

CURRICULUM VITAE

Anna Brytek-Matera

Associate Professor of Psychology

University of Wrocław
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EDUCATION

- May 2016 **Habilitation**
SWPS University of Social Sciences and Humanities, Wrocław, Poland
- January 2008 Qualification : **Function of *Maître de Conférences*** - Conseil national des universités (C.N.U), Ministère de l'Éducation Nationale, de l'Enseignement Supérieur et de la Recherche, Paris, France
Number of qualification : 08216167227
Discipline: Psychology, Clinical Psychology, Social Psychology
- May 2007 **Postgraduate Study of Art Therapy**
Polish Erickson Institute and Polish Committee of International Society for Education through Art
- December 2005 **Doctor of Philosophy in Psychology (Cotutelle Polish-French)**
Specialization: Clinical psychology, health psychology
University of Silesia, Katowice, Poland
Doctoral thesis: *The contribution of models of behavioural self-regulation to the understanding of eating disorders. Intercultural perspectives*
- September 2005 **Doctor of Philosophy in Psychology (Cotutelle Polish-French)**
Specialization: Health psychology
University Paul Verlaine-Metz, France (currently: Université de Lorraine)
Doctoral thesis: *Contribution des modèles sur l'autorégulation du comportement dans la compréhension des troubles alimentaires. Perspectives interculturelles.*
The dissertation was univocally assessed by the international jury as *très honorable avec félicitations (Summa Cum Laude, with highest honours)*.
- June 2002 **Master of Arts in Psychology**
Specialization: Clinical psychology
Faculty of Pedagogy and Psychology, University of Silesia, Katowice
Thesis: *Choice or trap? Psychosocial conditions of anorexia nervosa.*
Mark: Very good. Graduate with distinction
- June 2001 **Master of Arts in Culturology**
Specialization: Filmology

Philological Faculty, University of Silesia, Katowice

Thesis: *Adaptation of work of literature in the audiovisual culture. The case of « Notre Dame de Paris » by Victor Hugo.*

Mark: Good

June 1997

Maturity certificate / baccalaureate

Mikolaj Kopernik General Education Secondary School, Katowice

PROFESSIONAL POSITIONS

ACADEMIC WORK EXPERIENCE

- From October 2019 **Associate Professor, Ph.D.**
Head of Nutritional Psychology Unit
Head of EAT Lab (Eating Behavior Laboratory)
Institute of Psychology
University of Wrocław
- 2019-2020 **Head of Postgraduate studies in the field of Psychodietetics**
Katowice Faculty of Psychology
SWPS University of Social Sciences and Humanities
- 2017-2019 **Head of Department of Clinical and Health Psychology**
Head of Eating behavior and physical Activity Laboratory (EAT Lab)
(the previous name: Eating, Behaviours and Cognitive Processes Interdisciplinary Laboratory; Eat Beh Cog InterLab)
Head of Postgraduate studies in the field of Psychodietetics
Katowice Faculty of Psychology
SWPS University of Social Sciences and Humanities
- 2016-2019 **Associate Professor, Ph.D.**
Katowice Faculty of Psychology
SWPS University of Social Sciences and Humanities
- 2011-2016 **Assistant Professor, Ph.D.**
Faculty of Psychology
SWPS University of Social Sciences and Humanities, Faculty in Katowice
- 2006-2011 **Assistant Professor, Ph.D.**
Department of Pedagogy and Psychology, Institute of Psychology University of Silesia, Katowice
- 2004-2005 *Agent Temporaire Vacataire (ATV)*
Department of Psychology, Health Psychology Laboratory
University Paul Verlaine-Metz, France
- 2003-2005 **Assistant lecturer, MA**
Department of Pedagogy and Psychology, Institute of Psychology University of Silesia, Katowice

CLINICAL WORK EXPERIENCE

From 2016	Therapist (CBT) Private Eating Disorders Treatment Centre, Katowice Therapy with patients suffering from eating disorders – individual therapy
2013-2016	Therapist (CBT) TRAF-MED Private One-day Clinic, Katowice
2007-2008	Therapist Private Medical Centre “4Health”, Katowice

AWARDS, SCHOLARSHIPS

October 2020	Rector’s Award at the University of Wroclaw for didactic and organizational activities
October 2018	Dean’s Award at the University of Social Sciences and Humanities for scientific activities
October 2017	Dean’s Award at the University of Social Sciences and Humanities for particular contribution to Katowice Faculty of Psychology development
January 2017	Bursary – <i>The 13th London International Eating Disorders Conference.</i> British Journal of Hospital Medicine and MA Healthcare Limited
October 2016	Rector’s Award at the SWPS University of Social Sciences and Humanities for scientific activities
March 2016	The Erasmus+ grant for Staff Mobility for Teaching Assignments University of Nantes, France
January 2015	Bursary – <i>The 12th London International Eating Disorders Conference.</i> MA Healthcare Limited, British Journal of Hospital Medicine and Ellern Mede service for eating disorders, London.
October 2014	Rector’s Award at the University of Social Sciences and Humanities for scientific activities
October 2013	Rector’s Award at the University of Social Sciences and Humanities for scientific activities
October 2013	Dean’s Award at the University of Social Sciences and Humanities (Campus in Katowice) for teaching methods
March 2013	Winner of the competition that appointed the outstanding young Polish scientists whose profiles were presented in the bilingual publication of Young Scientists. The organizer and the executor of the project, co-financed by the European Union within the European Social Fund, was the Boleslaw Markowski Higher School of Commerce in Kielce (Poland).
December 2012	Bursary – <i>The 11th London International Eating Disorders Conference.</i> MA Healthcare Limited, British Journal of Hospital Medicine and Ellern Mede service for eating disorders, London.
October 2012	Laureate of the “Mentoring” Programme awarded by the Foundation for Polish Science

