

Professor Cynthia Bulik, Ph.D., FAED

**Distinguished Professor of Eating Disorders; Founding Director,
Centre of Excellence for Eating Disorders, University of North Carolina;
Founder & Director, Centre for Eating Disorders Innovation at Karolinska
Institute; & Global Lead Principal Investigator, Eating Disorders Genetics
Initiative 2 (EDGI2), NORTH CAROLINA, USA & SWEDEN**

Professor Cynthia Bulik, Ph.D., FAED, is Distinguished Professor of Eating Disorders, the Founding Director of the Centre of Excellence for Eating Disorders at the University of North Carolina (UNC), USA, and the Founder and Director of the Centre for Eating Disorders Innovation at Karolinska Institute, Stockholm, Sweden. She is also Principal Investigator of the Eating Disorders Genetics Initiative (EDGI2) – the largest and most rigorous genetic investigation of eating disorders ever performed.

Prof Bulik is a Distinguished Professor of Eating Disorders in the Department of Psychiatry in the School of Medicine, UNC; Professor of Nutrition in the Gillings School of Global Public Health, UNC; and Professor in the Department of Medical Epidemiology and Biostatistics at Karolinska Institute. She is an Honorary Professor in the Department of Psychological Medicine at the University of Otago, Christchurch School of Medicine, Christchurch, New Zealand.



A clinical psychologist by training, Dr Bulik has been conducting research and treating individuals living with eating disorders since 1982, holding the first endowed Professorship in eating disorders in the USA.

She received her BA from the University of Notre Dame and her MA and Ph.D. from the University of California, Berkeley. She completed internships and post-doctoral Fellowships at Western Psychiatric Institute and Clinic in Pittsburgh, and developed treatment services for eating disorders in New Zealand and the USA. She was a member of the Department of Psychology at the University of Canterbury between 1991 – 1996, where she was involved in rejuvenating the Princess Margaret Hospital Eating Disorders Program.

Prof Bulik's research includes treatment, laboratory, epidemiological, twin and molecular genetic studies of eating disorders and body weight regulation. She has active research collaborations in more than 20 countries worldwide.

She has published more than 750 papers and 60 chapters on eating disorders. She is the author of seven books, including: *Crave: Why You Binge Eat and How to Stop*, *The Woman in the Mirror*, *Midlife Eating Disorders: Your Journey to Recovery*, and *Binge Control: A Compact Recovery Guide*.

Prof Bulik is the recipient of numerous awards and honours for her research, mentorship and advocacy work, including the Eating Disorders Coalition Research Award, the Hulka Innovators Award, the Academy for Eating Disorders Leadership Award for Research, the Price Family National Eating Disorders Association Research Award, the Carolina Women's Center Women's Advocacy Award, and the Women's Leadership Council Faculty-to-Faculty Mentorship Award, IAEDP Honorary Certified Eating Disorders Specialist Award, the František Faltus Award from the Czech Psychiatric Society, the AED Meehan/Hartley Award for Advocacy. She is the recipient of three Lifetime Achievement Awards, from the Don and Meilssa Nielsen National Eating Disorders Association, the international Academy for Eating Disorders, and Ming Tsuang Lifetime Achievement Award from the International Society on Psychiatric Genetics.

She has held many leadership positions in her field, including President of the Academy for Eating Disorders, Vice-President of the Eating Disorders Coalition, Associate Editor of the International Journal of Eating Disorders, Founding Chair of the Scientific Advisory Council of the Binge Eating Disorder Association, member of the Scientific Advisory Committee of F.E.A.S.T. and the Global Foundation for Eating Disorders, and member of the clinical advisory committee of Project Heal.

Prof Bulik's work life is enriched by being happily married, the mother of three adult children, a double gold medalist in ice dancing and free dance, and an avid ballroom dancer. Read more at www.cynthiabulik.com.

"EDGI2 is a global effort that brings us closer to our dream of including individuals with all eating disorders in our research," said Prof Bulik.

"EDGI2 invites people with anorexia nervosa, bulimia nervosa, binge-eating disorder, and avoidant/restrictive food intake disorder (ARFID) to help us learn more about both genetic and environmental causes of these life-impairing illnesses.

"Our ultimate goal is not only to enhance understanding, but to bring us one step closer to a cure," Prof Bulik said.

To volunteer for the EDGI2, head to edgi.org.au or email edgi2@qimrberghofer.edu.au.

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To coordinate an interview with Professor Cynthia Bulik, please contact:

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