

Smart Eating

FREE ONLINE PROGRAMME

www.smart-eating.com

“Smart Eating” is a free, research driven internet-based self-help programme for promotion of healthy eating. It includes components on:

- **Healthy eating**
- **Family education**
- **Health assessment**
- **Motivational enhancement**
- **Self-help strategies**
- **Psychological health promotion**

Current users of the programme find it easy to use, informative, eye-catching, and useful. We are recruiting subjects for a research study of the programme - both as controls and individuals who identify themselves as suffering from an eating disorder.

Controls are healthy people who would be interested in taking part in 4 assessments of their eating and health. In so doing, they could benefit from knowing whether they have any eating disorder or an associated psychological problem. They will have access to the components of healthy eating, family education and health assessment in the programme which will provide automatic feedback.

Individuals suffering from eating disorders are also invited to participate in the study by using the programme for self-help. They will have access to all components of the programme and they can monitor their progress at regular intervals. The programme can be an adjunct to professional treatment.

People aged from 16 to 50 years who are interested in participating in the “Smart Eating” programme either as a control or as a sufferer of an eating disorder can register in the programme at <http://www.smart-eating.com>. For further information about the “Smart Eating” programme please contact:

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2) Professor Janice Russell, Clinical Professor of The University of Sydney on (612) 9433 3555/ (612) 9515 8165 or email “jrussell@mail.usyd.edu.au”



for 16-50 year olds