October 2012	Winner of the competition that appointed twelve outstanding young Polish scientists whose profiles were presented in the Calendar of Young Scientists (for year 2013). The organizer and the executor of the project, co-financed by the European Union within the European Social Fund, was the University of Rzeszow in Poland.
April 2011	Stipend “START” for young researchers awarded by the Foundation for Polish Science (out of 1 026 candidates 128 were granted a scholarship).
October 2011	Winner of the competition that appointed twelve outstanding young Polish scientists whose profiles were presented in the Calendar of Young Scientists (for year 2012). The organizer and the executor of the project, co-financed by the European Union within the European Social Fund, was the University of Rzeszow in Poland.
January 2011	Bursary – <i>The 10th London International Eating Disorders Conference</i> . MA Healthcare Limited, British Journal of Hospital Medicine and Ellern Mede Centre for Eating Disorders, London.
October 2010	Rector’s Distinction the University of Silesia for outstanding academic achievements
June 2009	Grant for young researchers – <i>The Fourth Statistical Days at the University of Luxembourg</i> - International Scientific Conference. Luxembourg School of Finance of the Faculty for Law, Economics and Finance in collaboration with Clinical Psychology and Health Psychology, and Art Therapy of the Fondation Françoise-Elisabeth, Luxembourg
October 2008	Rector’s Award at the University of Silesia for scientific and research activities
July 2007	Grant for young researchers – <i>The third Statistical Days at the University of Luxembourg</i> - International Scientific Conference. Applied Mathematics Unit of the Faculty for Law, Economics and Finance in collaboration with Laboratory of Clinical Psychology and Health Psychology, Public Research Centre for Health (CPR-Santé), Luxembourg
July 2007	Scholarship for young scientists – <i>The 10th European Congress of Psychology</i> . Congress Assistance Program (CAPF), European Federation of Psychologists’ Associations and Federation of Swiss Psychologists
October 2006	Rector’s Award at the University of Silesia for a distinguished doctoral dissertation
2002-2005	French Government PhD scholarship (Cotuelle)

RESEARCH GRANTS (PRINCIPAL INVESTIGATOR)

2019-2022	<i>Impact of negative affect on eating behavior: verification of two potential pathways in laboratory and ecological settings</i> National Science Center (NCN), Poland HARMONIA 10 (no 2018/30/M/HS6/00022)
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- 2018-2019 *Objective measurement of physical activity and sleep in natural settings*
Fund for the Development of Scientific Research, SWPS University of Social Sciences and Humanities, Warsaw
- 2018-2019 *The Multicenter Orthorexia Nervosa Assessment Project (MONAP): a prospective study of dietary patterns and lifestyle*
Funds from Ministry of Science and Higher Education, Poland (no 1566 BST/WZK/2018/A/01)
- 2017-2018 *Assessment of rumination and eating behaviors in daily life among individuals with differential food preferences: a pilot study*
National Science Center (NCN) in Poland
MINIATURA 1 (no 2017/01/X/HS6/00007).
- 2017-2018 *Use of accelerometers and body composition analyzer to monitor daily physical activity and body parameters (no 5/2017/FRBN)*
Fund for the Development of Scientific Research, SWPS University of Social Sciences and Humanities, Warsaw
- 2017-2018 *Physical activity, eating behaviours and cognitive emotion regulation among people with healthy weight range: experimental research in the natural environment*
SWPS University of Social Sciences and Humanities, Katowice Faculty of Psychology, Department Competition
- 2016-2017 *Ruminations, inhibition and emotion regulation among patients with obesity (ID: BW/WZK/2016/2)*
SWPS University of Social Sciences and Humanities, Katowice Faculty of Psychology, Department Competition
- 2015-2016 *Assessment of eating behaviour: the structure validity of the Three-Factor Eating Questionnaire-R18 in obese and normal-weight individuals (ID: 1/2015/WZK)*
SWPS University of Social Sciences and Humanities, Katowice Faculty of Psychology, Department Competition
- 2013 *Orthorexia – an obsession with healthy eating. Evaluation of orthorexic behaviours among Polish women and men.*
Polish National Center for Eating Disorders
- 2008-2009 *Determinants of body dissatisfaction and their interdependences among women with eating disorders and obesity.*
Institute of Psychology, University of Silesia, Department Competition
- 2007-2008 *The role of body image in women's life. Personal and social factors influencing body image.*
Institute of Psychology, University of Silesia, Department Competition
- 2006-2007 *Body in 21st century. Body image among patients with eating disorders and university students: a comparative study.*
Institute of Psychology, University of Silesia, Department Competition
- 2004-2005 *Self-esteem, self-control and coping strategies in female students in Poland and France.*
Institute of Psychology, University of Silesia, Department Competition

RESEARCH GRANT (SCIENTIFIC SUPERVISOR)

2018-2021 *Empirical verification of the Homeostatic Theory of Obesity in children and adolescents: a longitudinal study*
National Science Center (NCN), Poland
PRELUDIUM 13 (no 2017/01/X/HS6/00007).

INTERNATIONAL RESEARCH PROJECTS

Od 2019 *MEALS - Maladaptive Eating cross-cultural Study*
Department of General Psychology, University of Padova (Italy)
Leader (principal investigator) of the Polish team
HOLISTIC - Habits, Orthorexia nervosa and Lifestyle in university Students
Department of Public Health, University of Split Medical School (Croatia),
Dietetics and Clinical Nutrition Laboratory, Department of Public Health,
Experimental and Forensic Medicine, University of Pavia (Italy),
Department of Economics, University of Foggia (Italy), Nutrition and
Dietetics Department, Beirut Arab University (Lebanon), Faculty of
Veterinary Medicine, University of Agricultural Sciences and Veterinary
Medicine (Romania), Department of Physiology, Anatomy and Cell Biology,
Pablo de Olavide University (Spain)
Consortium member
Leader (principal investigator) of the Polish team

2013-2014 *Body image in Quebec and Europe: the impact of culture*
University of Quebec in Trois-Rivières (Canada) and KU Leuven -
University of Leuven (Belgium)
Consortium member
Leader (principal investigator) of the Polish team

2010-2011 *Eating disorders and body image research*
Maison des adolescents de la Moselle, Metz, France
Principal investigator

2009-2012 *Body image in health and sickness.*
Laboratory of Clinical Psychology, Health Psychology and Art Therapies,
Fondation François-Elisabeth, Luxembourg
Consortium member
Leader (principal investigator) of the Polish team

2007-2008 *Application of art therapies to some crucial problems of Luxembourg society.*
National Research Fund (FNR) 02/05/14, Luxembourg
Public Research Centre for Health, Department of Neuroscience
Consortium member
Leader (principal investigator) of the Polish team

