



COMMITTEE REPORT FORM

AASP Committee: Eating Disorder SIG

Chair: Jenny H. Conviser

Co-Coordinators: Caitlyn Hauff, Hayley Perelman & Amanda Karas

Date of Submission: Fall

Year: 2021

Committee Members

A list of committee members is available by contacting the chair.

1. Number of Members

- 2020-2021: n = 91 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.

ED SIG Committee Report: Fall 2021

Goal/Action	Responsible Committee	Summary
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:	Completed: Forwarded information regarding a proposal for a new American Psychological Association, Division for Eating Disorders.
Goal-Improved Awareness and Prevention	ED SIG Coordinators;	The ED SIG: Reminded membership via email notification of opportunities and deadlines for FED relevant submissions.
Promote ED Awareness and Prevention	ED SIG Chair:	Completed: Emailed membership encouraging abstract submission for AASP Conference
Promote ED Awareness and Prevention	ED SIG Chair:	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:	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	Draft and Distribute: "Supporting Athletes having Eating Disorders During COVID"
Promote ED Awareness and Prevention	ED SIG Chair:	Drafted and Distributed: "COVID-19 and Special Considerations for Individuals having Feeding and Eating Disorders (FED)"

Goal/Action	Responsible Committee Member	Summary
SUMMARY OF ED SIG MEETING, AASP CONFERENCE 2020	ED SIG Chair 11/20	Completed Summary of ED SIG Meeting Forwarded to the Membership.
CONDUCT ELECTION/APPOINTMENT OF NEW ED SIG LEADERSHIP	ED SIG CHAIR 12/20	Completed Invited volunteers for the ED SIG Coordinators position. Collected applicants and forwarded an email announcing the new co-coordinators: Caitlyn Hauff, Hayley Perelman, Amanda Karas.
SCHEDULE HOST AN ED SIG COORDINATORS MEETING	ED SIG COORDINATORS 12/5/21	Completed: Conducted a coordinators staff meeting to clarify goals and planning: created case consultation schedule, assigned responsibilities to the leadership team: update website, engage social media, submit proposals for presentations at the 2021 AASP Conference.
IMPROVE AWARENESS OF ED RELATED PREVENTION AND AWARENESS MATTERS	ED SIG COORDINATORS	Completed: Posted 5 additional and updated documents on the ED SIG resource page on the AASP WEBSITE.
ENCOURAGE COLLABORATIVE PROJECTS FOR PROMOTING ED AWARENESS AND PREVENTION	Jenny Conviser, Hayley Perelman & Caitlyn Hauff 12/21/20	Planning & Completion: In collaboration with, Dana Voelker, Associate Professor Department of Sport Sciences, West Virginia University, assisted in the editing and updating an article previously drafted for the NCAA Sport Science Institute on disordered eating in athletes.
MEMBERSHIP COORDINATION AND COMMUNICATION	ED SIG CHAIR 1/6/21	Completed: Update membership list.
CONDUCT ED SIG SENIOR LEADERSHIP MEETINGS	ED SIG COORDINATORS 1/8/21 1:00 CST	Completed: Planning and coordinating meeting conducted.

