Copyright American Psychological Association

Finally, a brand new look at eating disorders with an eye to moving the field quickly toward meaningful solutions. Drs. Weissman and Pike have assembled an impressive group of scholars who reveal their Big Ideas to improve identification, understanding, treatment, and clinical outcome for the millions of individuals worldwide affected by these complex conditions.

–EVELYN ATTIA, MD, SUZANNE CROSBY MURPHY PROFESSOR OF PSYCHIATRY, COLUMBIA UNIVERSITY IRVING MEDICAL CENTER, NEW YORK, NY, UNITED STATES; PROFESSOR OF CLINICAL PSYCHIATRY, WEILL CORNELL MEDICINE, NEW YORK, NY; DIRECTOR, CENTER FOR EATING DISORDERS, NEW YORK-PRESBYTERIAN HOSPITAL, WHITE PLAINS, NY

This book is exactly what the field needs right now. It offers inspiration and exposure to innovative thinking, as well as new and bold ideas emerging from many years of research, clinical work, personal experience with eating disorders, and reflection. The editors, world-leading researchers in the field, have truly succeeded in bringing together contributors who share ideas, visions, and reflections that feel like a feast for the mind.

–ATA GHADERI, PhD, PROFESSOR, KAROLINSKA INSTITUTET, STOCKHOLM, SWEDEN

Copyright American Psychological Association

Led by pioneers of innovation, *Big Ideas in Eating Disorders* delivers on its promise to give bold answers to tough questions. Companion podcasts with clinicians, scientists, and individuals with lived experiences bring personal stories to life—laying the critical foundation for major breakthroughs that will help us to eradicate eating disorders.

–PAMELA K. KEEL, PhD, ROBERT O. LAWTON DISTINGUISHED PROFESSOR, DEPARTMENT OF PSYCHOLOGY, FLORIDA STATE UNIVERSITY, TALLAHASSEE, FL, UNITED STATES; FELLOW, AMERICAN PSYCHOLOGICAL ASSOCIATION

No room for comfort with worn-out ideas here. This book engages readers in a bold, forward-looking experiment. Each of the best thinkers in the eating-disorders world envisions a "Big Idea," explaining why it's needed, how to test it, and how to make it happen. Whether you are a clinician, researcher, educator, or advocate, this book will widen your perspectives on eating-disorder classification, etiology, care, and policy in ways you have not considered before.

–HOWARD STEIGER, PhD, EMERITUS PROFESSOR, DEPARTMENT OF PSYCHIATRY, MCGILL UNIVERSITY, MONTREAL, QC, CANADA; FORMER HEAD, EATING DISORDERS CONTINUUM, DOUGLAS MENTAL HEALTH UNIVERSITY INSTITUTE, MONTREAL, QC

Copyright American Psychological Association

Contents

Contributors *xi*
Forewords
Same Questions—New Answers—Thomas R. Insel *xv*
Catalyzing a Field: Lessons From Public Health—Hans W. Hoek *xxi*
Acknowledgments *xxv*

Introduction: What Is the Big Idea? **3**
Ruth S. Weissman and Kathleen M. Pike

I. TRANSFORMING THE CHARACTERIZATION AND IDENTIFICATION OF FEEDING AND EATING DISORDERS **13**

1. What Is an Eating Disorder? A Reimagining of the Diagnostic Spectrum of Eating Disorders **15**
Phillipa Hay and Deborah Mitchison

2. Bridging the Paradigm Divide: A Novel Framework for Pediatric Feeding and Eating Disorder Diagnosis and Intervention **35**
William G. Sharp and Kathryn M. Peterson

3. Muscles and Misdiagnosis: Introducing a Muscularity-Oriented Eating Disorder Phenotype **51**
Stuart B. Murray and Jason M. Nagata

Copyright American Psychological Association

4. Leveraging Social Media Algorithms to Improve Eating Disorder Screening **65**
Scott Griffiths and Roisin McNaney

II. ELUCIDATING MECHANISMS INVOLVED IN THE DEVELOPMENT AND MAINTENANCE OF FEEDING AND EATING DISORDERS **85**

5. Shaped by Society: Beyond a Culturalist Understanding of Eating Disorder Risk **87**
Anne E. Becker

6. Women's Reproductive Health Must Be a Priority in Eating Disorders Research to Move the Field Forward **107**
Kelly L. Klump and Kristen M. Culbert