INTERNATIONAL COLLABORATION ACTIVITIES

From 2019	Independent expert consultant (the Project Peer Reviewer) of the Science Fund of the Republic of Serbia
2019	Member of the ACP2020 (The Asian Conference on Psychology & the Behavioral Sciences) Review Committee
From 2017	Member of the international research team The Orthorexia Nervosa Task Force (ON-TF) Member of the International Investigation of Parental Burnout (IIPB) consortium
2014-2019	Università del Piemonte Orientale “Amedeo Avogadro”, Novara, Italy Institute of Psychiatry (Dr. Carla Gramaglia, Prof. Patrizia Zeppegno) Consortium member Leader (principal investigator) of the Polish team Project on personality features and their relationship with orthorexia nervosa and eating disordered attitudes in patients with anorexia nervosa and healthy individuals: a transcultural comparison
2013-2018	„La Sapienza” Università di Roma, Italy Department of Experimental Medicine Medical Pathophysiology, Food Science and Endocrinology Section Food Science and Human Nutrition Research Unit (Prof. Lorenzo Maria Donini) Consortium member Leader (principal investigator) of the Polish team Project on orthorexia nervosa
September 2013	Postdoctoral training University Hospital of Lausanne, Switzerland Research Unit of the Department of Child and Adolescent Psychiatry (Blaise Pierrehumbert, Ph.D., Privat Docent) Participation in meetings and discussions related to developmental problems of childhood and adolescence (e.g., attachment difficulties, child deprivation)
May 2013	Postdoctoral training University Hospital of Lausanne, Switzerland Research Unit of the Department of Child and Adolescent Psychiatry (Blaise Pierrehumbert, Ph.D., Privat Docent) Participation in meetings and discussions related to the mentalisation and mentalizing theory
2012-2014	Université du Québec à Trois-Rivières, Canada Department of Educational Sciences (Prof. Johana Monthuy-Blanc) Consortium member Leader (principal investigator) of the Polish team International project on body image (Canada-Belgium-Poland)

- 2012-2014 University of Leuven (Katholieke Universiteit Leuven), Belgium
Faculty of Kinesiology and Rehabilitation Science and the University
Psychiatric Centre KU Leuven, campus Kortenberg (Prof. Michel Probst)
Consortium member
Leader (principal investigator) of the Polish team
International project on body image (Canada-Belgium-Poland)
- December 2012 **Postdoctoral training**
University Hospital of Lausanne, Switzerland
Research Unit of the Department of Child and Adolescent Psychiatry
(Blaise Pierrehumbert, Ph.D., Privat Docent)
Participation in meetings and discussions in regard of the attachment styles
and childhood obesity.
- March 2012 **Postdoctoral training**
University of Leuven (Katholieke Universiteit Leuven), Belgium
Faculty of Kinesiology and Rehabilitation Science and the University
Psychiatric Centre KU Leuven, campus Kortenberg (Unit Eating Disorders;
Prof. Michel Probst)
Participation in therapy sessions, seminars, meetings and discussions
in regard of the rehabilitation of eating disorders.
- 2007-2010 **Member of the PhD Admissions Board**
Doctoral Thesis: *The biopsychosocial model of eating disorders: the
contribution of family.*
University of Luxembourg, Luxembourg
PhD thesis Director: prof. Georges Steffen
- 2007-2008 **Review of doctoral project** (*une bourse de formation-recherche*) entitled
The biopsychosocial model of eating disorders: the contribution of family.
Ministry for Culture, Higher Education and Research. The Government
of the Grand Duchy of Luxembourg

INVITED LECTURES AT FOREIGN UNIVERSITIES

- 2021 *Orthorexia nervosa in clinical and non-clinical samples* (2021). Invited
lecture given at the **Department of General Psychology, University
of Padova** (Italy)
- 2020 *L'obsession d'une alimentation saine: une approche fondée sur les preuves*
(Healthy eating obsession: an evidence based approach). Invited lecture
given at the **Laboratory of Psychology, Health and Quality of Life (EA
4139), University of Bordeaux** (France)
- 2019 *A transdisciplinary approach to orthorexia nervosa*. Invited lecture given at
the **Dietetics and Clinical Nutrition Laboratory of the Department of
Public Health, Experimental and Forensic Medicine, University of Pavia**
(Italy)
Eating-related behavior and its determinants: theory and research. Invited
lecture given at the **Department of Psychology, Stanford University**
(USA)

JOURNAL REVIEW ACTIVITIES

- From 2020 **Editor Guest of the Special Issue *Psychology of Eating: Understanding of Eating Behaviours*, International Journal of Environmental Research and Public Health**
Editorial Board Member of *BMC Psychiatry* (section *Eating disorders*)
Editorial Board Member of *Journal of Health Psychology*
Reviewer Board Member of *Nutrients*
- From 2015 **Editorial Board Member of *Eating and Weight Disorders - Studies on Anorexia, Bulimia and Obesity***
- 2021 **Reviewer**
BMC Psychiatry, Eating and Weight Disorders, Nutrients
- 2020 **Reviewer**
Appetite, Eating and Weight Disorders, Eating Behaviors, Ecology of Food and Nutrition, Psychology, Health & Medicine, International Journal of Environmental Research and Public Health, Nutrients, Journal of Psychosomatic Research, Perspectives in Psychiatric Care, Psychiatria Polska (Polish Psychiatry), Psychoterapia (Psychotherapy), Sustainability
- 2019 **Reviewer**
Appetite, Eating Behaviors, Children and Youth Services Review, Eating and Weight Disorders, International Journal of Environmental Research and Public Health, Nutrients, Perspectives in Psychiatric Care
- 2018 **Reviewer**
Children and Youth Services Review, Clinical Obesity, Eating and Weight Disorders
- 2017 **Reviewer**
Eating and Weight Disorders, Eating Behaviors, Health Psychology Report, Polskie Forum Psychologiczne (Polish Psychological Forum)
- 2016 **Reviewer**
BMC Psychiatry, Eating and Weight Disorders, Nutritional Journal, Polish Psychological Bulletin, The Spanish Journal of Psychology
- 2015 **Reviewer**
Appetite, Applied Psychology: Health and Well-Being, Body Image, Eating and Weight Disorders, Ecology of Food and Nutrition, Journal of Obsessive-Compulsive and Related Disorders, Nutrition Journal, Psychiatria i Psychologia Kliniczna (Journal of Psychiatry and Clinical Psychology), Psychiatria Danubina, Psychiatria Polska (Polish Psychiatry)
- 2014 **Reviewer**
Eating and Weight Disorders, Ecology of Food and Nutrition, Nutrition Journal, Psychiatria Danubina, Polish Psychological Bulletin, Psychologia Jakości Życia (The Psychology of Quality of Life)
- 2013 **Reviewer**
BMC Women's Health, Psychologie Française, Psychology of Language and Communication, Psychologia Jakości Życia

