



NourishED Research Foundation, Inc. (NRFi)  
NOURISHING KNOWLEDGE, EMPOWERING HOPE

## NourishED Research Foundation (NRFi) Manuscripts

Greetings from NourishED (NRFi)!

Included in the Zip File(s) attached to this email, you will find the most up to date copies of the **NRFi manuscripts** that are currently *under review* (meaning they have been submitted to a journal for review and publication) or *in prep* (meaning they are in preparation for journal submission). You will also find instructions on which of these manuscripts may pertain (or not pertain) to you, as discussed during your initial interview/onboarding meeting(s).

We have included two Zip Files as attachment to this email. Each Zip File contains two to three manuscripts that center around a unified theme. The Zip File themes and manuscripts therein are:

1. **Zip File #1: Barriers to binge eating disorder (BED) detection, diagnosis, treatment-seeking, and treatment access/engagement.** This Zip File contains the following manuscripts:
  - i. **Manuscript #1:** Bray, B., Shallcross, A.J., Wiss, D., Sadowski, A., Bray, K., Bray, C., & Zwickey, H. (2024). Treatment Barriers in Binge Eating Disorder: A Cross-Sectional Mixed-Methods Study of Binge Eating Disorder Experts' Opinions. *Frontiers in Psychiatry – Psychopathology*. **Impact Factor: 5.5**
    - This manuscript summarizes barriers to BED detection, diagnosis, treatment-seeking, and treatment access/engagement that BED experts identified in Dr. Bray's cross-sectional mixed-methods study.
    - This manuscript proposes a 3x3 structural/theoretical model that categorizes the identified barriers as occurring at one of three phases in the process of treatment engagement (detection, treatment-seeking, and treatment access/engagement) and as occurring at one of three levels ("patients"/individuals who experience BED, healthcare providers, and healthcare systems).



**NourishED Research Foundation, Inc. (NRFi)**  
NOURISHING KNOWLEDGE, EMPOWERING HOPE

- ii. **Manuscript #2:** Bray, B., Shallcross, A.J., Wiss, D., Sadowski, A., Bray, K., & Zwickey, H. (2024). Treatment Barriers in Binge Eating Disorder: A Critical Review of Patient, Provider, and Systemic Barriers to Identification, Treatment-Seeking, Access, and Engagement in Adult Binge Eating Disorder. *International Perspectives on Health Equity*. **Impact Factor: 7.0.**
    - This manuscript provides a narrative review (summary) of barriers to BED detection, identification, diagnosis, treatment-seeking, and treatment access that are identified in the literature.
    - This manuscript uses the 3x3 structural model proposed in the first manuscript (cited above).
    - This manuscript is still in prep – there were several sections that were taken out but are now being added back in.
  - iii. **Manuscript #3:** Bray, B., Austin, B. Shallcross, A.J., Sadowski, A., Wiss, D., & Zwickey, H. (2024). Binge Eating Disorder: Breaking Down Patient-, Provider-, and Public Policy Barriers to Detection, Treatment Access, and Engagement. *International Perspectives on Health Equity*. **Impact Factor: 7.0**
    - This manuscript uses the same 3x3 structural model proposed in the first two manuscripts (cited above) to propose solutions to the barriers identified in the first two manuscripts cited above.
    - NOTE: This manuscript is still in preparation and all NRFi volunteers and staff are invited to offer revisions/feedback/contributions if/as they fit (but no pressure).
2. **Zip File #1: Complementary and Integrative Health (CIH) Use in BED.** This Zip file contains the following manuscripts:
- i. **Manuscript 1:** Bray, B., Shallcross, A.J., Sadowski, A., Schneller, M., Bray, C., & Zwickey, H. (2024). Complementary and Integrative Health Use in Binge Eating Disorder Treatment: A Cross-Sectional Mixed-Methods Study of Binge



**NourishED Research Foundation, Inc. (NRFi)**  
NOURISHING KNOWLEDGE, EMPOWERING HOPE

Eating Disorder Experts' Opinions. *International Journal of Nursing and Healthcare*. **Impact Factor: 4.9.**

- This manuscript summarizes CIH use that BED experts identified in Dr. Bray's cross-sectional mixed-methods study.

ii. **Manuscript #2:** Bray, B., Shallcross, A.J., Sadowski, A., Quaglia, J., Mist, S., Wiss, D., & Zwickey, H. (2024). Complementary and Integrative Health Intervention Use in Binge Eating Disorder Treatment: A Narrative Review. *Environment and Public Health Research; Special Issue on Mental Health and Addiction*. **Impact Factor: 2.79.**

- This manuscript provides a narrative review (summary) of CIH use in BED that are identified in the literature.
- This manuscript is still in prep. Interested NRFi volunteers and staff are invited to review and offer contributions if interested.