7. At What Cost? Understanding Binge-Type Eating Disorders Through the Lens of Cognitive Effort **123**
Laura A. Berner and Riley Macks

8. They Are Called Eating Disorders for a Reason: The Study of Eating Behavior Is Key to Advance Science and Care **141**
B. Timothy Walsh

III. REENVISIONING CLINICAL CARE **157**

9. From Discovery to Clinical Utility: The Promise of Eating Disorders Genetics **159**
Cynthia M. Bulik

10. Uncovering the Brain's Response to Psychotherapy to Transform the Next Generation of Care for Eating Disorders **175**
Jennifer J. Thomas and Ashley Dunford

11. Recovery in Your Pocket: Transforming Eating Disorder Care With Smartphones **195**
Jake Linardon

12. Rethinking Early Intervention to Drive Better Health Outcomes **211**
Tracey D. Wade, Maya Jabs, Mia L. Pellizzer, Jamie-Lee Pennesi, Marcela Radunz, and Yuan Zhou

13. Leveraging Technology to Improve Screening, Early Detection, and Intervention for Eating Disorders at Scale **231**
Ellen E. Fitzsimmons-Craft, Laura D'Adamo, and Denise E. Wilfley

Copyright American Psychological Association

IV. TRANSFORMATIONAL POLICIES FOR PREVENTION AND TREATMENT OF FEEDING AND EATING DISORDERS 249

14. From Data to Action: A Population Surveillance Framework to Improve Eating Disorder Policies and Outcomes 251
Deborah Mitchison and Matthew Fuller-Tyszkiewicz

15. Predicting Risk, Preventing Harm: Using Multilevel Spatial Methods to Counter Political and Commercial Drivers of Eating Disorders 273
S. Bryn Austin, Ariel L. Beccia, and Lingbo Liu

16. An Enhanced Bolder Model for Building Advocacy Into Researching, Preventing, and Treating the Eating Pathology Spectrum 293
Michael P. Levine

V. ACCELERATING RESEARCH ON FEEDING AND EATING DISORDERS 311

17. Formal Mathematical and Computational Modeling of Eating Disorders as Complex Dynamical Systems 313
Shirley B. Wang and Adanya D. Johnson

18. The Digital Dilemma: A Research Agenda to Determine Why More Tools Have Not Meant Better Outcomes 331
Stephanie Bauer and Markus Moessner

19. Personalized Pathways: Advancing Tailored Treatments in Eating Disorder Research 347
Tracey D. Wade, Raima Harding, Mia L. Pellizzer, Jamie-Lee Pennesi, Marcela Radunz, and Yuan Zhou

20. Scientific Enterprise in the 21st Century: How Metascience Can and Will Propel Eating Disorder Research Forward 365
Matthew Fuller-Tyszkiewicz and Jake Linardon

Conclusion: Generating Big Ideas to Transform the Eating Disorders Landscape 387
Kathleen M. Pike and Ruth S. Weissman

Index 393
About the Editors 405

Copyright American Psychological Association

INTRODUCTION

What Is the Big Idea?

RUTH S. WEISSMAN AND KATHLEEN M. PIKE

What more is there to study? Haven't you figured it all out by now?

—ELISABETH STRIEGEL, Personal Communication (2015)

The contemporary field of eating disorders can be anchored to Bruch's (1978) landmark text, *The Golden Cage*. Nearly 50 years later, eating disorders are widely recognized by scholars, clinicians, and the public as significant mental health conditions. Our knowledge of risk factors associated with the development of eating disorders has increased dramatically, and we have developed, tested, and revised clinical interventions that have demonstrated efficacy. And yet, too many people continue to develop eating disorders, and too many people continue to suffer from these conditions. The short answer to Ruth Weissman's late mother's question (occasioned upon learning about Ruth's work on an eating disorder research grant) is, "no." No, we most certainly have not figured it all out yet. Ms. Striegel, who for more than 50 years had lived through the tribulations of one of her children's severe and enduring anorexia nervosa, found this answer disquieting. She was not appeased by

https://doi.org/10.1037/0000508-001
Big Ideas in Eating Disorders: Accelerating Research to Transform Policy and Practice, R. S. Weissman and K. M. Pike (Editors)
Copyright © 2027 by the American Psychological Association. All rights reserved.

