



COMMITTEE REPORT FORM

AASP Committee: Eating Disorder SIG Chair: Jenny H. Conviser
Co-Coordinators: Sharon Chirban & Caitlyn Hauff

Date of Submission: Fall Year: 2020

1. Number of Members

- 2019-2020: n = 93 members
- 2018-2019: n = 76 members
- 2017-2018: n = 54 members
- 2016-2017: n = 67 members
- 2015-2016: n = 64 members
- 2014-2015: n = 72 members
- 2013-2014: n = 53 members

2. Eating Disorder Special Interest Group: Mission Statement

The AASP Eating Disorder SIG is dedicated to improving prevention and awareness of Feeding and Eating Disorder risk among athletes. The Eating disorder SIG endeavors to provide athletes, coaches, parents, treatment professionals, sports administrators, athletic trainers, media personnel, and AASP members and leaders with the most current information concerning eating disorder signs, symptoms, risks, treatment, and recovery via, remote and in person discussion, case consultation, conference presentations, collaborative writing projects, editorial responsibilities and blog posts. The Eating Disorder SIG endeavors to work with other SIGs within AASP and other professional organizations dedicated to fostering athlete well-being.

3. Committee Report: 2019-2020

Goal/Action	Responsible Committee	Summary
<p>Goal-New Leadership. The ED SIG Co-Coordinators will put out a call to current ED SIG members to confirm length of terms for current coordinators and/or elect new Co-Coordinators for the upcoming term. After Co-Coordinators are selected or confirmed, the current leadership will provide orientation to the role and provide transition support.</p>	ED SIG Chair	<p>Completed: ED SIG Co-Coordinators were confirmed and discussion for 2019-2020 goals were discussed and agreed upon. (11.20.19)</p>
<p>Goal-AASP ED SIG Meeting 2019 Members will review the function and benefits of the ED SIG over the past year and draft recommendations for improvement and or change.</p>	ED SIG Chair, Co-Coordinators and ED SIG Members 10.30.19	<p>Completed: Yes, this discussion was conducted. Requests for ongoing ED related case consultation were noted.</p>
<p>Email to ED SIG Members: Improved Awareness</p>	ED SIG & Chair 12.6.29	<p>Completed: Summary of the year in review. Included overview of the 2019 AASP conference and ED SIG meeting. Highlights included the need for ongoing support and education.</p>
<p>Draft & Distribute Survey of Interest</p>	ED SIG Chair & Caitlyn Hauff 11/12/19	<p>Completed:</p> <ol style="list-style-type: none"> 1) Invite new folks to formally register on line for the ED SIG membership. 2) Invite perspectives on the role/purpose of the ED SIG. 3) Invite the membership to remotely hear a lecture from Diane Neumark-Sztainer, PHD, University of Minnesota, on Body Image and Adolescence. 4) Alert the SIG membership to watch for the upcoming survey. 5) Send out the summary of the 2019 AASP meeting
<p>Email to ED SIG Members: Improved Awareness</p>	ED SIG Chair 11/7/19	<p>Article regarding Mary Cain and eating disorders forwarded to all ED SIG Members:</p> <p>https://www.nytimes.com/2019/11/07/opinion/nike-running-mary-cain.html</p>
<p>Invite ED SIG Members to Collaborate Improved Awareness</p>	ED SIG Chair 11/11/19	<p>Invite Authors to Draft a Response to the Cain Article: Writing partners invited to collaborate on the opinion paper:</p>

		AASP Eating Disorder Special Interest Group Coordinators/Members Sharon Chirban, Division of Sports Medicine, Boston Children's Hospital, Boston, Ma. Caitlyn Hauff, University of South Alabama, Alabama Michele Kerulis, Northwestern University, Evanston, Illinois Christine Selby, Husson University, Bangor, Maine Riley Nickols, The Victory Program at McCallum Place, St. Louis, Mo.
Article Drafted	ED SIG Chair, Co- Coordinators and ED SIG Members	Drafted a Response: New York Times article by Lynn Crouse, regarding eating disorders and Mary Cain:
Article Published	ED SIG Chair, Co- Coordinators and ED SIG Members	Article Submitted and Published: The article was submitted and accepted for posting on the AASP website. https://www.nytimes.com/2019/11/07/opinion/nike-running-mary-cain.html?action=click&module=Top%20Stories&pgtype=Homepage
Goal-Promote ED Awareness and Prevention	ED SIG Chair, Co- Coordinators and ED SIG Members	Completed: Requests from membership for ongoing support and information.
Promote ED Awareness and Prevention	ED SIG Chair: 11/20/19	Completed: Forwarded information regarding a proposal for a new American Psychological Association, Division for Eating Disorders.
Goal-Improved Awareness and Prevention	ED SIG Coordinators; Jenny Conviser, Sharon Chirban, and Caitlyn Hauff	The ED SIG: Reminded membership via email notification of opportunities and deadlines for FED relevant submissions.
Promote ED Awareness and Prevention	ED SIG Chair: 2/9/20	Completed: Emailed membership encouraging abstract submission for 2020 AASP Conference
Promote ED Awareness and Prevention	ED SIG Chair: 2/14/20	Forwarded article to all sig members: Fabulous blog post drafted by ED SIG Member Michele Kerulis of Northwestern University. https://www.psychologytoday.com/us/blog/sporting-moments/202002/making-weight-risks-and-reward

