

EATING DISORDERS: RESOURCES FOR FAMILIES
GENERAL MATERIALS, SCIENTIFIC LITERATURE, AND TREATMENT

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GENERAL MATERIALS

Tab	Title	Publication	Weblink
1	Worldwide Charter For Action On Eating Disorders	Academy for Eating Disorders	http://www.aedweb.org/public/WorldCharter.cfm
2	Fighting Anorexia: No One to Blame	Newsweek	http://www.newsweek.com/id/51592/page/1
3	A Deadly Dread of Food	Endeavors Magazine (Fall 2006)	http://research.unc.edu/endeavors/fall2006/feature_05.php
4	Letter to Lynn Greife on AN as brain disorder	Thomas R. Insel	http://www.myneda.org/nedaDir/files/documents/NimHLetter.pdf
5	Anorexia Nervosa	Am J Psychiatry 164:12, December 2007	http://ajp.psychiatryonline.org/content/vol164/issue12/index.dtl
6	Female Athlete Triad	American College of Sports Medicine (2007)	http://www.acsm-msse.org/pt/pt-core/template-journal/msse/media/mss200785.pdf
7	Eating Disorders in Adolescents: Position Paper of the Society for Adolescent Medicine	Journal of Adolescent Health 2003: 33:496-503	http://www.adolescenthealth.org/PositionPaper_Eating_Disorders_in_Adolescents.pdf

8	NEDA's Response to Fashion Model Gisele Bundchen	NEDA website	http://www.nationaleatingdisorders.org/p.asp?WebPage_ID=918
9	Eating Disorders: National Institute of Mental Health's Perspective	Chavez and Insel: alth's Perspective, American Psychologist (April 2007)	http://www.pubmedcentral.nih.gov/articlerender.fcgi?artid=2228330

SCIENTIFIC LITERATURE

Tab	Title	Publication	Weblink
10	Addicted to Starvation	Gura	http://www.sciam.com/article.cfm?id=added-to-starvation
11	The Fault is Not In Her Parents but in Her Insula – A Neurobiological Hypothesis of Anorexia Nervosa	Nunn et al, European Disorders Review 16, 355-360 (2008)	http://www.ncbi.nlm.nih.gov/pubmed/18711713
12	Biology may cause most anorexia	The Star, April 13, 2008	http://www.thestar.com/article/413989
13	Medical Complications in Adolescents with Anorexia Nervosa: A review of the literature	International Journal of Eating Disorders	http://www3.interscience.wiley.com/cgi-bin/fulltext/110472706/PDFSTART?CRETRY=1 > * http://www.ncbi.nlm.nih.gov/pubmed/15852321
14	Attitudes Towards Anorexia Nervosa: the impact of framing on blame and stigma	Int J East Disord; 2008 May; 41(4): 333-39	http://www3.interscience.wiley.com/journal/117883166/abstract
15	They Starved So That Others Be Better Fed: Remembering Ancel Keys and the Minnesota Experiment	American Society for Nutritional Sciences	http://gunpowder.quaker.org/documents/starvation-kalm.pdf

16	Adapted to Flee Famine Hypothesis	Shan Guisinger, Ph.D.	http://www.apa.org/monitor/apr04/anorexia.html
17	Cambridge University (UK) Students' Union	Cambridge University Website	www.cusu.cam.ac.uk/welfare/eatingdisorders/introduction.html
18	"The aetiology of eating disorders"	British Journal of Psychiatry (2004) 185:363-65	http://bjp.rcpsych.org/cgi/content/full/185/5/363
19	"The role of leptin in anorexia nervosa: clinical implications"	Molecular Psychiatry, 24 October 2006	http://www.nature.com/mp/journal/vaop/ncurrent/abs/4001909a.html
20	"Research offers further insight into anorexia"	ABC News Online, Sept. 13, 2006	http://www.abc.net.au/news/health/sophie_scott/newsitems/s1740372.htm
21	"Harmful Brain Antibodies Linked to Eating Disorders"	Psychiatric News, Jan. 3, 2003	http://pn.psychiatryonline.org/cgi/content/full/38/1/21
22	"Anorexia and Bulimia May be Autoimmune Diseases"	Economist Magazine, Sept. 29, 2005	http://www.economist.com/science/displayStory.cfm?story_id=4455455
23	Biological Causes of Anorexia Nervosa and Bulimia Nervosa		http://serendip.brynmawr.edu/bb/neuro/neuro98/202s98-paper3/Hirst3.html
24	Specific Regions of Brain Implicated in Anorexia Nervosa	ScienceDaily, July 8, 2005	http://www.sciencedaily.com/releases/2005/07/050708055534.htm
25	"The role of ghrelin in eating disorders and obesity"	Molecular Neuroscience Abstracts, 2006	http://mindthebrain.neuroscience-cognition.org/index.php?q-node/52
26	Getting Beneath the Phenotype of Anorexia Nervosa: The Search for Viable Endophenotypes and Genotypes	Treasure, La Revue canadienne de psychiatrie, vol 52, no 4, avril 2007	www.ahrq.gov/downloads/pub/evidence/pdf/eatingdisorders/eatdis.pdf

