

Stanford University is recruiting participants for a new study. **Parents Act Now** is a free 6-week online course for parents of girls 11-16 who are showing early symptoms of anorexia nervosa. Includes video clips, advice from expert psychiatrists, an online discussion group, quizzes with automatic feedback, and journaling opportunities, as well as educational information.

Parents of Adolescent Daughters Between the Ages of 11 and 16 Years Old

- Is your daughter losing weight when she should be gaining or maintaining her weight?
- Has she stopped gaining weight when she should be growing?
- Does she exercise too much or get upset when workouts are missed?
- Has she stopped eating, skipped a lot of meals or have you noticed her eating behaviors changing?
- Have her periods stopped because of weight loss?
- Is she obsessing about losing weight even though her weight is fine?
- Is she overly preoccupied with weight and the shape of her body?
- Are you worried that she may be in the early stages of an eating disorder?

If so, you may be eligible to participate in a research study designed to help parents prevent anorexia nervosa – and help your daughter get back on the right track to regaining healthy behaviors. For information about participating in this study contact: hwopsyd@stanford.edu