



NATIONAL

**EATING DISORDERS
AND OBESITY**

Conference

PHYSICAL HEALTH AND
MENTAL WELL BEING

PROGRAM 2017

7 - 8 AUGUST 2017
MANTRA ON VIEW, GOLD COAST

eatingdisordersaustralia.org.au

Day 1 - Monday 7th August 2017

8.00 - 8.45am	Registration & Arrival Tea and Coffee	Boulevard Pre-Function Lobby	
8.45 - 10.30am	Conference Opening	Boulevard Ballroom	Chair: Mr Glenn Mackintosh
8.45 - 9.00am	Welcome and Housekeeping		
9.00 - 9.30am	Professor Timothy Gill , Professor of Public Health Nutrition & Research, University of Sydney <i>Poor Sleep Quality – A Target for the Management of Both Obesity and Eating Disorders?</i>		
9.30 - 10.00am	Dr Blair Bowden , General Surgeon Specialising in Bariatric and General Laparoscopic Surgery <i>Obesity Surgery: Current and Future Directions</i>		
10.00 - 10.30am	Dr Evan Atlantis , Senior Research Fellow, School of Nursing and Midwifery, Western Sydney University <i>Efficacy and Scalability of Intensive Lifestyle and Medical Treatment for Complex Obesity in Australian Public Hospitals</i>		
10.30 - 11.00am	Morning Tea, Exhibition & Poster Presentations	Boulevard Pre-Function Lobby	
11.00am - 12.30pm	Plenary Session 1	Boulevard Ballroom	Chair: Mr Glenn Mackintosh
11.00 - 11.30am	Dr Evelyn Smith , Senior Lecturer in Clinical Psychology, Western Sydney University <i>Building Bridges by Understanding the Contradictory Messages in the Treatment of Obesity and Eating Disorders</i>		
11.30am - 12.00pm	Professor Andrew Hills , Professor of Sports and Exercise Science, University of Tasmania <i>Prevention of Childhood Obesity: Shining a Lens on the Early Childhood Years</i>		
12.00 - 12.30pm	Dr Vinay Garbharran , Child, Adolescent and Adult Psychiatrist, Robina Private Hospital <i>Day Programs - Filling in the Gaps in Treating Eating Disorders</i> and Dr Kim Hurst , Psychologist, Robina Private Hospital <i>Preliminary Outcomes in Treating Perfectionism as an Adjunct to Family Based Therapy in Adolescent Anorexia</i>		
12.30 - 1.30pm	Lunch, Exhibition & Poster Presentations	NOSH Pan Asian Restaurant	

Day 1 - Monday 7th August 2017 continued ...

Concurrent Session 1	Body Image	Environmental Context	Workshop Health Promotion and Prevention
1.30 - 3.04pm	Boulevard 1 Session Chair: Professor Jonathan Mond	Boulevard 2 Session Chair: Dr Kimberley Mallan	Boulevard 3
1.30 - 2.00pm	"Pretty Pressure" from Peers, Parents, and the Media: A Longitudinal Study of Appearance-based Rejection Sensitivity Dr Haley Webb Research Fellow / Psychologist Griffith University	Gold Coast Health and Wellbeing Strategy Mrs Helen Clifford Snr Health Promotion Officer Gold Coast Health and Hospital Health Service	Defining Health: Identifying and Managing Eating Disorders in the Fitness Industry Ms Eleni Psillakis Educator BrazenGrowth
2.02 - 2.32pm	Girls' and Boys' Trajectories of Appearance Anxiety from Age 10 to 15 Years are Associated with Earlier Maturation and Appearance-Related Teasing Prof Melanie Zimmer-Gembeck Professor Griffith University	Factors Affecting Healthy Eating in Supported Accommodation Ms Donni Johnston Senior Community Nutritionist Metro South Addiction and Mental Health Service	
2.34- 3.04pm	Instafake: A focus Group Study of Female Emerging Adults and Their Experiences with Instagram Miss Carmen Papaluca PhD Candidate University of Notre Dame, Fremantle	Food Choices are about Values not Virtues Dr Helena Popovic Medical Doctor, Educator, Speaker, Author Dr Helena Popovic	
3.04 - 3.30pm	Afternoon Tea, Exhibition & Poster Presentations		Boulevard Pre-Function Lobby

Day 1 - Monday 7th August 2017 continued ...