- 2012 **Reviewer**
BMC Pregnancy and Childbirth, Applied Psychology: Health and Well-Being, Psychologia Jakości Życia (The Psychology of Quality of Life)
- 2009 **Reviewer**
Endokrynologia, Otyłość i Zaburzenia Przemiany Materii (Endocrinology, Obesity and Metabolic Disorders)

PUBLICATIONS

PEER-REVIEWED ARTICLES

ARTICLES IN ENGLISH

- Azzi V., Hallit S., Malaeb D., Obeid S., **Brytek-Matera A.** (2021). Drunkorexia and emotion regulation and emotion regulation difficulties: the mediating effect of disordered eating attitudes. *International Journal of Environmental Research and Public Health*, 18(5), 2690. doi: 10.3390/ijerph18052690 [IF = 2.849/2019]
- Brytek-Matera A.** (2021). Vegetarian diet and orthorexia nervosa: a review of the literature. *Eating and Weight Disorders – Studies on Anorexia, Bulimia and Obesity*, 26, 1-11. [IF = 3.634/2019]
- Cena H., Porri D., De Giuseppe R., Kalmpourtzidou A., Pia Salvatore F., El Ghoch M., Itani L., Kreidieh D., **Brytek-Matera A.**, Bianca Pocol C., Arteta Arteta D.S., Utan G., Kolčić I. (2021). How healthy are health-related behaviors in University Students: The HOLISTic Study. *Nutrients*, 13, 675. doi: 10.3390/nu13020675. [IF = 4.546/2019]
- Czeczor-Bernat K., **Brytek-Matera A.** (2021). The impact of food-related behaviours and emotional functioning on body mass index in an adult sample. *Eating and Weight Disorders – Studies on Anorexia, Bulimia and Obesity*, 26, 323-329. [IF = 3.634/2019]
- Kornacka M., Czeczor-Bernat K., Napieralski P., **Brytek-Matera A.** (2021). Rumination, mood, and maladaptive eating behaviors in overweight and healthy populations. *Eating and Weight Disorders – Studies on Anorexia, Bulimia and Obesity*, 26, 273-285. [IF = 3.634/2019]
- Obeid S., Hallit S., Akel M., **Brytek-Matera A.** (2021). Orthorexia nervosa and its association with alexithymia, emotion dysregulation and disordered eating attitudes among Lebanese adults. *Eating and Weight Disorders – Studies on Anorexia, Bulimia and Obesity*. doi: 10.1007/s40519-021-01112-9 [IF = 3.634/2019]
- Roskam I., Aguiar J., Akgun E., Arikan G., Artavia M., Avalosse H., Aunola K., Bader M., Bahati C., Barham E. J., Besson E., Beyers W., Boujut E., Brianda M. -E., **Brytek-Matera A.**, Carbonneau N., César F., Bhen B. B., Dorard G., ... Mikolajczak, M. (2021). Parental burnout around the globe: A 42-country study. *Affective Science*. Doi: 10.1007/s42761-020-00028-4.
- Zhao Y., Song J., **Brytek-Matera A.**, Zhang H., He J. (2021). The relationships between sleep and mental and physical health of Chinese elderly: Exploring the mediating roles of diet and physical activity. *Nutrients*, 13(4), 1316. doi: 10.3390/nu13041316. [IF = 4.546/2019]
- Brytek-Matera A.** (2020). The Polish version of the Düsseldorf Orthorexia Scale (PL-DOS) and its comparison with English version of the DOS (E-DOS). *Eating and Weight Disorders - Studies on Anorexia, Bulimia and Obesity*. doi: 10.1007/s40519-020-01025-z [IF = 3.634/2019]
- Brytek-Matera A.** (2020). Restrained eating and vegan, vegetarian and omnivore dietary intakes. *Nutrients*, 12(7), 2133. [IF = 4.546/2019]

- Brytek-Matera A.** (2020). Interaction between vegetarian versus omnivorous diet and unhealthy eating patterns (orthorexia nervosa, cognitive restraint) and body mass index in adults. *Nutrients*, 12(3), 646. [IF = 4.546/2019]
- Brytek-Matera A.**, Onieva-Zafra M.O., Parra-Fernández M.L., Staniszewska A., Modrzejewska J., Fernández-Martínez E. (2020). Evaluation of orthorexia nervosa and symptomatology associated with eating disorders among European university students: a multicentre cross-sectional study. *Nutrients*, 12(12), 371. [IF = 4.546/2019]
- Brytek-Matera A.**, Plasonja N., Décamps G. (2020). Assessing orthorexia nervosa: validation of the Polish version of the Eating Habits Questionnaire in a general population sample. *Nutrients*, 12(12), 3820. [IF = 4.546/2019]
- Brytek-Matera A.**, Sacre H., Staniszewska A., Hallit S. (2020). The prevalence of orthorexia nervosa in Polish and Lebanese adults and its relationship with sociodemographic variables and BMI ranges: a cross-cultural perspective. *Nutrients*, 12(12), 3865. [IF = 4.546/2019]
- Brytek-Matera A.**, Staniszewska A., Hallit S. (2020). Identifying the profile of orthorexic behavior and “normal” eating behavior with cluster analysis: a cross-sectional study among Polish adults. *Nutrients*, 12(11), 3490. [IF = 4.546/2019]
- Czeczor-Bernat K., **Brytek-Matera A.**, Gramaglia C., Zeppegno P. (2019). The moderating effects of mindful eating on the relationship between emotional functioning and eating styles in overweight and obese women. *Eating and Weight Disorders – Studies on Anorexia, Bulimia and Obesity*, 25, 841-849. [IF = 3.634/2019]
- Czeczor-Bernat K., **Brytek-Matera A.**, Matusik P. (2020). The Homeostatic Theory of Obesity: an empirical verification of the Circle of Discontent with an assessment of its relationship to restrained and uncontrolled eating among children and adolescents. *International Journal of Environmental Research and Public Health*, 17(17), 6028. [IF = 2.849/2019]
- Parra-Fernández M.L., Manzoneque-Cañadillas M., Onieva-Zafra M.O., Fernández-Martínez E., Fernández-Muñoz J.J., del Carmen Prado-Laguna M., **Brytek-Matera A.** (2020). Pathological preoccupation with healthy eating (orthorexia nervosa) in a Spanish sample with vegetarian, vegan and non-vegetarian dietary patterns. *Nutrients*, 12(12), 3907. [IF = 4.546/2019]
- Brytek-Matera A.**, Czeczor-Bernat K., Jurzak H., Kornacka M., Kołodziejczyk N. (2019). Strict health-oriented eating patterns (orthorexic eating behaviours) and their connection with a vegetarian and vegan diet. *Eating and Weight Disorders – Studies on Anorexia, Bulimia and Obesity*, 24(3), 441-452. [IF = 3.634/2019]
- Cena H., Barthéls F., Cuzzolaro M., Bratman S., **Brytek-Matera A.**, Dunn T., Varga M., Missbach B., Donini L.M. (2019). Definition and diagnostic criteria for orthorexia nervosa: a narrative review of the literature. *Eating and Weight Disorders – Studies on Anorexia, Bulimia and Obesity*, 24(2), 209-246. [IF = 3.634/2019]
- Czeczor-Bernat K., **Brytek-Matera A.** (2019). Children’s and mothers’ perspectives of problematic eating behaviours in young children and adolescents: an exploratory study. *International Journal of Environmental Research and Public Health*, 16(15), 2692. [IF = 2.849/2019]
- Gramaglia C., Gambaro E., Delicato C., Marchetti M., Sarchiapone M., Ferrante D., Roncero M., Perpiñá C., **Brytek-Matera A.**, Wojtyna E., Zeppegno, P. (2019). Orthorexia nervosa, eating patterns and personality traits: a cross-cultural comparison of Italian, Polish and Spanish university students. *BMC Psychiatry*, 19, 235. [IF = 2.704/2019]
- Brytek-Matera A.**, Czeczor-Bernat K., Olejniczak D. (2018). Food-related behaviours among individuals with obesity and normal body weight individuals. *Nutrition Journal*, 17, 93. <https://doi.org/10.1186/s12937-018-0401-7>. [IF = 3.592/2018]

