllan, Laden Jaferi, et al. Eur.J.Pediatr.185720. doi: 10.1007/s00431-71432-1076; 0340-619910.1007/s00431-026-07375-7

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Child and Adolescent and Anorexia Nervosa

Neurocognitive Profiles and Predictors of Symptom Trajectory During and After Treatment in Adolescent Bulimia Nervosa Simar Singh, Franziska Plessow, Erin E. Reilly, et al. Eur.Eat.Disord.Rev.341384-13941099-0968; 1072-4133; 1072-413310.1002/erv.70128

Examining Comorbid Psychopathology Symptoms as Predictors of Family Based Treatment for Adolescents With Anorexia Nervosa and Atypical Anorexia Nervosa in a Real-World Setting Daniel Wilson, Hilary Grimmer, Renata A. Mendes, et al. Eur.Eat.Disord.Rev.341360-13691099-0968; 1072-4133; 1072-413310.1002/erv.70124

Assessing Clinical Severity and Prognosis in Adolescents With Anorexia Nervosa and Atypical Anorexia Nervosa Using the Albumin-Globulin Ratio Eylem Şerife Kalkan, Ayşe Bilge Baklaci, Yelda Kiliç, Sinem Akgül, Nilgün Özgül and Melis Pehlivan Türk Kızıllan. Eur.Eat.Disord.Rev.341193-12081099-0968; 1072-4133; 1072-413310.1002/erv.70106

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Improving nutritional assessment in pediatric anorexia nervosa: Clinical value of key serum biomarkers Vidovic A., Gabaj N.N., Perse B., et al. J.Pediatr.Gastroenterol.Nutr.83324-33010.1002/jpn3.70465

Waiting list intervention for adolescents with anorexia nervosa Orly Lavan, Amit Goldstein, Adi Bar Eyal, et al. Eat.Disord.34504-5211532-530X; 1064-026610.1080/10640266.2025.2519900

Weight Loss Injections

A scoping review on weight loss injections and eating disorders: therapeutic impact, risks of misuse, and emerging harms Barrett P., Papastavrou Brooks C., McCluskey S. et al. Journal of Eating Disorders14no pagination10.1186/s40337-026-01634-6

LGBTQ+

Evaluation of a Digital Clinician-Training Module for Treatment of Transgender and Gender Diverse Patients With Eating Disorders: Pre-Post Study Nora Yanyi Sun and Alex S. Keuroghlian. JMIR Form Res.10e849372561-326X; 2561-326X10.2196/84937

Eating disorder severity and treatment outcome across race/ethnicity, sexual orientation, and socioeconomic status: Intersectional inequities in a clinical sample Catherine R. Drury, Ariel L. Beccia, Samar Shaqour, et al. Soc.Sci.Med.4041195041873-5347; 0277-9536; 0277-953610.1016/j.socscimed.2026.119504



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