27	"An Update on the Definition of 'Excessive Exercise' in Eating Disorders Research	Mond, et al, , " In J Eat Disord 39:2 147 -- 52 (March 2006)	http://www3.interscience.wiley.com/journal/112125646/abstract
28	"Intriguing Links Between Animal Behavior and Anorexia Nervosa"	Treasure and Owen (1997)	http://www3.interscience.wiley.com/journal/49731/abstract?CRETRY=1&SRETRY=0
29	"Neurotransmitter and hormonal background of hostility in anorexia nervosa"	Brambilla, Neuropsychobiology, 2001; 43(4):225-32	http://content.Karger.com/ProdukteDB/produkte.asp?Aktion=ShowAbstract&ArtikelNr=54894&Ausgabe=228118&ProduktNr=224082
30	Genetic Risk Factors for Eating Disorders Discovered		http://sciencedaily.com/releases/2007/05/070511150158.htm
31	Anorexia May Represent an Addiction		http://www.nlm.nih.gov/medlineplus/news/fullstory_55650.html
32	Genes, More Than Fashion, Induce Anorexia		http://www.medpagetoday.com/Psychiatry/GeneralPsychiatry/tb/2800
33	Postremission Predictors of Relapse in Women With Eating Disorders	Am J Psychiatry 162:12, December 2005	http://ajp.psychiatryonline.org
34	"Give Food a Chance: Treating Anorexia Nervosa Without Drugs and Psychology"	Schneider, Frontiers in Neuroendocrinology (2008), doi: 10.1016/j.yfrne.2008.06.002	http://www.ncbi.nlm.nih.gov/pubmed/18625268?dopt=AbstractPlus
35	Behavioral Neuroendocrinology and Treatment of Anorexia Nervosa	Sodersten, et al, Frontiers in Neuroendocrinology, 2008 Jun 14 [Epub ahead of print]	http://www.ncbi.nlm.nih.gov/pubmed/18602416?ordinalpos=2&:tool=EntrezSystem2.Pentrez.Pubmed.Pubmed_ResultsPanel.Pubmed_DefaultR
36	Towards a physiologically based diagnosis of anorexia nervosa and bulimia nervosa	Hatch, et al	http://www.ncbi.nlm.nih.gov/pubmed/18020913

37	Inferring the Best Explanation for Anorexia Nervosa	Shan Guisinger, Ph.D.	
38	Effects of SemiStarvation	Epowicki	http://www.possibility.com/wiki/index.php?title=EffectsOfSemiStarvation
39	Anorexia Nervosa: A Guide For Anorexics and Their Loved Ones	Shan Guisinger, Ph.D.	

TREATMENT

Tab	Title	Publication	Weblink
40	Anorexia Nervosa Treatment: A Systematic Review of Randomized Controlled Trials	Int J Eat Disord, May 2007; 40:310–320	http://www3.interscience.wiley.com/journal/114186491/abstract
41	One Spoonful at a Time	Harriet Brown, New York Times Magazine, Nov. 26, 2006	http://www-news.uchicago.edu/citations/06/061126.legrange-nyt.html
42	Eating Disorder Survival Guide for Parents: The Maudsley Approach; A New Family Treatment		http://www.edsurvivalguide.com/eatingdisorder-maudsley.htm
43	Eating With Your Anorexic	Laura Collins	http://ebooks.ebookmall.com/ebook/210206-ebook.htm
44	Help Your Teenager Beat an Eating Disorder	James Locke and Daniel LeGrange	amazon.com
45	Life Without ED	Jenni Schaefer	amazon.com
46	Secret Language of Eating Disorders	Peggy Claude-Pierre	amazon.com
47	"Anorexia nervosa; clinical research shows regular care better than psychotherapies"	University of North Carolina	www.unc.edu/news/aarchives/apr05/bulik040705.html