- Brytek-Matera A.**, Gramaglia C., Gambaro E., Delicato C, Zeppegno P. (2018). The psychopathology of body image in orthorexia nervosa. *Journal of Psychopathology*, 24, 133-140.
- Olejniczak D., Bugajec D., Staniszevska A., Panczyk M. Kielan A., Czerw A., Mańczuk M., Juszczak G., Skonieczna J., **Brytek-Matera A.** (2018). Risk assessment of night-eating syndrome occurrence in women in Poland, considering the obesity factor in particular. *Neuropsychiatric Disease and Treatment*, 14, 1521-1526. [IF = 2.228/2018]
- Brytek-Matera A.**, Fonte M.L., Poggiogalle E., Donini L.M., Cena H. (2017). Orthorexia nervosa: relationship with obsessive-compulsive symptoms, disordered eating patterns and body uneasiness among Italian university students. *Eating and Weight Disorders - Studies on Anorexia, Bulimia and Obesity*, 22(4), 609-617. [IF = 2.154/2017]
- Brytek-Matera A.**, Czepczor K. (2017). Models of eating disorders: a theoretical investigation on abnormal eating patterns and body image disturbance. *Archives of Psychiatry and Psychotherapy*, 1, 16-26.
- Brytek-Matera A.**, Rogoza, Czepczor-Bernat K. (2017). The Three-Factor Eating Questionnaire-R18 Polish version: factor structure analysis among normal weight and obese adult women. *Archives of Psychiatry and Psychotherapy*, 3, 81-90.
- Czepczor K., Kościcka K., Gebauer R., **Brytek-Matera A.** (2017). Ideal body stereotype internalisation and sociocultural attitudes towards appearance: a preliminary cross-national comparison between Czech, Polish and American women. *Archives of Psychiatry and Psychotherapy*, 4, 57–65.
- Gramaglia C., **Brytek-Matera A.**, Rogoza R., Zeppegno P. (2017). Orthorexia and anorexia nervosa: two distinct phenomena? A cross-cultural comparison of orthorexic behaviours in clinical and non-clinical samples. *BMC Psychiatry*, 17, 75. [IF = 2.419/2017]
- Olejniczak D., Bugajec D., Panczyk M., **Brytek-Matera A.**, Religioni U., Czerw A., Grąbczewska A., Juszczak G., Jabłkowska-Górecka K, Staniszevska A. (2017). Analysis concerning nutritional behaviors in the context of the risk of orthorexia. *Neuropsychiatric Disease and Treatment*, 13, 543–550. [IF = 2.195/2017]
- Brytek-Matera A.**, Rogoza R. (2016). The Polish version of the Body Image Avoidance Questionnaire: an exploratory structural equation modeling approach. *Eating and Weight Disorders - Studies on Anorexia, Bulimia and Obesity*, 21(1), 65-72. [IF = 1.254/2015]
- Czepczor K., Kościcka K., **Brytek-Matera A.** (2016). Students' awareness of and attitudes towards eating disorders: preliminary study. *Archives of Psychiatry and Psychotherapy*, 18(1), 48-54.
- Rogoza R., **Brytek-Matera A.**, Garner D.M (2016). Analysis of the EAT-26 in a non-clinical sample. *Archives of Psychiatry and Psychotherapy*, 2, 54-58.
- Brytek-Matera A.**, Rogoza R., Gramaglia C., Zeppegno P. (2015). Predictors of orthorexic behaviours in patients with eating disorders: a preliminary study. *BMC Psychiatry*, 15(1), 252.[IF = 2.576/2015]
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- Brytek-Matera A.**, Kozieł A. (2015). The body self-awareness among women practicing fitness: a preliminary study. *Polish Psychological Bulletin*, 46(1), 104-111.
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- Czepczor K., **Brytek-Matera A.** (2017). *Restrained eating, guilt and food and weight preoccupation: analysis of mediation and moderation in a sample of obese, overweight and normal weight adults*. The 24th European Congress on Obesity (ECO2017). Porto, Portugal.
- Czepczor-Bernat K., **Brytek-Matera A.** (2017). *Dietary restrictions, food and weight preoccupation and orthorexic behaviours: direct, indirect and buffer effects*. The 36th Congress of Polish Psychological Association “Psychology for person’s and society’s health”. Gdansk, Poland. [Presentation in Polish]
- Kornacka M, Czepczor K., **Brytek-Matera A.** (2017). “When I eat I stop thinking”. *Repetitive negative thinking, emotional eating and inhibition in obese patients’ everyday life*. The 9th International Congress of Cognitive Psychotherapy. Cluj-Napoca, Transylvania, Romania.
- Brytek-Matera A.**, Cena H., Fonte M.L., Donini L.M., Poggiogalle E. (2016). *Co-occurrence of orthorexia nervosa and obsessive-compulsive symptoms, disordered eating patterns and body*

