



HEALING BODIES HEALTHY BABIES NEWSLETTER

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FAMILY AND LOVED ONES' SENSITIVITY TRAINING

During the month of February 2021, the Healing Bodies Healthy Babies research team released their first ever Family and Loved Ones' Sensitivity Training. The sensitivity training was designed to educate others about eating disorders and pregnancy. It also provided insight on how to better support a family member or loved one who may have an eating disorder during pregnancy or in postpartum. The training establishes a common understanding of the main types of eating disorders and provides information about the complex issue of eating disorders and pregnancy. Despite the intricacy of eating disorders and pregnancy, the training outlines some general for family and loved ones to support an individual with an eating disorder. The Family and Loved Ones' Sensitivity training is available for public viewing on the Healing Bodies Healthy Babies Website.

STUDENT RESEARCHER SHOUTOUT

Our student researcher Ms. Diana Davidson will be presenting the preliminary findings from the qualitative portion of our IVF and nutrition study in the Undergraduate Research Symposium this Spring.

INTERNATIONAL CONFERENCE ON EATING DISORDERS PRESENTATION

The development of our prenatal eating behaviors screening tool will be presented at the International Conference on Eating Disorders (ICED). This reliable, sensitive and specific screening tool can be used to identify women in pregnancy with an eating disorder. This International Conference on Eating Disorders is an annual event which is hosted by the Academy for Eating Disorders (AED). The event brings educators, clinicians, researchers and students from all across the world together. One of the AED's missions for the event is to cultivate diversity and inclusion through research and practice. This year's event will be held virtually on June 10-12th.

EDUCATING CLINICIANS ON EATING DISORDERS IN PREGNANCY

The Healing Bodies Healthy Babies team is diligently working to further educate clinicians on eating disorders and pregnancy. The team is producing an informational booklet titled *Prenatal Eating Disorders Screening Tool and Additional Clinical Resources*. The booklet is designed to provide clinicians with insight to navigate the complex issue of eating disorders and pregnancy. This project would not be possible without the generous donation of the Ophelia Fund/Rhode Island Foundation, which has funded this informational booklet to encourage translation of this eating disorders research.

NEDA WEEK FEBRUARY 22-28, 2021

This year, National Eating Disorders Awareness (NEDA) Week took place during the last week of February. The main purpose of NEDA Week, is to highlight eating disorders through educating the public, spreading hopeful messages, and disseminating resources to those who need them most. The Healing Bodies Healthy Babies team took part in this event by showcasing the AED's "Nine Truths About Eating Disorders" on our social media pages to promote evidence based information about eating disorders to our followers.

STAY CONNECTED WITH US



SENSITIVITY TRAINING FOR CLINICIANS

Our sensitivity trainings were designed to bring greater awareness to healthcare providers about pregnancy and eating disorders and to promote weight sensitivity in the office. Student researcher, Ms. Zoya Khan, created the pre and post questions for the trainings based on literature to better understand learning outcomes from the trainings. We conducted our first Clinician Sensitivity Training in person in February 2020 and have continue to administer the training virtually amidst the pandemic. Ms. Khan presented her preliminary findings for a spring symposium at the university, and her findings can be found on our [website](#). Dr. Claydon has also presented our training for a Grand Round for Obstetrics and Gynecology at WVU. Data from the virtual trainings is being collected and a paper based on the findings is in its early composition stage.

EXPRESSING OUR GRATITUDE

Many thanks to all of the student researchers and collaborators for their continued efforts and contributions to our research program.

- Jillian Catalano
- Jordan Ceglar
- Diana Davidson
- Caterina DeFazio
- Zoya Khan
- Varsha Rajkumar
- Kristen Ranson
- Kyli Smith
- Kelsi Taylor

IMPORTANT RESOURCES

One of the missions of Healing Bodies Healthy Babies is to be a resource to help navigate the complex issue of pregnancy and eating disorders. Our website and social media pages disseminate information for clinicians and healthcare professionals, patients and family and loved ones. This spring our program highlighted a multitude of different resources based on our research as well as information provided by other organizations. In creating and curating resources, we hope provide others with the tools to educate themselves about eating disorders and pregnancy. These resources are publicly available on our website and social media pages.

MAIN THEMES OF EATING DISORDERS AND PREGNANCY

During the course of Dr. Elizabeth Claydon's research, she has held interviews with women to better understand their personal experiences with eating disorders and pregnancy. After conducting these interviews, six main themes were established: disclosure to others, control, intergenerational transmission, weight and body concerns, coping strategies, and the battle between pregnancy and eating disorder. The information obtained will be used to better inform and ensure the effectiveness of our resource based content. The main themes and representative quotes from the women have been made available on our social media platforms.

PRENATAL EATING BEHAVIORS (PEBS) TOOL

Work on the Prenatal Eating Behaviors (PEBS) Tool has advanced this spring. The team has just concluded their collection of development and validation data for this study. Dr. Christa Lilly has provided psychometric insight and data analysis as well. Many student researchers also contributed to the IRB process, screening tool development, data collection, and current paper composition. The team recently submitted an additional abstract to the American Public Health Association (APHA) Conference and look forward to submitting the completed paper to a journal in Summer 2021.

MIXED METHODS STUDY OF IVF & NUTRITION

Our team is diving into a mixed methods study that looks at nutritional guidance and adherence to dietetic suggestions among women that are undergoing IVF or egg transfers. This is a project in conjunction with collaborators and clinicians both within and outside of West Virginia University. We have conducted ten in-depth qualitative interviews with women and are currently analyzing the main and sub themes established by these results. Our next step is finish developing the quantitative survey that will be informed from some of the qualitative research.