

Psychology Colloquium / Advanced Seminar in Psychology

Evaluation of risk factor-based interventions for body image concerns and disordered eating

Professor Susan J Paxton
School of Psychological Science
La Trobe University

2:30 pm, Friday, 22 July 2011

Lecture Hall D350 (Coffs Harbour campus)

Video-linked to Lecture Hall P158 (Lismore campus) and to
A223 (Tweed Heads Gold Coast Riverside campus)

All welcome

About the colloquium. Body image and eating disorders contribute to heavy personal, family, and social burden. In Australia, approximately 7% of females and 0.4% of males suffer from a clinical eating disorder and more suffer from sub-clinical problems. Colleagues and I have used an understanding of risk and maintaining factors to guide the development and evaluation of interventions across the continuum from healthy body image and eating behaviours through to clinical body image and eating disorders. I will describe risk factors for developing body image and eating problems. I will describe: research findings from a body-dissatisfaction-prevention intervention for grade 7 girls, *Happy Being Me*; an internet-delivered early intervention program for teenage girls, *My Body, My Life*; two randomised controlled trials evaluating body image and eating disorder therapy programs for young adult and midlife women, *Set Your Body Free*. I will note ways in which risk-factor approaches may be used in public health interventions. I will conclude that more effective resources are becoming available to assist individuals with body image and eating problems.

About the speaker. Professor Susan Paxton has a longstanding clinical and research interest in body image and eating disorders. She has a particular interest in identifying risk factors for body dissatisfaction and disordered eating and in developing and evaluating school-based and community prevention, early intervention, and therapy for these problems. She is committed to ensuring translation of research into practice and supports public health initiatives to facilitate prevention and early intervention for eating disorders. Susan was a member of the Body Image Advisory Group that advised the Federal Minister for Youth and a member of the Victorian State Ministerial Advisory Committee on Body Image and Ministerial Advisory Committee for Eating Disorders. She is past President of the Australian and New Zealand Academy for Eating Disorders, and is Past President of the Academy of Eating Disorders. Susan is also a Director of the Butterfly Foundation and co-chair of the Promotion and Prevention Steering Committee of the National Eating Disorders Collaboration. See <https://www.latrobe.edu.au/psy/staff/paxtons.html>

About the speaker's host. Dr Alison Bowling alison.bowling@scu.edu.au

About Psychology Colloquia. See www.scu.edu.au/psychologycolloquia