- uneasiness: the mediating role of gender and Body Mass Index*. The 31st International Congress of Psychology (ICP2016). Yokohama, Japan.
- Brytek-Matera A.**, Rogoza R., Gramaglia C., Zeppegno P. (2016). *Latent classes and predictors of orthorexic behaviours among eating disorder patients*. The 31st International Congress of Psychology (ICP2016). Yokohama, Japan.
- Czeczor K., Kościcka K., **Brytek-Matera A.** (2016). *Attitudes towards body image among nursery school children and their parents*. National Conference on Eating Disorders. Warsaw. Poland. [Presentation in Polish]
- Brytek-Matera A.**, Czeczor K., Kościcka K. (2015). *If I were thin, I would be look like in the magazine! - sociocultural attitudes towards appearance and body dissatisfaction among women and men without eating disorders*. The 23rd International Conference on Eating Disorders. Alpbach, Austria.
- Brytek-Matera A.** (2015). *Thinness, body size perception and attitudinal body image in outpatients with eating disorders*. The 12th International London Eating Disorders Conference. London, United Kingdom.
- Brytek-Matera A.**, Zgrzywa R. (2015). *Assessment of loneliness and eating disordered patients' perception of family relationships: an exploratory study*. The 12th International London Eating Disorders Conference. London, United Kingdom.
- Brytek-Matera A.**, Rogoza R. (2014). *Psychometric properties of the Multidimensional Body-Self Relations Questionnaire for the Polish population*. The 22nd International Conference on Eating Disorders. Alpbach, Austria.
- Rogoza R., **Brytek-Matera A.** (2014). *The structure of a measure of body image disturbance in adults from Poland*. The 22nd International Conference on Eating Disorders. Alpbach, Austria.
- Brytek-Matera A.** (2014). *Orthorexic behaviours among outpatients with eating disorders*. The 35th Congress of Polish Psychological Association "Psychology in a changing world". Bydgoszcz, Poland. [Presentation in Polish]
- Brytek-Matera A.**, Bobrska E., Czeczor K., Kościcka K. (2014). *Food, weight-related issues and knowledge about eating disorder psychopathology in late adolescence: a preliminary study*. International Conference: "Food, Children and Youth: What's Eating?" Lisbon, Portugal.
- Czeczor K., Kościcka K., Bobrska E., **Brytek-Matera A.** (2014). *Changing eating habits among Polish children: causes and consequences*. International Conference: "Food, Children and Youth: What's Eating?" Lisbon, Portugal.
- Kościcka K., Czeczor K., Bobrska E., **Brytek-Matera A.** (2014). *FAT talk – negative thoughts and negative body image*. The 1st National Conference „Around the body”. Poznan, Poland. [Presentation in Polish]
- Kościcka K., Czeczor K., **Brytek-Matera A.** (2014). *Anger expression. Aggressiveness in the body - self-injurious behaviour among women with eating disorders*. The 1st National Conference „Anger. Aggression. Violence. The modern approach to the problem”. Katowice, Poland. [Presentation in Polish]
- Brytek-Matera A.** (2013). *Does orthorexia nervosa behaviour occur in outpatients with eating disorders?* The 21st International Conference on Eating Disorders. Alpbach, Austria.
- Brytek-Matera A.**, Krupa M., Poggiogalle E., Donini L.M. (2013). *Orthorexia nervosa in Poland: a population-based validation study*. The 21st International Conference on Eating Disorders. Alpbach, Austria.
- Brytek-Matera A.** (2013). *Evaluation of physical appearance, body image disturbance and interoceptive awareness among Polish older adolescents and young adults with eating*

- disorders*. The 16th European Conference on Developmental Psychology. Lausanne, Switzerland.
- Dacko M., **Brytek-Matera A.** (2013). *The relationship between attachment styles and personality disorders in young adult couples*. The 16th European Conference on Developmental Psychology. Lausanne, Switzerland.
- Brytek-Matera A.** (2013). *Body image psychopathology and eating disorders: the association between body weight dissatisfaction, body image avoidance and distorted body experience in outpatients underestimating or overestimating their current body size*. The 11th London International Eating Disorders Conference. London, United Kingdom.
- Brytek-Matera A.** (2013). *The influence of the psychoeducational approach on non-clinical women's and men's knowledge about the risks and maintaining factors of eating disorders: a Polish pilot study*. The 11th London International Eating Disorders Conference. London, United Kingdom.
- Brytek-Matera A.** (2013). *Anorexia nervosa in school - primary prevention program*. International Conference "Mental health in children and adolescents". Bytom, Poland. [Presentation in Polish]
- Brytek-Matera A.** (2013). *Psychological predictors of body image dissatisfaction in women having body-image cognitive distortions*. The 1st National Conference „Risk behaviours - prevention, diagnosis, treatment”. Katowice, Poland. [Presentation in Polish]
- Kościcka K., Bobrska E., Czepczor K., **Brytek-Matera A.** (2013). *Nutritional problems in Polish children - a growing epidemic of overweight and obesity*. The 1st National Conference „Sick children in the modern world”. Katowice, Poland. The 1st Place Best Poster Presentation. [Presentation in Polish]
- Brytek-Matera A.** (2012). *Interoceptive awareness, body size estimation and emotional eating among women with anorexia and bulimia nervosa*. The 20th International Conference on Eating Disorders. Alpbach, Austria.
- Brytek-Matera A.** (2012). *Psychological characteristics in adolescent male with anorexia nervosa: a series of two outpatients*. The 20th International Conference on Eating Disorders. Alpbach, Austria.
- Brytek-Matera A.** (2011). *How does corporeality threaten the structure of the self? Evaluation of self-image among women with eating disorders in early adulthood*. The VI National Conference: „Crisis: a challenge for individuals and societies”. Katowice, Poland. [Presentation in Polish]
- Brytek-Matera A.** (2011). *Body image self-discrepancy and attitude towards one's body in patients with anorexia and bulimia nervosa*. The 19th International Conference on Eating Disorders. Alpbach, Austria.
- Brytek-Matera A.** (2011). *The role of perfectionism in eating disorders and its connection with body image and self-esteem*. The 19th International Conference on Eating Disorders. Alpbach, Austria.
- Brytek-Matera A.** (2011). *Assesment of stress-coping behaviours in Polish patients with eating disorders*. The 10th London International Eating Disorders Conference. London, United Kingdom.
- Brytek-Matera A.** (2011). *Influence of stress coping style on distorted body experience in women diagnosed with anorexia nervosa*. The 10th London International Eating Disorders Conference. London, United Kingdom.