<p align="center">CONDUCT ED SIG SENIOR LEADERSHIP MEETINGS</p>	<p align="center">ED SIG COORDINATORS 2/9/21 12:00 CST</p>	<p>Completed: Planning and coordinating meeting conducted.</p>
<p align="center">SUBMIT PROPOSALS FOR PRESENTATION AT AASP-2021</p>	<p align="center">ED SIG CHAIR 2/21</p>	<p>Completed: Prioritize collaboration with other AASP SIGs.</p>
<p>AASP Conference 2021: Panel Discussion Making Weight: Risks and Rewards - 2021</p>	<p align="center">ED SIG Chair SUBMITTED & ACCEPTED</p>	<p>Completed: Jenny H. Conviser, PsyD, CEDS-S, CMPC Northwestern University & Illinois Sport & Performance Institute, Chicago, Illinois Jenny.Conviser@Ascendchc.com / J-conviser@Northwestern.edu</p> <p>Sharon Chirban, PhD, CMPC Licensed Clinical Psychologist, Division of Sports Medicine, Eating Disorder and Performance Enhancement Specialist, Boston Children’s Hospital, Boston Massachusetts sharon@amplifyingperformance.com</p> <p>Caitlyn Hauff, PhD Assistant Professor of Health Promotion, College of Education and Professional Studies Co-Editor, Journal of Sport Behavior University of South Alabama, Mobile, Alabama chauff@southalabama.edu</p> <p>Michele Kerulis, EdD, LCPC Associate Professor, The Family Institute, Northwestern University, Evanston, Illinois Michele.kerulis@northwestern.edu</p> <p>Riley Nickols, PhD, CEDS Counseling and Sport Psychologist Director, The Victory Program at McCallum Place, St. Louis, Missouri Riley.Nickols@McCallumPlace.com</p> <p>Christine Selby, PhD, CEDS Professor of Psychology, Husson University, Bangor, Maine selbyc@husson.edu</p> <p>Featuring: Chris Algieri, BS, MS Certified Clinical and Sport Nutrition</p>

		<p>World Boxing Organization Welterweight Champion, 2014, ISKA World Welterweight Kick Boxing Association, Undefeated Champion Performance Nutrition Coach, Stony Brook University, New York</p> <p>Submission Type: Workshop 75 minutes Primary Presentation Category: Professional Secondary Category: Exercise/Consultation</p>

<p>AASP Conference 2021: Abstract Submission</p> <p>Empowering Body, Mind & Performance-Related Confidence in Youth Sports</p> <p><i>In Collaboration with AASP's: ED SIG, Youth Sport Sig, & Social Media SIG's</i></p>	<p>ED SIG CHAIR SUBMITTED & ACCEPTED</p>	<p>Completed:</p> <p>Jenny H. Conviser, PsyD, CEDS-S, CMPC Assistant Professor, Department of Psychiatry and Behavioral Sciences, Northwestern University, Feinberg School of Medicine, Chicago, Illinois Chair, AASP's ED SIG</p> <p>Caitlyn Hauff, PhD, Assistant Professor of Health Promotion, Health, Kinesiology, & Sport, University of South Alabama Co-Editor, Journal of Sport Behavior Coordinator, AASP's ED SIG</p> <p>Amanda Karas, Amanda.Karas@mymail.barry.edu</p> <p>Michele Kerulis, Northwestern University Associate Professor, The Family Institute at Northwestern University, Evanston, Illinois Chair, AASP's Social Media SIG</p> <p>Riley Nickols, PhD, CEDS The Victory Program at McCallum Place St. Louis, Missouri Riley.Nickols@McCallumPlace.com</p> <p>Hayley Perelman, PhD Postdoctoral Associate, Department of Psychiatry, Program for Obesity, Weight, & Eating Research Yale University School of Medicine Coordinator, AASP's ED SIG</p> <p>Submission Type: Workshop 75 minutes Primary Presentation Category: Coaching/Teaching Secondary Category: Youth Sports</p>
<p>AASP Conference 2021: Abstract Submission</p> <p>Navigating Eating Disorder Recognition, Risk, & Referral Among Athletes</p> <p><i>In Collaboration with AASP's ED SIG & Social Media SIG's</i></p>	<p>ED SIG CHAIR SUBMITTED & REJECTED</p>	<p>Completed:</p> <p>Jenny H. Conviser, PsyD, CEDS-S, CMPC Assistant Professor, Department of Psychiatry and Behavioral Sciences, Northwestern University, Feinberg School of Medicine, Chicago, Illinois Chair, AASP's ED SIG J-conviser@Northwestern.edu /Jenny.Conviser@ASCENDchc.com</p>