Promote ED Awareness and Prevention	ED SIG Chair: 2/20/20	Conducted Research Consult: KRR – ED SIG Member
Promote ED Awareness and Prevention	ED SIG Chair: 2/21/20	Forwarded Announcement: The Future of Sports if Designed by Women, March 27, 2020, sponsored by the Aspen Sports Institute.
Promote ED Awareness and Prevention	ED SIG Chair: 2/26/20	Forwarded to all Members: Preventing and Recognizing Signs and Symptoms of Eating Disorders by SIG members; Caitlyn Hauff, PhD, Assistant Professor of Health Promotion at University of South Alabama & Christine Selby, PhD, CEDS, Licensed Psychologist and Professor of Psychology at Husson University summarize the signs of disordered eating behaviors and how to help athletes.
Email Correspondence with Membership Support Mid COVID	ED SIG Chair: Jenny Conviser 3/26/20	Draft and Distribute: “Supporting Athletes having Eating Disorders During COVID”
Promote ED Awareness and Prevention	ED SIG Chair: 3/26/20	Drafted and Distributed: “COVID-19 and Special Considerations for Individuals having Feeding and Eating Disorders (FED)”
Promote ED Awareness and Prevention	ED SIG Chair: 4/23/20	Zoom Conference Case Consultation COVID Sheltering and Body Image Challenge: Remedies and Recovery
Promote ED Awareness and Prevention	ED SIG Chair: 4/30/20	Zoom Conference Case Consultation Sustaining Motivation and Healthy Focus
Promote ED Awareness and Prevention	ED SIG Chair: 5/5/20	Zoom conference Case Consultation Risks of Food Scarcity and Therapist Self Care
Promote ED Awareness and Prevention	ED SIG Chair: 5/12/20	Zoom Conference Case Consultation Fear of Missing Out on Optimal Training and Related Weight Concerns
Promote ED Awareness and Prevention	ED SIG CHAIR, Jenny Conviser, and past SIG Coordinators Justine Reel, & Amanda Tierney.	Drafted, Submitted and Accepted for Publication: “Theoretical Foundations of body Image Among Athletes”, S. J. Hanrahan (Ed.), In, Psychological Distress in Athlete and Sport Populations (Fall, 2020).
Promote ED Awareness and Prevention	ED SIG Chair: 5/22/20	Zoom Case Consultation ED Assessment and Managing Severe Acuity

Promote ED Awareness and Prevention	ED SIG Chair: 6/30/20	Zoom Case Consultation
Promote ED Awareness and Prevention	ED SIG Chair 7/15/20 & Sig Member	Draft and Submitted Research Proposal: Collaborated with ED SIG Member Adriana V. to draft and submit a research proposal regarding athlete wellness, eating disorders and members of the World Boxing Association (17 Federations).
Promote ED Awareness and Prevention	ED SIG Chair 7/15/20	Zoom Case Consultation Athletes and Coping Mid COVID Sheltering: Evaluation of Risk Summary of meeting forwarded.
Promote ED Awareness and Prevention	ED SIG Chair 7/29/20	Zoom Case Consultation: “Improved Coping Among Mental Health Practitioners: Supporting Athletes with EDs Sheltered for COVID” Summary of meeting forwarded.
Promote ED Awareness and Prevention	ED SIG Chair 7/30/20	Forward Documents: Documents related to body image assessment and intervention were forwarded to ED SIG member HB.
AASP Conference Panel Presentation 2020	ED SIG Chair, Coordinators & Members 9/17/20	The ED SIG coordinators will hosted/recorded a Panel Discussion entitled, “Making Weight: Risks and Rewards 2020” The Risks and Benefits of Advising Athletes to Lose Weight”. Jenny Conviser, Sharon Chirban, and Caitlyn Hauff, and ED SIG members Riley Nichols, Christine Selby and Michele Kerulis.
AASP Conference Panel Presentation 2020	ED SIG Chair, Coordinators & Members 9/17/20	Recorded Conference Presentation: The ED SIG coordinators will hosted/recorded a Panel Discussion entitled, “Making Weight: Risks and Rewards 2020” The Risks and Benefits of Advising Athletes to Lose Weight”. Jenny Conviser, Sharon Chirban, and Caitlyn Hauff, and ED SIG members Riley Nichols, Christine Selby and Michele Kerulis.
AASP Conference Panel Presentation 2020	ED SIG Chair: Jenny Conviser 9/25/20	Drafted Written Document: “Making Weight: Risks and Rewards 2020” The Risks and Benefits of Advising Athletes to Lose Weight”. Jenny Conviser, Sharon Chirban, and Caitlyn Hauff, and ED SIG members Riley Nichols, and Christine Selby.
Email Correspondence with Membership Understanding Pre-Practice Purgings	ED SIG Chair: Jenny Conviser 9/25/20	Draft and Distribute: Support and Intervention for “Athletes who Vomit Before Practice and Competition”.

<p>Goal-The ED SIG: will collaborate with other AASP SIGs and in particular the Media Relations SIG to promote healthy and safe depiction of athletes in the media and press.</p>	<p>ED SIG Chair, Co- Coordinators and ED SIG Members</p>	<p>Incomplete: Will work with Michele Kerulis and the Media Relations Sig for continue progress on this goal 2020-2021.</p>
<p>Leadership Coordination</p>	<p>ED SIG & Coordinators 7/6/20</p>	<p>Organizational Meeting and Planning Reviewed the SIGs progress year to date and chose final topics for discussion.</p>
<p>AASP Conference 2020</p>	<p>ED SIG Chair and Coordinators</p>	<p>Schedule ED SIG Meeting: October 23, 2020, 10:00 Central (Requested)</p>