48	Study Sees No Gain in Using Antidepressant to Treat Anorexia	Biological Psychiatry Newslink	http://www.biopsychology.com/index.php?descType=always&id=36&type=keyword&page
49	Research on Interventions for Anorexia Nervosa	National Institutes of Health	http://grants.nih.gov/grants/guide/rfa-files/RFA-MH-05-009.html
50	Randomized controlled trial of a treatment for anorexia and bulimia nervosa	Bergh, et al., July 9, 2002 Proceedings of the National Academy of Sciences	www.pnas.org/cgi/doi/10.1073/pnas.142284799
51	Evidence-Based Treatment of Anorexia Nervosa	Fairburn, Int. J Eat Disord 2005; 37:S26-S30	http://www3.interscience.wiley.com/journal/110472689/abstract
52	"Pioneering study will compare two anorexia therapies"	Stanford Report, Sept. 29, 2004	http://news-service.stanford.edu/news/2004/september29/med-anorexia-929.html
53	"Outcomes of Eating Disorders: A Systematic Review of the Literature"	IJED 40:4 293-309 (May 2007)	http://www3.interscience.wiley.com/journal/114186492/abstract
54	"Children and Adolescents with Eating Disorders: the State of the Art"	Pediatrics, Official Journal of the American Academy of Pediatrics (October 1, 2007)	http://www.pediatrics.org/cgi/content/full/111/1/e98
55	"Cause and Treatment of anorexia nervosa"	Zandian, Iokimidis, Bergh, and Sodersten; Physiology & Behavior 92 (2007) 283-90.	http://cat.inist.fr/?aModele=affiche&cpsi dt=19136283
56	Open Trial of family-based treatment for full and partial anorexia nervosa in adolescence: evidence of successful dissemination	J Am Acad Child Adolesc Psychiatry, 2007; 46 (7): 792-800	http://www.ncbi.nlm.nih.gov/pubmed/17581443

57	The Maudsley family-based treatment for adolescent anorexia	World Psychiatry	http://www.pubmedcentral.nih.gov/articlerender.fcgi?artid=1414759
58	A randomised controlled treatment trial of two forms of family therapy in adolescent anorexia nervosa: a five-year follow-up	Eisler, Journal of Child Psychology and Psychiatry 48:6 (2007), pp 552-560	http://www.ncbi.nlm.nih.gov/pubmed/17537071
59	Three Psychotherapies for Anorexia Nervosa: A Randomized, Controlled Trial	McIntosh, et al., Am J Psychiatry 162:741-47 (April 2005)	http://www.ajp.psychiatryonline.org/cgi/content/full/162/4/741
60	Parents Help Treat Eating Disorders	Stanford Medicine News, Spring 2008	
61	Evolving Treatments for Adolescents with Anorexia Nervosa: The Role of Families in Recovery	James Lock	http://www.gurze.com/client/client_pages/newsletteredt9.cfm
62	Evidence-Based Psychosocial Treatments for Eating Problems and Eating Disorders	Keel, Journal of Clinical Child & Adolescent Psychology, 37(1), 39-61 (2008)	http://www.ncbi.nlm.nih.gov/pubmed/18444053
63	Anorexia, Maudsley and an impressive recovery: One family's story	Journal of Paediatrics and Child Health 44 (2008) 70–73	http://www3.interscience.wiley.com/journal/119412562/abstract?CRETRY=1&SRETRY=0
64	Binge Eating Disorder Treatment: A Systematic Review of Randomized Controlled Trials	International Journal of Eating Disorders 40:4 337–348 2007—DOI 10.1002/eat	http://www.ncbi.nlm.nih.gov/pubmed/17370289
65	Bulimia Nervosa Treatment: A Systematic Review of Randomized Controlled Trials	International Journal of Eating Disorders 40:4 321–336 2007—DOI 10.1002/eat	http://www.ncbi.nlm.nih.gov/pubmed/17370288

66	Letting Your Family In on Your Therapy; Approach Enlists Loved Ones To Participate in Treatments; Overcoming the Privacy Issue	Wall Street Journal, Elizabeth Bernstein July 17, 2007; Page D1	http://online.wsj.com/article/SB118462797560068164.html
67	Family-Based Therapy for Adolescents With Anorexia Nervosa	Sim, et al. Mayo Clinic Proceedings 2004; 79(10):1305-08	http://www.ncbi.nlm.nih.gov/pubmed/15473414
68	What Potential Role is There For Medication Treatment in Anorexia Nervosa?	Crow, et al. Int J Eat Disord 2008 Aug 6 [Epub ahead of print]	http://www.ncbi.nlm.nih.gov/pubmed/18683884