

EDAC∞ NEWSLETTER



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A reflection from Emy about her last two years working with EDAC and a welcome piece by Millie, our visiting EDAC team member!



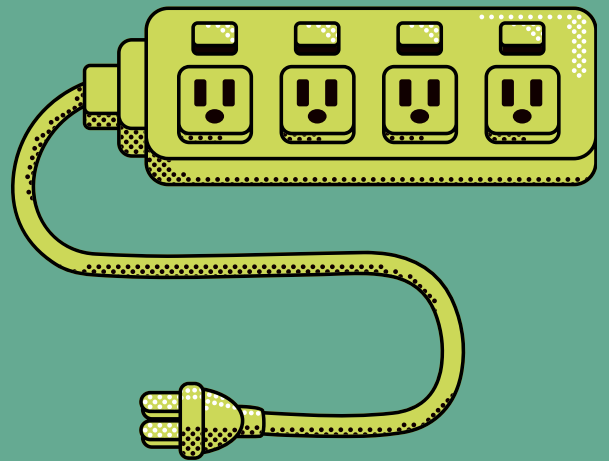
“ I now want to be able to apply our findings into making change. ”

July 29th 2025

EDAC EVENTS

EDAC One-Year Extension!

EDAC has now been researching and engaging with the Autistic eating disorder community for two years! While our original grant was set to end this year, we have just secured a one year extension! We are so delighted that we have another year working alongside the Autistic eating disorder community and look forward to our continued collaborations with the wonderful people we have met along the way, as well as being excited to widen our community even further over the next year. We want to say a huge thank you to all our of participants, collaborators, funders, and anyone else who has been a part of this amazing community.



EDAC Testimonials (What Our Participants Have Said)

“To be able to have a voice and help shape research is so exciting and so genuinely important to me to help others in the future.”

“Really keen to do further project and lived experience work with EDAC”

“I loved being part of the research panel and feel inspired by EDAC’s research priorities and the changes it could bring about.”

“I really liked EDAC’s ethos, the authenticity and the team.”

A Good Bye Q & A With Emy



Q: What has your role been with EDAC?

A: I was a post-doctoral researcher!

Q: What was your pathway to joining EDAC?

A: I did my PhD with Karri, Fiona and Ellen exploring the overlap between autism and anorexia, with a particular interest in sensory and social processing. I spent a lot of time working with the Autistic and ED community through that, which made me really passionate about wanting to continue on with this research. When the EDAC role came up it was a no brainer!

Q: What was the highlight of EDAC?

A: Ah there are too many to pick from! I have enjoyed the whole journey really, working with an amazing community and an amazing team. We have done a lot of different types of research, some of which have been new to me and I have learnt lots of lessons from (arts-based research) and others I still nod and pretend to know what everyone is talking about (brain imaging). It has also changed the course of my career, in that by doing this research with this community I now want to be able to apply our findings into making change.

Q: What are the key messages you will take with you on your next step?

A: I am leaving to start my training to become a clinical psychologist in September, so I will be facing the challenges of applying some of the research I have been spending the past 5 years or so doing. I think the take home messages for me will be to continue working very closely with the Autistic and ED community – and any lived experience community I work with – as their experience should be primary driver of what research gets done and what areas we provide support in. I have also had the most amazing time being part of a team like EDAC and hope to take the values of that with me – collaboration, respect, innovation and advocacy.

Q: What is your favourite book or film?

A: Okay so this is literally impossible to choose but I think maybe Emma (Jane Austen) for favourite book and favourite film would be between Lord of the Rings and Muppet's Christmas Carol??

Welcome Millie!

Welcome!

I recently had the opportunity to visit EDAC to learn more about how to conduct neuro-affirming eating disorder research. From the very beginning, I was welcomed with genuine warmth and generosity and invited to jump into a range of ongoing projects and conversations. One of the highlights of my visit was attending a workshop on co-design and co-production, where I had the chance to connect with and learn from EDAC researchers based in Aberdeen and London. What continues to stand out to me is EDAC's steady commitment to its values – not just in research, but in the way the team communicates about everyday things. As I wrap up my time here, I'm grateful for everything I've learned and for the chance to be part of such a kind and curious group of people.

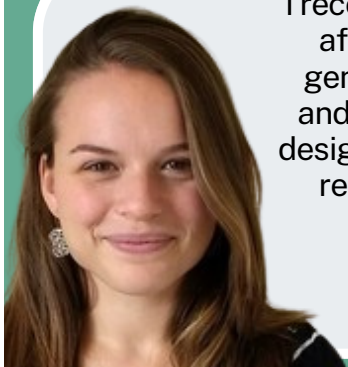


Table Talk Podcast now on Spotify

Our table talk episodes are now available on Spotify, so you can download episodes and listen to them on the go! Click the following link to access the Spotify and stay tuned for new episodes coming soon! We have recently done an episode on minoritised ethnicities and have a **Dietician** episode and **Male Experiences** episode coming soon!