Copyright American Psychological Association

accounts of progress made; until "all" had been "figured out," the glass was half empty and loved ones like Ruth's sibling faced serious risks to health and well-being. She laid the blame at the feet of those entrusted by society with finding the answers to the causes and preventive or therapeutic interventions for eating disorders. Did researchers not understand the urgency of alleviating the burden of suffering experienced by people whose lives were touched by an eating disorder? Were their efforts somehow lacking in direction, quality, intensity, or purpose?

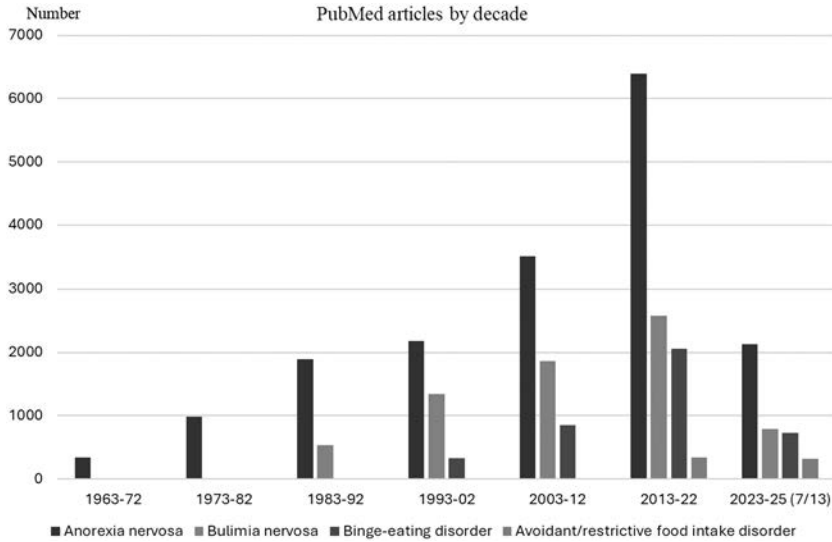
The exponentially growing literature attests to myriad efforts to improve our knowledge of and interventions for these serious conditions. In the first decade of Ms. Striegel's child's illness (1963–1972), according to a PubMed query searching titles or abstracts using the term "anorexia nervosa," 342 articles were published; by the end of 2024, that count had grown to 16,768 (see Figure 1). A 2025 bibliometric study retrieved almost 92,000 articles focused on eating disorders in a search covering several major databases and found a statistically significant acceleration in output during the past 3 decades (Lee & Chi, 2025). At the same time, eating disorder associations, conferences, training programs, and journals have grown in number. Our lack of progress is not due to a lack of trying.

Despite half a century of concerted efforts, eating disorders remain a major public health concern (Solmi et al., 2024; van Eeden et al., 2021) that exists around the globe across ages and genders, resulting in a high health and financial burden (Hay et al., 2023; Kokaze & Pike, 2023; Weissman & Rosselli, 2017). The suffering arising from eating disorders is felt by the person, their families, and society. Eating disorders foreshorten aspirations for educational attainment, diminish well-being, and cause a myriad of secondary health problems; they undermine confidence and disrupt relationships with family and friends; and most distressing of all, eating disorders have been found to cause more premature deaths than any other mental disorder (Attia & Walsh, 2025; Larsen et al., 2024; van Eeden et al., 2021). Families living with a loved one who has an eating disorder report high levels of caregiver stress and financial burdens (Wilksch, 2023, 2024; Zeiler et al., 2025). Economic studies have documented the high costs of treating eating disorders (Striegel-Moore et al., 2000) and the even more substantial overall economic burdens to society when considering also time lost from school or work (of patients or those who care for them), disability payments, and premature retirement (Ahmed et al., 2025; Streatfeild et al., 2021).

Several startling data points motivated our interest in developing this book. Since the introduction of anorexia nervosa into the medical literature, an ever-growing list of new eating disorders has been defined (Dang et al., 2024;

Copyright American Psychological Association

FIGURE 1. Growth of the Eating Disorder Literature Since 1963, by Decade and Eating Disorder Diagnosis



Note. The PubMed search yielded five papers on "bulimia nervosa" in the decade from 1973 to 1979, including the landmark paper by G. Russell (1979), who is credited with introducing the term into the medical literature.