		<p>Kathy A. Feinstein, LMHC, CMPC, Counseling & Sport Performance, Naples, Florida Chair, AASP’s Youth Sport SIG kathy@kafcounselingandsportperformance.com</p> <p>Caitlyn Hauff, PhD, Assistant Professor of Health Promotion, Health, Kinesiology, & Sport University of South Alabama Co-Editor, Journal of Sport Behavior Coordinator, AASP’s ED SIG chauff@southalabama.edu</p> <p>Michele Kerulis, Northwestern University Associate Professor, The Family Institute at Northwestern University Evanston, Illinois Chair, AASP’s Social Media SIG michele.kerulis@northwestern.edu</p> <p>Hayley Perelman, PhD Postdoctoral Associate, Department of Psychiatry, Program for Obesity, Weight, and Eating Research Yale University School of Medicine Coordinator, AASP’s ED SIG Hayley.Perelman@yale.edu</p> <p>Submission Type: Workshop 75 minutes Primary Presentation Category: Coaching/Teaching Secondary Category: Youth Sports</p>
<p>CONDUCT ED SIG SENIOR LEADERSHIP MEETING</p>	<p>ED SIG COORDINATORS 3/2/21 11:15 CST</p>	<p>Completed: Planning and coordinating meeting conducted.</p>
<p>FORWARD SUMMARY OF ED SIG CASE CONSULTATION MEETING 3/2/21</p>	<p>ED SIG CHAIR 3/12/21</p>	<p>Completed: “Top Ten Reasons to Say No to Eating Disorder Treatment”</p>
<p>FORWARD FOLLOW UP ARTICLES RELATED TO ED SIG MEETING 3/12/21</p>	<p>ED SIG CHAIR 3/12/21</p>	<p>Completed: Forward two documents to ED SIG membership regarding elite athletes and prevalence of negative body image.</p>

Date	Responsible Member	Goal/Action	Summary
3/11/21	ED SIG CHAIR & COORDINATORS	Create and Schedule Case Consultation Meetings Dates & Times	Completed: Drafted and distributed the case consultation schedule with attention to variety in presentation and presenters in addition to accommodating attendees from different time zones.
3/11/21 1:00 CST	Jenny Conviser, PSYD, CEDS-S, CMPC	Improved Awareness: “Understanding Why Athletes Feel Punished by ED Treatment & Intervention?”	Completed: “Top Ten Reasons to Say “No” to ED Treatment” <u>Jenny H. Conviser, PsyD, CEDS-S, CMPC</u> <u>Assistant Professor, Department of</u> <u>Psychiatry and Behavioral Sciences,</u> <u>Northwestern University, Chicago, Illinois</u>
3/25/21 1:00 CST	Hayley Perelman, PhD & Amanda Karas, MS	Improved Awareness and Prevention: “Debunking Diet Myths and Diet Culture”	Completed: <u>Hayley Perelman, PhD, Post Doc Associate,</u> <u>Yale School of Medicine & Amanda Karas,</u> <u>MS (Expected May), Barry University.</u> The importance of balance and nutrient dense foods in our diets. Cycling of popular diet trends. Guidelines for athletes eating intentionally while on the road.
4/8/21 1:00 CST	Amanda Karas, MS & Hayley Perlman	Improved Awareness and Prevention: “Navigating a Successful Transition from Student to Professional”	Completed: Guest speakers include, <u>Leonardo Ruiz, MS, LA Dodgers, & Raegan</u> <u>Geldart, MS, Magellan Federal</u> Young professionals speak thoughtfully and insightfully about finding their professional roles as new graduates despite COVID-19 and related challenges.
4/9/21	Jenny Conviser, PsyD, CMPC	Improved Awareness and Prevention: ED SIG Training/ Consultation	Completed: Sport for Life, Project Enhancing the Well-Being of Athletes in Finland, Jouni Kuivalainen, PhD., CMPC- Planning Meeting