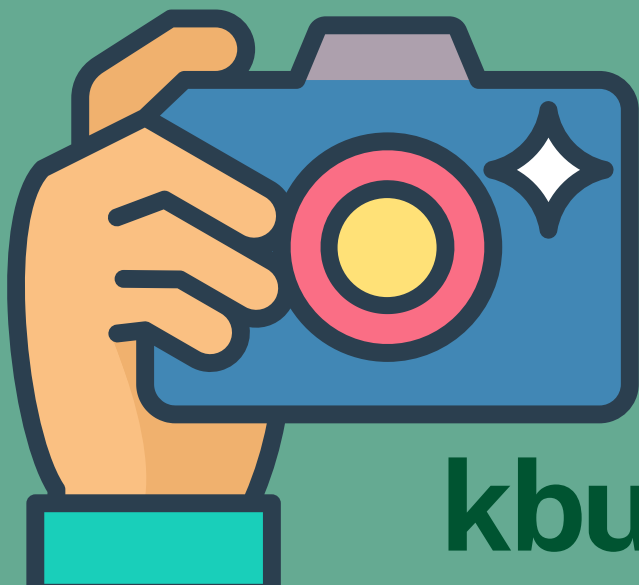
[EDAC Table Talk Podcast](#) | [Podcast on Spotify](#)



EDAC RESEARCH

Recruitment: Intellectual Disability Photovoice Study

Following our Photovoice research with Autistic people with an eating disorder, we are recruiting for a new Photovoice study that explores experiences and priorities for those with an Intellectual Disability and an eating disorder. We are conducting this research to develop understanding of the experiences in this underrepresented group and to begin to develop an understanding of some of the potential clinical implications of such findings. If you know someone who might be interested, let them know about our study, we would be very grateful as recruitment has been difficult!



If you are
interested, please
email:

kbuchan@ed.ac.uk

Experiences of CBT-E for Autistic people with an eating disorder

RECRUITMENT

We are recruiting for a study that explores experiences of CBT-E for Autistic people with an eating disorder. This will involve completing an online survey, as well as the option to take part in a follow up interview with a member of the research team. We are recruiting two groups:

- Autistic adults over the age of 16 years old with current or past experience of an eating disorder (anorexia nervosa, bulimia nervosa or binge eating disorder). For more information and to take part in the study, please click the following link:

https://edinburgh.eu.qualtrics.com/jfe/form/SV_6YBuaZkGF6tyBvM

- CBT-E trained ED clinicians with experience of facilitating CBT-E to an Autistic person with an eating disorder in the past 3 years. For more information and to take part in the study, please click the following link:

https://edinburgh.eu.qualtrics.com/jfe/form/SV_e2TTF2DnTnQ2pn0

EDAC's MRI Study

As part of EDAC's third work stream, we are inviting Autistic individuals with current or no experience of anorexia nervosa to take part in a study investigating the relationship between brain structure, eating disorder symptoms and Autistic masking.

As a participant, we would ask you to undergo an MRI scan of the brain and complete a series of questionnaires. This research aims to understand brain regions and circuits associated with Autistic masking, and also seeks to further understand mechanisms of eating disorder development in Autistic people.

You may be eligible to participate in this study if:

You are between 25-45 years old

you are Autistic (clinically diagnosed)

You currently have OR have never had living experience of anorexia nervosa

You have no history of trauma affecting the brain

you have no contraindication to MRI

Interested? feel free to take a look at EDAC's recruitment notice here: [https://edacresearch.co.uk/get-](https://edacresearch.co.uk/get-involved/16/recruitment-call-neuroanatomical-differences-associated-with-anorexia-nervosa-and-masking-behaviour-in-autistic-individuals)

[involved/16/recruitment-call-neuroanatomical-differences-associated-with-anorexia-nervosa-and-masking-behaviour-in-autistic-individuals](https://edacresearch.co.uk/get-involved/16/recruitment-call-neuroanatomical-differences-associated-with-anorexia-nervosa-and-masking-behaviour-in-autistic-individuals) or scan the QR code to take part in our pre-recruitment screener!"



Sibling Play Study: Parents of Autistic Children Aged 5 - 12

Parents of autistic children ages 5-12 years

The University of Edinburgh

SIBLING PLAY STUDY

Compensation of £30 voucher per family

Join us to better understand how parents support sibling interactions for autistic children!