Wilkop et al., 2023; see also Hay & Mitchison, Chapter 1, this volume), yet it remains unclear whether this growth has been accompanied by real improvements in the lives of those affected by an eating disorder (Mond, 2024). Eating disorder symptoms most typically start in childhood or adolescence (Beck et al., 2024; Silén et al., 2020; Solmi et al., 2022); however, the delay in seeking treatment means that many do not get help for years—29.9 months for anorexia nervosa, 53.0 months for bulimia nervosa, and 67.4 months for binge-eating disorder (Austin et al., 2021). The delay in entering treatment is troubling because early intervention leads to better treatment outcomes, shortens the time spent being ill, and reduces the risk of secondary health problems that are so common in eating disorders.

Decades of clinical trial research have resulted in interventions of proven efficacy (Kaidesoja et al., 2023; Linardon et al., 2025; H. Russell et al., 2023). Yet, few people who would benefit from these scientific breakthroughs have access to evidence-based treatment or prevention, and compelling evidence suggests that the problem of the unmet treatment need in eating disorders has remained unchanged over the past decade. Specifically, two systematic reviews of studies on treatment seeking among individuals with an eating disorder conducted 10 years apart found little improvement in the later study

Copyright American Psychological Association

(Ali et al., 2025) versus the earlier study (Hart et al., 2011) in the proportion of people who accessed mental health care for their eating disorder. This finding is especially surprising given the expansion of diagnostic criteria, the increased public attention being paid to eating disorders in widely available media (Lee & Chi, 2025), and the growth of organizations devoted to preventing or treating eating disorders. Research has shown that preventive and clinical interventions are cost-effective (Faller et al., 2024), yet the insights gained from such research too rarely and/or too slowly get translated into meaningful changes in policy or practice. The enduring burden of eating disorders, ongoing challenges to efforts to prevent eating disorders, limited treatment access and efficacy, and the high mortality attributable to eating disorders are a clarion call for new ideas. Big Ideas.

The field of eating disorders is reaching an inflection point where many of the first-generation researchers have already retired or are close to stepping away from their academic responsibilities. And, sadly, a small but growing group of intellectual giants, whose landmark books and papers shaped the field and who inspired scores of students to follow the call into eating disorders research, have passed away, including Hilde Bruch in 1984 (Bruch, 1973), Arthur Crisp in 2006 (Crisp, 1980), Albert Stunkard in 2014 (Stunkard, 1959), Bryan Lask in 2015 (Lask & Fosson, 1989), Pierre ("Peter") Beaumont in 2016 (Touyz et al., 2010), and, more recently, the much beloved psychiatrists Barr Taylor in 2023 (Fitzsimmons-Craft et al., 2024) and Joel Yager in 2024 (K. M. H. Pike, 2024), as well as clinical psychologists Michael Strober in 2024 (Bulik et al., 2025; Striegel, 2013) and Günther Rathner in 2025 (Karwautz et al., 2025). Motivated by a desire to preserve and share the legacy of leaders in the field, Kathleen ("Kathy") M. Pike launched the podcast *Big Ideas in Eating Disorders*, which she moderates (K. M. Pike, 2023–present). Guests share their personal stories about how they came to develop ideas that changed how we see, think about, understand, treat, and prevent eating disorders. The podcast program is a repository for the oral history of eating disorder discoveries and the joys, challenges, and triumphs of the journeys of the pioneers who pursued them. These podcasts are instructive; often, these pioneers' paths to discovery were "curly" and obscure, and their achievements the result of intellectual curiosity, humility, hard work, persistence, and collaboration with others toward a shared goal of reducing the burden of suffering. Yet, these stories point to another fundamental lesson: We must learn from the past, not for the sake of idolizing those who cut a path forward but for inspiration to formulate our own, new Big Ideas. Thus was the idea for this book hatched.

Our Big Idea is that the field needs a space for developing and sharing Big Ideas, that is, ideas that may not yet have all the evidence required to be "safe

Copyright American Psychological Association

bets" but hold the promise of high reward by their potential to catalyze the field—not incrementally but rather exponentially. We believe that one reason our field is lagging behind our aspiration of eradicating eating disorders is that, despite its pride in and expressed desire for innovation and intellectual risk taking, opportunities for thinking big are constrained by a research culture that is cautious and conservative (Foster et al., 2015; Smaldino & McElreath, 2016). With this book, we hope to create a space for fearless, audacious, and risk-taking thinking that has the potential to shape the world we long for.

