

Presentation Form

Eating through a Pandemic: Supporting Healthy Eating Behaviors During Crisis

Video Conference Date: October 21, 2020

Presenter Bio
<p style="text-align: center;">Casie Probst, NCC, LPC Behavioral Health Therapist II UPMC Center for Eating Disorders UPMC Western Psychiatric Hospital Pittsburgh, PA</p> <p>Behavioral Health Therapist II at UPMC Center for Eating Disorders (Outpatient); I work in the partial hospitalization and intensive outpatient programs at the UPMC Center for Eating Disorders in Bellefield Towers. I also consult for UPMC Magee-Womens Hospital's Bariatric Surgery Center evaluating potential surgical candidates at for psychiatric stability and surgical readiness. Currently, I am serving as the co-chair for Western Psychiatric Hospital's MAGNET Employee Engagement Committee, a member of WPH's Ethics Committee as well as the President of the Greater Pittsburgh Counseling Association.</p>
Name and Narrative Description of your Presentation
<p><i>Eating through a Pandemic: Supporting Healthy Eating Behaviors During Crisis</i></p> <p>This presentation is designed to explore how people's relationship with food is impacted during times of crisis, such as a pandemic. During the presentation, the presenter will explore the difference between disordered eating and eating disorder behaviors. A variety of behaviors will be discussed as well as targeted interventions for the use of maladaptive behaviors.</p> <p>Please contact Doreen Barkowitz at barkowitzdh@upmc.edu for additional information regarding this speaker and/or presentation.</p>
Three (3) learning objectives
<p>By the completion of this session, participants should be able to:</p> <ul style="list-style-type: none">• Identify difference between eating disorders and disordered eating• Identify 3+ ways crisis can contribute to disordered eating• Identify 3+ ways providers can support clients
Three (3) current (within the past 10 years) <u>peer-reviewed</u> publications that support the evidence base for the content of your presentation
<ol style="list-style-type: none">1. <u>Eating and exercise behaviors in eating disorders and the general population during the COVID-19 pandemic in Australia: Initial results from the COLLATE project.</u>2. Phillipou A, Meyer D, Neill E, Tan EJ, Toh WL, Van Rheenen TE, Rossell SL. Int J Eat Disord. 2020 Jul;53(7):1158-1165. doi: 10.1002/eat.23317. Epub 2020 Jun 1. PMID: 32476163 <u>Effects of COVID-19 Home Confinement on Eating Behaviour and Physical Activity: Results of the ECLB-COVID19 International Online Survey.</u>3. Ammar A, Brach M, Trabelsi K, Chtourou H, Boukhris O, Masmoudi L, Bouaziz B, Bentlage E, How D, Ahmed M, Müller P, Müller N, Aloui A, Hammouda O, Paineiras-Domingos LL, Braakman-Jansen A, Wrede C, Bastoni S, Pernambuco CS, Mataruna L, Taheri M, Irandoust K, Khacharem A, Bragazzi NL, Chamari K, Glenn JM, Bott NT, Gargouri F, Chaari L, Batatia H, Ali GM, Abdelkarim O, Jarraya M, Abed KE, Souissi N, Van Gemert-Pijnen L, Riemann BL, Riemann L, Moalla W, Gómez-Raja J, Epstein M, Sanderman R, Schulz SV, Jerg A, Al-Horani R, Mansi T, Jmail M, Barbosa F, Ferreira-Santos F, Šimunič B, Pišot R, Gaggioli A, Bailey SJ, Steinacker JM, Driss T, Hoekelmann A.4. Nutrients. 2020 May 28;12(6):1583. doi: 10.3390/nu12061583. PMID: 32481594 <u>Eating disorders in the age of COVID-19.</u>5. Shah M, Sachdeva M, Johnston H. Psychiatry Res. 2020 Aug;290:113122. doi: 10.1016/j.psychres.2020.113122. Epub 2020 May 29. PMID: 32480115