Concurrent Session 2		Health Promotion and Prevention	Treatment Options	Workshop Intervention
3.30 - 5.04pm	Boulevard 1 Session Chair: Prof Melanie Zimmer-Gembeck	Boulevard 2 Session Chair: Ms Kelly Gall	Boulevard 3	
3.30 - 4.00pm	Resisting the Temptation of Food: Overeating Regulation and Associations with Emotion Regulation and Mindfulness Ms Jessica Kerin Psychologist Griffith University	Tackling Obesity by Reducing Sugar Consumption Prof Selena Bartlett Group Leader Queensland University of Technology	A Piloted Opportunistic Intervention & Long Term RED- Food Addiction ABO - Supporting Weight Management in Primary Care' Programme Prof Anne-Thea McGill Adjunct Professor, Health & Human Ecology Southern Cross University	
4.02 - 4.32pm	Women, Food and Effective Health Promotion Ms Renata Anderson Policy and Health Promotion Officer Women's Health Victoria	Integrating Professionals for Optimal Treatment of Eating Disorders Ms Natalie Wild Counsellor Redefine Life Counselling and Support Services		
4.34 - 5.04pm	'Food Approach' and 'Food Avoidance' Eating Behaviours in Adults: Measurement and Associations with BMI Dr Kimberley Mallan Lecturer Australian Catholic University	Psychosocial Predictors of Obesity in Patients Seeking Bariatric Surgery Identifying Moderating Factors of Postoperative Outcomes: A Pilot Study Dr Martin Johnson Senior Lecturer in Health Psychology University of Newcastle		
5.04 - 6.00pm Welcome Reception				

Day 2 - Tuesday 8th August 2017

8.00 - 8.30am Registration & Arrival Tea and Coffee Boulevard Pre-Function Lobby

Concurrent Session 3	Intervention	Health Promotion and Prevention	Workshop Treatment Options - Mental Health
8.30 - 10.04am	Boulevard 1 Session Chair: Mrs Nikki Boswell	Boulevard 2 Session Chair: Professor Jonathan Mond	Boulevard 3
8.30 - 9.00am	<p>Temptation, Habit, Weight Loss and Cardio-Metabolic Health in Obesity: A Pilot Trial-CR-CBT (Cognitive Remediation Enabled Cognitive Behavioural Therapy)</p> <p>Dr Jayanthi Raman Research Fellow University of Technology Sydney</p>	<p>Review of Short-Form Measures to Assess Children's Diet, Physical Activity, and Sedentary Behaviour for a Community Obesity Treatment Program for Socially Disadvantaged Groups</p> <p>Dr Janelle Gifford Senior Lecturer University of Sydney</p>	<p>New Insights into Treating Binge Eating and Obesity</p> <p>Dr Katie Richard Clinical Psychologist Weight Off Your Mind</p>
9.02 - 9.32am	<p>Perceptions of Health Professionals and Parents from the Childhood Obesity Management Setting: Prevention, Intervention and Policy Implications</p> <p>Miss Wai-Kwan Chislett PhD Candidate Victoria University- College of Health and Biomedicine</p>	<p>A Gold Coast Community Jury Weighs in on Obesity</p> <p>Ms Deena Seesaengnom Senior Epidemiologist (Research & Evaluation) Gold Coast Public Health Unit, Gold Coast Hospital and Health Service</p>	
9.34 - 10.04am	<p>Group Therapeutic Factors Present in Group Therapy for Binge Eating Disorder</p> <p>Ms Amy Redman Psychologist Department of Psychology, Swinburne University</p> <p>Dr Nicole Redlich Lecturer in Psychology Department of Psychology, Swinburne University</p>	<p>Elucidating Obesity and Eating Disorders Health Literacy among Key Stakeholders: A Focus Groups Study</p> <p>Miss Bianca Bullivant Research Assistant Macquarie University</p>	
10.04 - 10.30am	Morning Tea, Exhibition & Poster Presentations		

Day 2 - Tuesday 8th August 2017 continued ...