Our book is not a review of what we know; rather, it is a vision for a better future. We invited scholars, clinicians, and people with lived experience from across the globe to identify what they believe we need to do to transform the eating disorder landscape. We asked them to be daring and think big, and they delivered. Each chapter articulates how we will know more and do better if we are to implement the Big Ideas contained therein. In each chapter, the authors provide a foundational discussion of the knowledge or practice gap that gave rise to their Big Idea; however, the major portion of each chapter is devoted to describing the Big Idea that will catapult the field forward and delineating steps to translate the idea into effective action.

We invite you on a journey of discovery—one shaped by bold ideas, fresh perspectives, and a shared commitment to transforming the landscape of eating disorders research, policy, and care. Please note, the clinical material used in this book has been adequately disguised to protect patient confidentiality.

Part I presents Big Ideas that reimagine foundational paradigms. Hay and Mitchison (Chapter 1) and Sharp and Peterson (Chapter 2) propose novel frameworks for classifying eating disorders, while Murray and Nagata (Chapter 3) challenge us to expand the very boundaries of the field. Griffiths and McNaney (Chapter 4) argue for harnessing the power of social media to revolutionize screening and early detection.

Part II delves into the mechanisms underpinning the development and persistence of eating disorders. Contributors call for an expanded lens that accounts for societal influences (Becker, Chapter 5), a deeper understanding of reproductive health (Klump & Culbert, Chapter 6), a reframing of so-called failures in self-control (Berner & Macks, Chapter 7), and more focused attention to the central role of eating behavior itself in perpetuating illness and guiding treatment (Walsh, Chapter 8).

Part III introduces transformative approaches to treatment. Bulik (Chapter 9) opens with a compelling vision for integrating genetic data to advance precision care. Thomas and Dunford (Chapter 10) illuminate how understanding brain changes associated with psychotherapy can refine interventions, while Linardon (Chapter 11) shows how smartphone technology can

Copyright American Psychological Association

place recovery support directly into people's hands. Wade and colleagues (Chapter 12) present a promising strategy for early intervention, and Fitzsimmons-Craft and colleagues (Chapter 13) make the case for technology-enabled screening and care delivery at scale.

Part IV moves into the critical terrain of policy and advocacy. Mitchison and Fuller-Tyszkiewicz (Chapter 14) propose a population surveillance framework to drive evidence-informed policy. Austin and colleagues (Chapter 15) confront the political and commercial determinants of eating disorders. Levine (Chapter 16) underscores the central role of advocacy in prevention and treatment.

Part V casts a bold vision for accelerating and improving the science of eating disorders. Wang and Johnson (Chapter 17) outline the development of next-generation computational tools. Bauer and Moessner (Chapter 18) address the limitations of digital interventions and what needs to change. Wade and colleagues (Chapter 19) offer a path toward personalized treatment trajectories, and Fuller-Tyszkiewicz and Linardon (Chapter 20) close with a call for metascience to catalyze and integrate progress across the field.

Throughout the volume, each chapter is accompanied by a podcast featuring the personal stories behind the scholarship. We invite you to listen to how these researchers came to their questions, what fuels their vision, and how they persist in the face of challenges. These conversations offer a rare and intimate window into the human side of science: the curiosity sparked by a patient encounter, the urgency born from lived experience, the determination to push boundaries when existing paradigms fall short. In sharing their motivations and journeys, our contributors remind us that Big Ideas are hard-won—shaped by persistence, curiosity, and a refusal to accept the limits of current understanding. They emerge not from certainty but from restlessness and frustration—a sense that what we know is not yet enough. Often sparked by a single unanswered question or an observation that defies understanding, these ideas take root in the minds of those willing to look again, dig deeper, and ask: What if there's a better way? To listen to the accompanying podcast interviews, please visit https://bigideasineatingdisorders.com/.

We hope this book inspires you to think big about eating disorders because bold thinking, courageous collaboration, and relentless innovation are precisely what this moment demands.

