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INTACT: INDIVIDUALLY TAILORED STEPPED CARE FOR WOMEN WITH EATING DISORDERS

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INTACT is a multi-disciplinary and inter-sectorial network of 9 European partners from 8 EU countries aiming at the development of new strategies for the prevention and treatment of eating disorders.

Acknowledging that not all women at risk for an eating disorder actually develop the disorder and that not all of those who get ill need the same type and intensity of care, INTACT studies stepped care treatment and individually tailored interventions based on research into the process of getting ill, getting well, and staying well.

The development of such innovative approaches in which treatments are provided sequentially according to patients' needs promises to optimise health care for ED patients.

Specifically, the INTACT studies focus on the development of:

1. risk models,
2. step-up interventions,
3. therapy process-outcome models, and
4. step-down interventions and apply methods from the fields of psychotherapy research, genetics, biology, linguistics and computer sciences.

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