Concurrent Session 4	Intervention	Open Session	Workshop Health Promotion and Prevention
10.30 - 12.04pm	Boulevard 1 Session Chair: Ms Kelly Gall	Boulevard 2 Session Chair: Dr Kimberley Mallan	Boulevard 3
10.30 - 11.00am	<p>Navigating Your Way to Health/Navigating Their Way to Health - The E-Resource Development in Supporting People with Eating Disorders and Their Carers, in the Hunter New England Local Health District</p> <p>Ms Jennifer Howard Projects Officer, Suicide Prevention and Dietitian Hunter Institute of Mental Health</p>	<p>Online Pro-ana Communities</p> <p>Ms Amy Wyborn Master of Counselling Student University of Notre Dame</p>	<p>Portion Control for Non Dietitians</p> <p>Mrs Amanda Clark Advanced Accredited Practising Dietitian Great Ideas in Nutrition</p>
11.02 - 11.32am	<p>Can in Pharmacy Support Provide Health Outcomes for Patients Following a Reduced Energy Weight Management Program</p> <p>Ms Megan Alford Wellness Program Manager Sigma Pharmaceuticals</p>	<p>There's Nothing Left to Eat!</p> <p>Dr Helena Popovic Medical Doctor, Educator, Speaker, Author Dr Helena Popovic</p>	
11.34 - 12.04pm	<p>Doctors' Perceptions of Communication when Treating Patients with Eating Disorders in the Acute Setting</p> <p>Miss Alexandra Davidson Dietitian Bond University</p>	<p>The Role of Exercise Physiology in Supporting Individuals with a Lived Experience of Mental Illness to Engage in Physical Activity for Health Benefit and Social Connection</p> <p>Mr Marc Roetteler Exercise Physiologist First Step Rehabilitation</p>	
12.04 - 1.00pm	Lunch, Exhibition & Poster Presentations	NOSH Pan Asian Restaurant	

Day 2 - Tuesday 8th August 2017 continued ...

Concurrent Session 5	Open Session	Intervention	Workshop Transformation
1.00 - 2.34pm	Boulevard 1 Session Chair: Dr Janelle Gifford	Boulevard 2 Session Chair: Dr Jayanthi Raman	Boulevard 3
1.00 - 1.30pm	Poorer Dietary Quality among Children from Stressed Families: Examining the Intervening Role of the Parent-Child Relationship Dr Haley Webb Research Fellow/Psychologist Griffith University	Sharing Stories to Shift Body Image Attitudes Ms Lucinda Kershaw Body Image Program Manager Mental Illness Education ACT	Mindset for Transformation Mr Glenn Mackintosh Founder Weight Management Psychology
1.32 - 2.02pm	Exercise Addiction and Calorie Restriction - My Personal Story Dr Vanessa Alford Physiotherapist/ previous Elite Runner Symmetry	The Effect of Caralluma Fimbriata on the Appetite Behaviour of Children and Adolescents with Prader-Willi Syndrome Dr Joanne Griggs Post Doctoral Fellow Centre for Chronic Disease Prevention and Management, College of Health and Biomedicine, Victoria University	
2.04 - 2.34pm	Mindfulness-Based Eating Awareness Training (MB-EAT) for Young Adult Women: A Mixed-Methods Pilot Study Ms Ruth Lonie MClinPsych Student RMIT University Dr Trish Melzer Clinical Psychologist RMIT University	Does Metabolic Monitoring Bring Changes in Our Prescribing Practice? Dr Anthony Djurkov Psychiatrist Te Rawhiti CMHC, Counties Manukau Health	
2.34 - 3.00pm	Afternoon Tea, Exhibition & Poster Presentations		Boulevard Pre-Function Lobby

Day 2 - Tuesday 8th August 2017 continued ...

3.00 - 4.30pm	Plenary Session 2	Boulevard Ballroom	Chair: Mr Glenn Mackintosh
3.00 - 3.30pm	Associate Professor Matt Sabin , Director of Endocrinology, Diabetes and Obesity, The Royal Children's Hospital Melbourne <i>Treating Severe Childhood Obesity on the Front Line – Tips, Tricks and Common Misconceptions</i>		
3.30 - 4.00pm	Ms Christine Morgan , CEO, The Butterfly Foundation and National Director, National Eating Disorders Collaboration (NEDC) <i>Considering Eating Disorders and Obesity Treatments; Findings from the NEDC Systematic Review</i>		
4.00 - 4.30pm	Associate Professor Kevin Brooks , Department of Psychology, Macquarie University <i>Looking at the Figures: Perceptual Adaptation as a Mechanism for Body Size and Shape Misperception</i>		
4.30 - 5.00pm	Conference Close	Boulevard Ballroom	Chair: Mr Glenn Mackintosh
	<i>A short summary for key messages and results discussed at this years National Eating Disorders and Obesity Conference</i>		

Poster Presentations

Mrs Nikki Boswell, PhD Candidate CNRC, University of Queensland
Eating Behaviour Traits and Obesity Outcomes in Early Childhood in Australia

Mrs Nikki Boswell, PhD Candidate CNRC, University of Queensland
Family Food Environments of Australian Children During Early Childhood and How They Differ between Income and BMI Category

Mrs Nikki Boswell, PhD Candidate CNRC, University of Queensland
The Relationship between Eating Behaviours, the Family Food Environment and Obesity Outcomes in Early Childhood in Australia

Mrs Nikki Boswell, PhD Candidate CNRC, University of Queensland
Family Food Environment Patterns Associated with Obesity Outcomes in Early Childhood in Australia