REFERENCES

Ahmed, M., Islam, M. D., Aouad, P., Miskovic-Wheatley, J., Touyz, S., Maguire, S., & Cunich, M. (2025). Global and regional economic burden of eating disorders: A systematic review and critique of methods. *International Journal of Eating Disorders*, *58*(1), 91–116. https://doi.org/10.1002/eat.24302

Copyright American Psychological Association

Ali, K., Radunz, M., McLean, S. A., O'Shea, A., Mavrangelos, T., Fassnacht, D. B., & Hart, L. (2025). The unmet treatment need for eating disorders: What has changed in more than 10 years? An updated systematic review and meta-analysis. *International Journal of Eating Disorders*, *58*(1), 46–65. https://doi.org/10.1002/eat.24306

Attia, E., & Walsh, B. T. (2025). Eating disorders: A review. *JAMA*, *333*(14), 1242–1252. https://doi.org/10.1001/jama.2025.0132

Austin, A., Flynn, M., Richards, K., Hodsoll, J., Duarte, T. A., Robinson, P., Kelly, J., & Schmidt, U. (2021). Duration of untreated eating disorder and relationship to outcomes: A systematic review of the literature. *European Eating Disorders Review*, *29*(3), 329–345. https://doi.org/10.1002/erv.2745

Beck, C., Pedersen, C. B., Plana-Ripoll, O., Dalsgaard, S., Debost, J.-C. P., Laursen, T. M., Musliner, K. L., Mortensen, P. B., Pedersen, M. G., Petersen, L. V., Yilmaz, Z., McGrath, J., & Agerbo, E. (2024). A comprehensive analysis of age of onset and cumulative incidence of mental disorders: A Danish register study. *Acta Psychiatrica Scandinavia*, *149*(6), 467–478. https://doi.org/10.1111/acps.13682

Bruch, H. (1973). *Eating disorders: Obesity, anorexia nervosa, and the person within*. Basic Books.

Bruch, H. (1978). *The golden cage: The enigma of anorexia nervosa*. Harvard University Press.

Bulik, C. M., Barnhart, W. R., Feusner, J., Flatt, R. E., Munn-Chernoff, M. A., Ortiz, S. N., Pisetsky, E. M., Presskreischer, R., Thornton, L. M., & Yilmaz, Z. (2025). Elevating the field of eating disorders through scholarship and thoughtfulness: Honoring the legacy of Dr. Michael Strober. *International Journal of Eating Disorders*, *58*(1), 40–45. https://doi.org/10.1002/eat.24327

Crisp, A. H. (1980). *Anorexia nervosa: Let me be*. Academic Press.

Dang, T. B., Hughes, E. K., Dang, A. B., Lai, H. Y., Lee, J., Liu, S., Portingale, J., Fuller-Tyszkiewicz, M., & Krug, I. (2024). Taking a deeper dive into OSFED subtypes: A meta-analysis and systematic review. *International Journal of Eating Disorders*, *57*(10), 2006–2040. https://doi.org/10.1002/eat.24280

Faller, J., Perez, J. K., Mihalopoulos, C., Chatterton, M. L., Engel, L., Lee, Y. Y., Le, P. H., & Le, L. K.-D. (2024). Economic evidence for prevention and treatment of eating disorders: An updated systematic review. *International Journal of Eating Disorders*, *57*(2), 265–285. https://doi.org/10.1002/eat.24113

Fitzsimmons-Craft, E. E., Wilfley, D. E., Accurso, E. C., Balantekin, K. N., Celio Doyle, A., Eisenberg, D., Firebaugh, M.-L., Flatt, R. E., Goel, N. J., Graham, A. K., Jacobi, C., Jones Bell, M., Monterubio, G. E., Newman, M. G., Sadeh-Sharvit, S., Taylor, K., & Weissman, R. S. (2024). Nurturing innovation, catalyzing change: Honoring the legacy of Dr. C. Barr Taylor in the eating disorders field. *International Journal of Eating Disorders*, *57*(3), 543–547. https://doi.org/10.1002/eat.24145

Foster, J. G., Rzhetsky, A., & Evans, J. A. (2015). Tradition and innovation in scientists' research strategies. *American Sociological Review*, *80*(5), 875–908. https://doi.org/10.1177/0003122415601618

Hart, L. M., Granillo, M. T., Jorm, A. F., & Paxton, S. J. (2011). Unmet need for treatment in the eating disorders: A systematic review of eating disorder specific treatment seeking among community cases. *Clinical Psychology Review*, *31*(5), 727–735. https://doi.org/10.1016/j.cpr.2011.03.004

Copyright American Psychological Association

Hay, P., Aouad, P., Le, A., Marks, P., Maloney, D., Touyz, S., & Maguire, S. (2023). Epidemiology of eating disorders: Population, prevalence, disease burden and quality of life informing public policy in Australia—A rapid review. *Journal of Eating Disorders*, *11*(1), Article 23. https://doi.org/10.1186/s40337-023-00738-7