- Brytek-Matera A.** (2009). *La représentation d'image de soi chez les personnes souffrant de troubles alimentaires - l'insatisfaction à l'égard du corps*. International Conference, Fourth Statistical Days at the University of Luxembourg. Luxembourg, Luxembourg.
- Schiltz L., **Brytek-Matera A.**, Maugendre M. (2009). *L'influence de la musique sur l'expression picturale d'adolescentes. Une étude comparative entre différents styles de musique*. International Conference, Fourth Statistical Days at the University of Luxembourg. Luxembourg, Luxembourg.
- Brytek-Matera A.** (2008). *Negation of feminine sexuality and eating disorders*. National Congress of Polish Therapeutic Association: "Human sexuality in health and sickness". Poznan, Poland. [Presentation in Polish]
- Brytek-Matera A.**, Spitz E., Bak-Sosnowska M., Kocelak P., Zahorska-Markiewicz B. (2008). *Mood and anxiety symptoms and personal life goals among obese women: a cross-cultural study*. The 1st Central European Congress on Obesity: "From Nutrition to Metabolic Syndrome". Karlovy Vary, Czech Republic
- Bak-Sosnowska M., Zak-Golab A., **Brytek-Matera A.**, Kocelak P., Holecki M., Zahorska-Markiewicz B. (2008). *Relationship between body weight, age, body image and disorders associated with eating behaviours in women with overweight*. The 1st Central European Congress on Obesity: "From Nutrition to Metabolic Syndrome". Karlovy Vary, Czech Republic
- Zak-Golab A., Zahorska-Markiewicz B., Bulinski A., Cybulska D., Bak-Sosnowska M., Tomalski R., Kocelak P., Holecki M., **Brytek-Matera A.** (2008). *The connection between binge eating, alexithymia and body image perception in obese women*. The 1st Central European Congress on Obesity: "From Nutrition to Metabolic Syndrome". Karlovy Vary, Czech Republic
- Brytek-Matera A.** (2008). „*Obese*” *self in anorexia nervosa patients - drive for thinness*. The XXXIII Congress of Polish Psychological Association: "Live worthily...". Poznan, Poland. [Presentation in Polish]
- Brytek-Matera A.** (2008). *The role of self-discrepancy in eating disordered women's body image*. The XXIX International Congress of Psychology. Berlin, Germany.
- Brytek-Matera A.** (2008). *Subjective body experience and attitude toward one's body in patients with eating disorder*. The XXIX International Congress of Psychology. Berlin, Germany.
- Brytek-Matera A.** (2008). *Body image in adolescence*. The 2nd Euroregional Conference: "Adolescence. Chances and threats. Dabrowa Gornicza, Poland. [Presentation in Polish]
- Brytek-Matera A.** (2007). *Female body image in the context of eating disorders*. The 4th International Congress of Psychology: "Crises, catastrophes, disasters in the perspective of contemporary civilization". Ustron, Poland. [Presentation in Polish]
- Brytek-Matera A.**, Izydorczyk B. (2007). *Experience of emotional crisis by patients with eating disorders*. The 4th International Congress of Psychology: "Crises, catastrophes, disasters in the perspective of contemporary civilization". Ustron, Poland. [Presentation in Polish]
- Brytek A.** (2007). *Body dissatisfaction among anorexic and bulimic patients*. The 10th European Congress of Psychology: "Mapping of psychological knowledge for society". Prague, Czech Republic.
- Brytek A.**, Spitz E. (2007). *A cross-cultural study of the relationship between depression, anxiety symptoms and anorexia nervosa*. The 10th European Congress of Psychology: "Mapping of psychological knowledge for society". Prague, Czech Republic.
- Brytek A.** (2007). *Profil de risque des troubles du comportement alimentaire et de l'obésité dans deux pays européens : la Pologne et la France*. International Conference, the Third Statistical days at the University of Luxembourg: "Stratégies de recherche pour groupes restreints et données de niveau non métrique". Luxembourg, Luxembourg.