This study involves a home visit and an interview.

If you are interested and would like more information, scan the QR code below to register interest.



Contact: Matthew Klein v1mklei2@ed.ac.uk

THE UNIVERSITY of EDINBURGH
Moray House School of
Education and Sport

KNOWLEDGE EXCHANGE

Publications!



Co-Occurrence of Autism and Avoidant/Restrictive Food Intake Disorder (ARFID): A Prevalence-Based Meta-Analysis.



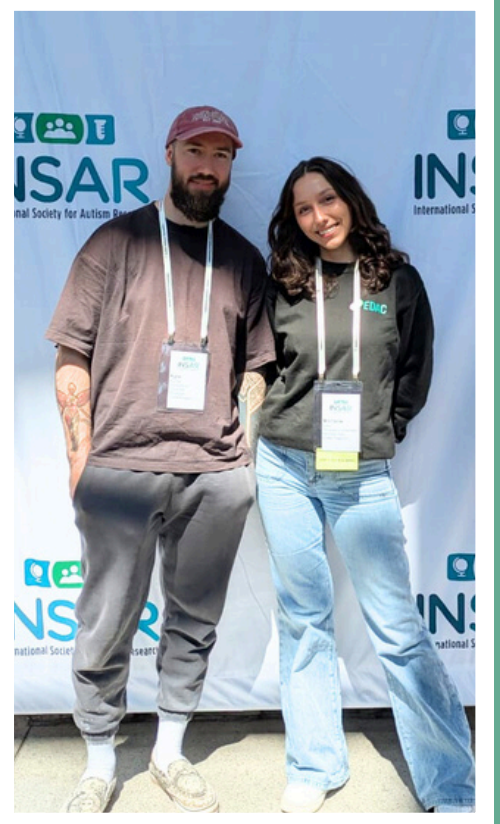
A scoping review of the interplay between Autistic traits and the secondary impact of eating disorders or other co-occurring psychiatric diagnoses.

Using Photovoice Methods to Set Research Priorities With Autistic People With Experience of an Eating Disorder.



INSAR: 2025

In May, Kyle and Michelle went to the 2025 INSAR conference in Seattle to present EDACs photovoice research and longitudinal research on brain structure and Autistic characteristics across weight restoration in Anorexia Nervosa. Whilst the rest of the team couldn't make it, we also presented two other posters! Including the underlying mechanisms of disordered eating in neurodivergent groups and clinicians experiences of family focused therapy with Autistic young people.



SINAPSE

EDAC team members Michelle Sader and Gordon Waiter also ran this years SINAPSE conference at the University of Aberdeen! The conference- Co-Design and Co-Production in Research: "The Real PPI"- was a huge success with multiple EDAC research presentations and fascinating co-production workshops. Well done Michelle and Gordon!



Remember: You can access our plain speaking summaries [here](#)

Research Culture Award Commendation!

EDAC came joint-runner up with a commendation in the University of Edinburgh's Research Impact Festival for Research Culture! In particular, our collaboration with the lived experience community was praised as well as our awesome Peer Researcher Ellen Maloney and our various streams of community engagement, including our plain speaking summaries and podcast!



The Body Project: Workstream 3

EDAC's third workstream also included providing funding for existing researchers in the field to co-produce important research. One of these projects, led by Dr Hannah Lewis, focuses establishing means to roll out 'The Body Project' intervention, a means to critique the 'body ideal' for neurodivergent pupils. We are delighted to celebrate Hannah's final workshop, in which EDAC team members had the opportunity to join in and listen to recommendations made by Autistic collaborators.

Amongst many recommendations, this final workshop flagged that many Autistic people have different relationships with body image and that this relationship is under-researched, meaning that ideals associated with The Body Project may not be accurate to pupils' experiences. Recommendations also included the intervention take a more intersectional approach, such as amending to the "EVERYbody Project", which is a more diversity-focused adaptation of the original Body Project.

Stay tuned for some more exciting outputs from Hannah!

EVERYBODY

Good Bye Emy!!!



As you read earlier, our awesome post-doctoral researcher, Emy Nimbley, is leaving her role at EDAC to begin her new and exciting Clinical career! Whilst we are sad to see her go, we are so proud of her in taking this exciting next step in her career and know she will be amazing! We are certain that Emy will still remain in close contact with the team and will be involved from time to time when she can. Emy, you have been an amazing colleague to us all and we wish you nothing but happiness and success for the future!!



Thank 
you!



https://twitter.com/EDACautism_ED



[@edac.uk](https://www.instagram.com/edac.uk)



<https://edacresearch.co.uk>



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