4/9/21	ED SIG CHAIR: Jenny Conviser, PsyD	AASP SIG SPRING SUMMARY	Completed: Submitted to AASP for review (4/10/21).
4/10/21	Jenny Conviser, PsyD	AASP ED SIG Committee Report-Spring 2021	Completed: Submitted to AASP and Amber Shipherd, Phd
4/13/21	Jenny Conviser, Caitlyn Hauff, Hayley Perelman & Amanda Karas	AASP ED SIG Staff Meeting	Completed: Planning and organization for final case consultation meetings and AASP presentations. Discussed expanding social media presence.
4/13/21	Caitlyn Hauff, PhD	Improved Awareness and Prevention: ED SIG: Expanding Social Media Presence	Completed: Extended an invitation to add followers on Facebook and Twitter.
4/13/21	Jenny Conviser, ED SIG Training/ Consultation	Improved Awareness and Prevention: Sport for Life, Project Enhancing the Well-Being of Athletes in Finland, Jouni Kuivalainen, PhD., CMPC- Planning Meeting	Completed: Sport for Life, Project Enhancing the Well- Being of Athletes in Finland, Jouni Kuivalainen, PhD., CMPC- Training
4/22/21	Dana K. Voelker, PhD, CMPC Maya Miyairi, PhD & Amanda Schlitzer Tierney, MS, CSCS	Improved Awareness and Prevention: “Listening to My Body: Understanding, Measuring, and Engaging Athletes in Intuitive Exercise”	Completed: Dana K. Voelker, PhD, Assistant Professor, College of Physical Activity and Sport Sciences. West Virginia University, voelkerd@gmail.com. Research Interests: Body Image in Sport, Gendered Culture & Body Pressure, Sport Injury & Coping, Sport Related Leadership & Coaching. Maya Miyairi (Steel), PhD, Associate Professor, Kinesiology & Health Science, Utah State University, Logan, Utah. Studies & conducts research in: Overweight, Health Status, Intuitive Exercise and Stereotyping.

			<p>Amanda Schlitzer Tierney, MS, CSCS, Strength & Conditioning Coach, Research & Professional Responsibilities: Elite Athletes & Eating Disorders, Body Image, Essentials for Best Practices in the Treatment of Eating Disorders.</p> <p>McCallum Place, Eating Disorders Center, St. Louis, MO 63119, Amanda@Tryteam.com, P: 314.968.1900 x 193, www.mccallumplace.com</p>
4/29/21	Dana K. Voelker, Jenny Conviser, Caitlyn Hauff, & Hayley Perelman	Improved Awareness & Prevention: AASP BLOG POST	<p>Completed:</p> <p>AASP Blog Post: "Disordered Eating and Athletes: Understanding the Basics and What We Can Do About It"</p>
5/3/21	Jenny Conviser, ED SIG Chair	Improved Awareness and Prevention: ED Consultation	<p>Completed:</p> <p>Consulted with Dr. Sheriece Sadberry, and Big Sky regarding ED related policies and procedures for treatment and/or transfer of athletes to higher levels of care.</p>
5/6/21 1:00 CST	Riley Nickols, PhD	Improved Awareness and Prevention: "Athletes and EDs: An Identity Crisis"	<p>Completed:</p> <p><u>Riley Nickols, PhD, CEDS, Counseling and Sport Psychologist, Director of the Victory Program, McCallum Place, St. Louis, Missouri.</u> Riley Nickols is a counseling and sport psychologist who specializes in treating athletes with eating disorders.</p> <p><u>rnickols@mccallumplace.com</u> 314.968.1900</p>
5/20/21 1:00 CST	Hayley Perelman, PhD & Caitlyn Hauff, PhD	Improved Awareness and Prevention: "Body Positivity Versus Body Acceptance: Weight Bias & Body Diversity"	<p>Completed:</p> <p>Explored what is different about body positivity and body acceptance. Discussed "body ideals" and how athletes may be influenced by the internalization of such ideals. Also explored the risks associated with athletes exposed to "fat talk".</p>