- Brytek A., Schiltz L. (2007).** *Étude comparée multidimensionnelle de personnes présentant des troubles des conduites alimentaires.* International Conference, the Third Statistical days at the University of Luxembourg: “Stratégies de recherche pour groupes restreints et données de niveau non métrique”. Luxembourg, Luxembourg.
- Brytek A., Spitz E. (2007).** *Le rôle de la minceur chez les patientes présentant des troubles alimentaires.* Le 4^{ème} Congrès International de Psychologie de la Santé de Langue Française: Psychologie, santé et ouverture”. Toulouse, France.
- Brytek A. (2007).** *Body image dissatisfaction in anorexia and bulimia nervosa.* International Congress of Psychology: “A contemporary man’s quality of life. The values of western civilization: possibilities and limits of development”. Opole, Poland. [Presentation in Polish]
- Brytek A. (2007).** *Stress in bulimia nervosa – problem-focused coping or avoidance coping ?* International Congress of Psychology: “A contemporary man’s quality of life. The values of western civilization: possibilities and limits of development”. Opole, Poland. [Presentation in Polish]
- Hess A., **Brytek A. (2007).** *Personal goals presentation in patients with the diagnosis of anorexia nervosa.* International Congress of Psychology: “A contemporary man’s quality of life. The values of western civilization: possibilities and limits of development”. Opole, Poland. [Presentation in Polish]
- Brytek A. (2006).** *Threat to life? Mechanism of the vicious circle of bulimia nervosa.* The 3rd International Scientific Conference: “Crises, catastrophes, disasters in the view of the escalation of threats”. Ustron, Poland. [Presentation in Polish]
- Brytek A., Izydorczyk B. (2006).** *Experience of emotional crisis by patients with eating disorders.* The 3rd International Scientific Conference: “Crises, catastrophes, disasters in the view of the escalation of threats”. Ustron, Poland. [Presentation in Polish]
- Brytek A. (2006).** *Coping strategies and locus of control in Polish and French students.* The 20th Annual Conference of the European Health Psychology Society: “Social change and new challenges for health psychology”. Warsaw, Poland.
- Brytek A. (2006).** *Coping strategies, self-esteem and anger in French patients with anorexia nervosa.* The 20th Annual Conference of the European Health Psychology Society: “Social change and new challenges for health psychology”. Warsaw, Poland.
- Brytek A. (2006).** *Expression of anger and coping strategies in bulimia nervosa. A comparative study among Polish and French population.* The XV Colloque of Psychology: “Psychology in the face of the present day’s dilemmas”. Cieszyn, Poland. [Presentation in Polish]
- Brytek A., Spitz, E., Vaillant, M. (2005).** *Threat to mental and public health: obesity pandemia. The problem of obesity in Europe.* International Scientific Conference: “Between health and illness. Social and psychological contexts”. Zakopane, Poland. [Presentation in Polish]
- Brytek A. (2005).** *The phenomenon of mobbing made a reference to an individual’s mental health.* International Scientific Conference: “Between health and illness. Social and psychological contexts”. Zakopane, Poland. [Presentation in Polish]
- Brytek A., Spitz E., Vaillant M. (2005).** *Stratégies de coping et estime de soi chez les personnes obèses.* Le 3^{ème} Congrès International de Psychologie de la Santé de Langue Française: “Psychologie, santé et société”. Aix-en-Provence, France.
- Brytek A. (2004).** *Mobbing: la violence mentale dans l’environnement de travail.* Congrès International: “Hommes & organisations: la santé au cœur des enjeux de l’entreprise”. Nancy, Metz, France; Mondorf-les-Bains, Luxembourg.

- Brytek A.** (2004). *Influence of psychosocial factors on bulimia nervosa and a social support*. The 2nd Cracow Eating Disorders' Conference: "Around treat of anorexia and bulimia nervosa. Theories, methods, techniques". Cracow, Poland. [Presentation in Polish]
- Brytek A., Serein A-L., Spitz E.** (2003). *Evaluation des troubles affectifs chez le patient obèse*. Le 2^{ème} Congrès International de Psychologie de la Santé de Langue Française: "Théories et modes d'interventions". Metz, France.

INVITED LECTURES (CONFERENCES)

INVITED LECTURES IN POLISH

- Brytek-Matera A.** (2021). *Emotional eating, eating disorders and mood disorders in the age of COVID-19*. Jubilee Congress of the Polish Association for the Study of Obesity "Obesitology: yesterday, today and tomorrow". (Virtual Congress). Lecture given at the invitation of the Polish Association for the Study of Obesity.
- Brytek-Matera A.** (2019). *Holistic approach to excess body weight*. National Conference „How to head up physical activity and healthy eating in companies? Practical conclusions from a nationwide survey”. Lecture given at the invitation of the National Centre of Workplace Health Promotion. Lodz, Poland.
- Brytek-Matera A.** (2018). *Childhood obesity and its psychological consequences*. The 2nd National Conference "Childhood obesity – from cause to consequence. In search of the effective therapeutic methods". Lecture given at the invitation of the Medical University of Silesia. Katowice, Poland.
- Brytek-Matera A.** (2017). *Orthorexia nervosa: clinical features, nosological dilemmas and diagnosis*. National Conference "Psychodietetics - understanding nutrition". Lecture given at the invitation of the Silesian Health Center. Katowice, Poland.
- Brytek-Matera A.** (2016). *Working with a patient with abnormal eating behaviours: psychological interventions*. National Conference "Psychodietetics - understanding nutrition". Lecture given at the invitation of the Silesian Health Center. Katowice, Poland.
- Brytek-Matera A.** (2016). *Psychological aspect of nonnormative eating behaviours*. The 5th Regional Scientific Conference „Psychology and Medicine” – „Eating disorder: from prevention to surgery” Lecture given at the invitation of Psychological and Pedagogical Outpatient Clinic in Zabrze. Zabrze, Poland.
- Brytek-Matera A.** (2014). *Body image in the context of health and disease*. The 1st National Conference „Around the body”. Lecture given at the invitation of Adam Mickiewicz University of Poznan. Poznan, Poland.
- Brytek-Matera A.** (2012). *Child and illness – psychosocial aspects of obesity*. „Diabetes among children and adolescents : a still underestimated problem”. Lecture given at the invitation of the Tarnowskie Gory Association to Support of Non-Governmental Initiatives. Tarnowskie Gory, Poland.
- Brytek-Matera A.** (2012). *How we can motivate patients to diet? Psychological intervention among people with obesity*. The 2nd National Conference „Congressus Dietetica”. Lecture given at the invitation of the Polish Association of Dietitians. Lodz, Poland.
- Brytek-Matera A.** (2012). *Nemo liber est, qui corpori servit. Embodied Self in women with eating disorders*. National Conference „Face to face with corporeality”. Lecture given at the invitation of the Students Association from the Faculty of Psychology at the University Maria Curie-Skłodowska in Lublin. Lublin, Poland.

INVITED LECTURE IN FRENCH

Brytek-Matera A. (2013). *Le corps perdu? La prise en charge auprès des patients ayant une image corporelle déformée*. Symposium international „De l'intervention préventive à l'intervention thérapeutique des troubles du comportement alimentaire: un portrait concret au Québec et en Europe". Lecture given at the invitation of the University of Québec at Trois-Rivières. Trois-Rivières, Canada.

INVITATED LECTURE IN ENGLISH

Brytek-Matera A. (2018). *The link between orthorexia nervosa and abnormal eating and body image attitudes and obsessive-compulsive disorder*. XI Congresso Nazionale SISDCA “Ricerca, pratica clinica, relazioni internazionali: nuove frontiere nel trattamento dei disturbi dell'alimentazione e dell'obesità”. Lecture given at the invitation of the Italian Society for the Study of Eating Disorders (Società Italiana per lo Studio dei Disturbi del Comportamento Alimentare). Rome, Italy.

MEMBERSHIP

Academy for Eating Disorders

European Health Psychology Society

International Association of Applied Psychology

World Health Organization: Global Clinical Practice Network