

Why study exercise and ED?

- The purpose of this study is to investigate the effects of persistent driven exercise on Eating Disorder Treatment.
- Physical Activity is thought to elevate a hormone that modulates reward activity. This leads to hyperactivity and Eating Disorders among women.
- Additionally, we are investigating how the hormone levels in blood are affected by Physical Activity and how these changes lead to Eating Disorders.
- The knowledge gained from this study could lead to improved treatments for Eating Disorders.



Contact Us!



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Research Institute at the Wisconsin
Psychiatric Institute and Clinics:

**6001 Research Park Blvd
Madison, WI 53719**

(We are about 2 minutes from the
Beltline - Exit 257 for Whitney Way,
and about 5 minutes from West
Towne Mall)



Compensated Exercise Study Opportunity for Girls and Young Women With and Without Eating Disorders



School of Medicine
and Public Health
UNIVERSITY OF WISCONSIN-MADISON

What is Expected of Participants?

- Complete a preliminary phone screening.
- 4 Visit (1 virtual & 3 in-person) at UW Psychiatry Department (WisPIC) for computational and exercise tasks.
- Complete interviews, questionnaires, behavioral tasks, and food-challenge tasks.
- Refrain from eating for about 3 hours before scheduled visit.
- Exercise for 30 minutes.
- Provide blood samples.
- Wear an accelerometer for 7 days.
- The study does NOT involve radiation, medication, or overnight visits.



Participants can earn up to \$200 for completing all study visits.

About Our Research

- The Embark Lab is located at the University of Wisconsin-Madison. Our aim is to study the effect that Driven Exercise has on Eating Disorders.
- We are currently recruiting for our Study. The purpose of this research is to study and provide the foundations for exercise prescriptions for Eating Disorder recovery.
- For this study, participants will complete a physical activity evaluation. This will help us learn more about how the risk for and function of exercise persistence is affecting Eating Disorder recovery.

COVID-19 Notice

We are taking all necessary precautions in order to make sure our research can be conducted safely, and we are acting in accordance with all CDC safety recommendations.



Who Can Join the Research Study?

You may be eligible if you are...

- A female between 16-22 years old
- Meet the criteria for DSM-5 Eating Disorder **OR** have no history of an eating disorder
- Physically healthy to exercise and cleared by your doctor to participate
- Free of major medical conditions
- Stable for Outpatient Treatment
- Speak and understand English