6/3/21 1:00 CST	Jenny Conviser, Caitlyn Hauff, Hayley Perelman & Amanda Karas	Improved Awareness and Prevention: “Ensuring the Athlete/Performer s Safety”	Completed: “Preserving Athlete Safety in the Current Culture: Electronic Communication, Long Distance Travel, Interpersonal Communication, Expectations & Eating Disorder Risk”
6/9/21	The James F. Drennan Memorial Lecture Hosted by Jenny H. Conviser, PSYD, CEDS-S, CMPC Presented by Naama W. Constantini, MD, DFM, FACSM, Dip. Sport Med. (CASM)	Improved Awareness & Prevention	Completed: Northwestern University’s Department of Psychiatry and Behavioral Sciences, Feinberg School of Medicine, for the Grand Rounds Presentation: Wednesday, June 9, 2021, 11:00 am to 12:30 pm (Central Time.US): JAMES F. DRENNAN MEMORIAL LECTURE- Dedicated to Eating Disorders Prevention and Awareness The Female Athlete Triad and Eating Disorders: New Findings of Energy Imbalance and Metabolic Dysfunction in Male Athletes <i>Featuring Renown, Physician, Speaker and Founding Researcher on the topic of the Female Athlete Triad:</i> Naama W. Constantini, MD, DFM, FACSM, Dip. Sport Med. (CASM) Director, Heidi Rothberg Sport Medicine Center, Shaare Zedek Medical Center Chair, National Council for Women's Health, Ministry of Health Exercise is Medicine Center, The Hebrew University of Jerusalem
6/24/21 1:00 CST	Hayley Perelman, PhD & Jenny Conviser, PsyD, CEDS-S, CMPC	Improved Awareness and Prevention: “From Female Athlete Improved Awareness and Prevention: “Triad to Relative Energy Deficiency in Sport: What are the Consequences	Completed: “Understanding Relative Energy Deficiency in Sport: Updates, Risks & Discussion” <u>Hayley Perelman, PhD, Postdoctoral Associate, Department of Psychiatry, Yale University School of Medicine</u> <u>Jenny H. Conviser, PsyD, CEDS-S, CMPC</u> <u>Assistant Professor, Department of Psychiatry and Behavioral Sciences,</u> <u>Northwestern University, Chicago, Illinois</u>

DATE	Responsible Member	Goal / Action	Summary
7/2/21	Conviser, Nichols, Perelman, Hauff, Selby, Chirban, Kerulis, Algieri	AASP Panel Discussion Planning Meeting	Topic Clarification and Division of Responsibility
7/9/21	Conviser, Perelman, Feinstein, Kerulis,	AASP Panel Discussion Planning Meeting	Topic Clarification and Division of Responsibility
8/12/21	Conviser, Nichols, Perelman, Hauff, Selby, Chirban, Kerulis, Algieri	AASP Panel Discussion Planning Meeting	Topic Clarification and Division of Responsibility
8/13/21	Conviser, Perelman, Feinstein, Kerulis,	AASP Panel Discussion Planning Meeting	Topic Clarification and Division of Responsibility
8/18/21	Conviser, Hauff, Perelman, Karas ED SIG Coordinators	Updated AASP BLOG: ED and Athletes	Completed: https://appliedsportpsych.org/blog/2014/07/disordered-eating-in-student-athletes-understanding-the-basics-and-what-we-can-do-about-it/
9/7/21	Jenny Conviser & ED Sig Coordinators	Communication and Planning	Completed: Emails, discussion, and planning to accommodate the recent change to virtual format.
9/8/21	Jenny Conviser & ED Sig Coordinators	Communication and Planning	Completed: Emails, discussion, and planning to accommodate the recent change to virtual format.
9/7/21	Jenny Conviser & ED Sig Coordinators	Communication and Planning	Completed: Emails, discussion, and planning to accommodate the recent change to virtual format.
9/15/21	ED SIG Committee Members	Committee Report	Completed: Drafted and submitted the 2021 ED SIG year in Summary.

