



RESEARCH OPPORTUNITY

NAMI is committed to ensuring that the most effective treatments for mental illness are available to those who need them. Determining which treatments are most effective requires research.

When NAMI learns of new studies by physicians and other scientists involving new treatment methods, such as psychotherapies, medications, methods of medication delivery, etc. we become excited. That excitement comes from knowing that scientists continue to learn more about mental illness and look for ways to improve the lives of those affected by it. When NAMI is approached to be involved in research of any type, at any level, we take it very seriously. NAMI's Chief Medical Officer Dr. Ken Duckworth and National Director of Research and Quality Assurance Dr. Teri Brister thoroughly review the research protocols and methodology and the documentation that the study has been approved an Institutional Review Board (IRB) to assure the safety of those involved.

NAMI does not accept financial compensation for recruiting clinical trial participants. NAMI also does not endorse any products or treatments. We share these research opportunity notices with you, our field leaders, to distribute at your discretion if you believe that members of your community may be interested in participating in these trials.

If you have questions about research at NAMI, please visit [NAMI.org/research](https://www.nami.org/research) or email us at research@nami.org.

WHAT IS THE STUDY?

This study is an anonymous online survey for individuals with a history of or current experience with disordered eating. The goal of this study is to assess the influence of family dynamics and family structure on the development and severity of disordered eating patterns and eating disorders. Participants will be asked to provide information about their family structure, medical history, and relationship to their own weight and body. Total participation time is about 10 minutes.

** Note: The survey includes discussion of eating disorder behaviors including restriction, inappropriate compensatory behaviors, and bingeing and purging episodes which can be triggering. Participants may select or write "I decline to answer" for any questions they are not comfortable responding to. Behavioral health resources will be listed at the end of the survey.*

WHO CAN PARTICIPATE?

Individuals may be eligible for this study if they:

- Are at least 18 years old.
- Grew up under the care of their parent(s) until at least 18 years of age.
- Have a history of or are currently engaging in an eating disorder/disordered eating behaviors.

The researcher is seeking 85 participants.

WHERE IS THE STUDY TAKING PLACE?

This survey takes place online. To view consent information and access the survey, click [here](#).

HOW DO I LEARN MORE?

If you have questions or would like more information, please contact Rachel Watkins at rwatki79615@viterbo.edu or 480-703-6197.