Kaidesoja, M., Cooper, Z., & Fordham, B. (2023). Cognitive behavioral therapy for eating disorders: A map of the systematic review evidence base. *International Journal of Eating Disorders*, *56*(2), 295–313. https://doi.org/10.1002/eat.23831

Karwautz, A., Waldherr, K., Zeiler, M., Smrekar, U., Butcher, G., Tury, F., Schmidt, U., & Touyz, T. (2025). Obituary for Prof. Dr. Günther Rathner (1949–2025). *Neuropsychiatrie*, *39*, 212–215. https://doi.org/10.1007/s40211-025-00563-1

Kokaze, H., & Pike, K. M. (2023). A global overview of eating disorders. In P. Robinson, T. Wade, B. Herpertz-Dahlmann, F. Fernandez-Aranda, J. Treasure, & S. Wonderlich (Eds.), *Eating disorders: An international comprehensive view* (pp. 1–22). Springer. https://doi.org/10.1007/978-3-030-97416-9_20-1

Larsen, J. T., Yilmaz, Z., Bulik, C. M., Albiñana, C., Vilhjálmsson, B. J., Mortensen, P. B., & Petersen, L. V. (2024). Diagnosed eating disorders in Danish registers—Incidence, prevalence, mortality, and polygenic risk. *Psychiatry Research*, *337*, Article 115927. https://doi.org/10.1016/j.psychres.2024.115927

Lask, B., & Fosson, A. R. (1989). *Childhood illness: The psychosomatic approach: Children talking with their bodies*. Wiley.

Lee, J. J., & Chi, G. (2025). Five decades of eating disorder research: A bibliometric analysis of publication trends, research themes, and the relationship between public and academic attention (1975–2024). *International Journal of Eating Disorders*, *58*(7), 1278–1295. https://doi.org/10.1002/eat.24436

Linardon, J., Jarman, H. K., Liu, C., Anderson, C., McClure, Z., & Messer, M. (2025). Mental health impacts of self-help interventions for the treatment and prevention of eating disorders. A meta-analysis. *International Journal of Eating Disorders*, *58*(5), 815–831. https://doi.org/10.1002/eat.24405

Mond, J. M. (2024). Drowning in medicalization? Commentary on: Dang et al. "Taking a deeper dive into OSFED subtypes: A systematic review and meta-analysis." *International Journal of Eating Disorders*, *57*(10), 2056–2059. https://doi.org/10.1002/eat.24300

Pike, K. M. (Host). (2023–present). *Big ideas in eating disorders*. [Audio podcast] https://bigideasineatingdisorders.com/

Pike, K. M. H. (Host). (2024, January 22). Big ideas in eating disorders with guest Dr. Joel Yager (No. 22) [Audio podcast episode]. In *Big ideas in eating disorders*. https://bigideasineatingdisorders.com/podcast/dr-joel-yager/

Russell, G. (1979). Bulimia nervosa: An ominous variant of anorexia nervosa. *Psychological Medicine*, *9*(3), 429–448. https://doi.org/10.1017/s0033291700031974

Russell, H., Aouad, P., Le, A., Marks, P., Maloney, D., Touyz, S., Maguire, S., & the National Eating Disorder Research Consortium. (2023). Psychotherapies for eating disorders: Findings from a rapid review. *Journal of Eating Disorders*, *11*(1), Article 175. https://doi.org/10.1186/s40337-023-00886-w

Silén, Y., Sipilä, P. N., Raevuori, A., Mustelin, L., Marttunen, M., Kaprio, J., & Keski-Rahkonen, A. (2020). *DSM-5* eating disorders among adolescents and young adults

Copyright American Psychological Association

in Finland: A public health concern. *International Journal of Eating Disorders*, *53*(5), 520–531. https://doi.org/10.1002/eat.23236

Smaldino, P. E., & McElreath, R. (2016). The natural selection of bad science. *Royal Society Open Science*, *3*(9), Article 160384. https://doi.org/10.1098/rsos.160384