<p>9/17/21</p>	<p>Jenny Conviser, PsyD Jenny H. Conviser, PsyD, CEDS-S, CMPC Northwestern University & Illinois Sport & Performance Institute, Chicago, Illinois Jenny.Conviser@Ascendchc.com / J-conviser@Northwestern.edu</p> <p>Sharon Chirban, PhD, CMPC Licensed Clinical Psychologist, Division of Sports Medicine, Eating Disorder and Performance Enhancement Specialist, Boston Children’s Hospital, Boston Massachusetts sharon@amplifyingperformance.com</p> <p>Caitlyn Hauff, PhD Assistant Professor of Health Promotion, College of Education and Professional Studies Co-Editor, Journal of Sport Behavior University of South Alabama, Mobile, Alabama chauff@southalabama.edu</p> <p>Michele Kerulis, EdD, LCPC Associate Professor, The Family Institute, Northwestern University, Evanston, Illinois Michele.kerulis@northwestern.edu</p> <p>Riley Nickols, PhD, CEDS Counseling and Sport Psychologist Director, The Victory Program at McCallum Place, St. Louis, Missouri Riley.Nickols@McCallumPlace.com</p> <p>Christine Selby, PhD, CEDS Professor of Psychology, Husson University, Bangor, Maine</p>	<p>Planning Session</p> <p><i>Collaboration with AASP’s: ED SIG, Youth Sport Sig, & Social Media SIG’s</i></p>	<p>Completed:</p> <p>AASP Conference 2021: Panel Discussion Making Weight: Risks and Rewards - 2021</p>
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	<p>selbyc@husson.edu</p> <p>Featuring: Chris Algieri, BS, MS Certified Clinical and Sport Nutrition World Boxing Organization Welterweight Champion, 2014, ISKA World Welterweight Kick Boxing Association, Undefeated Champion Performance Nutrition Coach, Stony Brook University, New York</p>		
9/15/21	<p>Jenny Conviser, ED SIG CHAIR</p> <p>Justine Reel, (Past Chair AASP ED SIG), Justine J. Reel, PhD, LCMHC Associate Dean of Research and Innovation and Professor College of Health & Human Services University of North Carolina Wilmington</p> <p>601 South College Road McNeill 1055 Wilmington, NC 28403-5685</p> <p>Amanda Tierney, McCallum Place, St. Louis, Mo. (Past ED SIG Coordinators)</p>	<p>Collaboration:</p> <p>Publication & Research</p>	<p>Completed:</p> <p>Chapter Published by Routledge: In, Handbook of Clinical Sport Psychology, Body Image and Eating Disorders Among Athletes, Published October 2021</p>
9/18/21	Jenny Conviser, PsyD	Draft and Submit ED SIG Year End Summary	Completed
9/18/21	Jenny Conviser, PsyD	Draft and Distribute Links for AASP Recording Sessions	AASP CONFERENCE: DRAFT AND SUBMIT RECORDED SESSION LINKS
9/24/21	Jenny Conviser, PsyD	Recording Session <i>Collaboration with AASP's: ED SIG,</i>	AASP Conference 2021: CONDUCT AND RECORD Panel Discussion Making Weight: Risks and Rewards - 2021

		<i>Youth Sport Sig, & Social Media SIG's</i>	
9/24/21	Jenny Conviser, PsyD	Recording Session <i>Collaboration with AASP's: ED SIG, Youth Sport Sig, & Social Media SIG's</i>	AASP Conference 2021: CONDUCT AND RECORD THE PRESENTATION Empowering Body, Mind & Performance-Related Confidence in Youth Sports
DATE	Responsible Member	Goal / Action	Summary
10/1/21-10/5/21	ED SIG Committee Members	Meeting	Review Year End Tasks and Goals: Conference Planning
10/6/21	ED SIG Committee Members	Attend AASP CONFERENCE & Conduct ED SIG MEETING	AASP Conference 2021: Provide year end summary, vote, and approve new leadership, thank committee members for their contributions.
10/8/21 10:00 Eastern Time	ED SIG Committee Coordinators & Members	ED SIG Committee Meeting and Member Meeting	Distribute Year End Summary, Elect New Leadership, Collect Feedback for 2021- 2022 ED SIG Goals and Actions