Solmi, M., Monaco, F., Højlund, M., Monteleone, A. M., Trott, M., Firth, J., Carfagno, M., Eaton, M., De Toffol, M., Vergine, M., Meneguzzo, P., Collantoni, E., Gallicchio, D., Stubbs, B., Girardi, A., Busetto, P., Favaro, A., Carvalho, A. F., Steinhausen, H.-C., & Correll, C. U. (2024). Outcomes in people with eating disorders: A transdiagnostic and disorder-specific systematic review, meta-analysis and multivariable meta-regression analysis. *World Psychiatry*, *23*(1), 124–138. https://doi.org/10.1002/wps.21182

Solmi, M., Radua, J., Olivola, M., Croce, E., Soardo, L., Salazar de Pablo, G., Il Shin, J., Kirkbride, J. B., Jones, P., Kim, J. H., Kim, J. Y., Carvalho, A. F., Seeman, M. V., Correll, C. U., & Fusar-Poli, P. (2022). Age at onset of mental disorders worldwide: Large-scale meta-analysis of 192 epidemiological studies. *Molecular Psychiatry*, *27*(1), 281–295. https://doi.org/10.1038/s41380-021-01161-7

Streatfeild, J., Hickson, J., Austin, S. B., Hutcheson, R., Kandel, J. S., Lampert, J. G., Myers, E. M., Richmond, T. K., Samnaliev, M., Velasquez, K., Weissman, R. S., & Pezzullo, L. (2021). Social and economic cost of eating disorders in the United States: Evidence to inform policy action. *International Journal of Eating Disorders*, *54*(5), 851–868. https://doi.org/10.1002/eat.23486

Striegel, R. H. (2013). Foreword. *International Journal of Eating Disorders*, *46*(5), 385. https://doi.org/10.1002/eat.22127

Striegel-Moore, R. H., Leslie, D., Petrill, S. A., Garvin, V., & Rosenheck, R. A. (2000). One-year use and cost of inpatient and outpatient services among female and male patients with an eating disorder: Evidence from a national database of health insurance claims. *International Journal of Eating Disorders*, *27*(4), 381–389. https://doi.org/10.1002/(sici)1098-108x(200005)27:4<381::aid-eat2>3.0.co;2-u

Stunkard, A. J. (1959). Eating patterns and obesity. *Psychiatry Quarterly*, *33*(2), 284–295. https://doi.org/10.1007/bf01575455

Touyz, S. W., Beaumont, P. J., & Dunn, S. M. (2010). Behaviour therapy in the management of patients with anorexia nervosa: A lenient, flexible approach. *Psychotherapy and Psychosomatics*, *48*(1–4), 151–156. https://doi.org/10.1159/000288046

van Eeden, A. E., van Hoeken, D., & Hoek, H. W. (2021). Incidence, prevalence and mortality of anorexia nervosa and bulimia nervosa. *Current Opinions in Psychiatry*, *34*(6), 515–524. https://doi.org/10.1097/yco.0000000000000739

Weissman, R. S., & Rosselli, F. (2017). Reducing the burden of suffering from eating disorders: Unmet treatment needs, cost of illness, and the quest for cost-effectiveness. *Behavior Research and Therapy*, *88*, 49–64. https://doi.org/10.1016/j.brat.2016.09.006

Wilkop, M., Wade, T. D., Keegan, E., & Cohen-Woods, S. (2023). Impairments among *DSM-5* eating disorders: A systematic review and multilevel meta-analysis. *Clinical Psychology Review*, *101*, Article 102267. https://doi.org/10.1016/j.cpr.2023.102267

Copyright American Psychological Association

Wilksch, S. M. (2023). Toward a more comprehensive understanding and support of parents with a child experiencing an eating disorder. *International Journal of Eating Disorders*, *56*(7), 1275–1285. https://doi.org/10.1002/eat.23938

Wilksch, S. M. (2024). The urgent need for greater parent support and better health system experiences to enhance outcomes for pediatric anorexia nervosa: A commentary on Marchetti & Sawrikar (2023). *International Journal of Eating Disorders*, *57*(5), 1134–1137. https://doi.org/10.1002/eat.24131

Zeiler, M., Philipp, J., Truttmann, S., Kopp, K., Schöfbeck, G., Mairhofer, D., Imgart, H., Zanko, A., Auer-Welsbach, E., Karwautz, A., & Wagner, G. (2025). Exploring the multifaceted burdens and experiences of parents with a child diagnosed with anorexia nervosa: A psychological network analysis. *International Journal of Eating Disorders*, *58*(4), 789–801. https://doi.org/10.1002/eat.24389