As part of our onboarding process, we suggest all NourishED volunteers and staff take some time to review the “treatment barriers” manuscripts, as they have contributed to- and continue to impact our development and growth at NRFi.

Unless you have been otherwise advised by your supervisor, we do not expect or require that you develop an intimate understanding of the many details in each of these manuscripts. Rather, we suggest the following approach:

1. Take some time to **read or scan the abstract** for each manuscript (this is the paragraph summary of the manuscript that typically appears on the manuscript's cover page or first page, directly after the title, authors, and author affiliations).
2. Read or scan the **headers and sub-headers** within each manuscript.
3. Read or scan any **pertinent content** in each manuscript that is of interest to you or relevant to your contributions to NRFi.



**NourishED Research Foundation, Inc. (NRFi)**  
NOURISHING KNOWLEDGE, EMPOWERING HOPE

While you are of course welcome to review each manuscript to whatever level of depth you prefer, the simple three-step approach outlined here (above) should be sufficient for you to gain a working understanding of our initial research foundation.

Additionally, for any type of reading, we provide the following 3-pass suggestion for greater content comprehension and retention. When reading virtually any literature:

1. **Read the Title, Table of Contents, Chapter Titles, Headers and Sub-headers**, as well as any terminology or sections that are emphasized in bold, underline, or italics.
2. **Read the content, underlining any areas that raise questions for you** (e.g., content, concepts, terminology, etc. that you are unfamiliar with or don't quickly understand).
3. After reading the literature once through, **re-read the areas you have underlined**. Spend some time seeking to clarify these areas. You may want to use Google, PubMed, or ask a colleague, supervisor, or advisor.

As part of your general onboarding process, you will likely receive a fourth, and/or even a fifth follow-up email that contains additional information and content relevant to your specific role at NRFi. Examples of additional documents you may receive include:

1. **Zoom invitations** for scheduled team/working group meetings, lab meetings, and All-Hands-On-Deck Meetings, as applicable to your role.
2. Information on the [Collaborative Institutional Training Initiative \(CITI\) trainings](#) that are required to add investigators to a new or current NRFi research protocol (thus enabling an investigator to conduct primary research).
3. Copies of current **NRFi research study protocols** that have been submitted, reviewed, and approved by the [Institutional Review Board \(IRB\) at the National University of Natural Medicine's Helfgott Research Institute](#) (NRFi's research affiliate).
4. Copies of **NRFi Protocols, Manuscripts, Grant Applications, and Outreach Initiatives** that are currently in preparation or similar to a protocol, manuscript, grant application, or outreach initiative you may be asked to contribute to.



**NourishED Research Foundation, Inc. (NRFi)**  
NOURISHING KNOWLEDGE, EMPOWERING HOPE

5. Copies of **NRFi's current Business Strategy**, which may include our current strategies for fundraising and donor relations, marketing and public relations, outreach campaigns, social media guidelines and initiatives, research investigations and goals.
6. Access to NRFi administrative, fundraising, social media and marketing, research, and outreach **tools**, as well as access to any other tools that may support you in your role.

Unless otherwise discussed with your supervisor, we invite you to take your time in reviewing these materials. We understand that the time and energy you contribute to NRFi is a gift and we are equally grateful for all contributions we receive, big and small. If you have any questions on any of these documents, please do not hesitate to reach out to your supervisor or to me directly.

We are so grateful that you are here, and we hope you are as excited as we are to get started.

With Warmth and Gratitude,

Brenna

Brenna Bray, PhD  
Founder, Director, CEO, & Principal Investigator  
NourishED Research Foundation (NRFi) | [www.nourishedrfi.org](http://www.nourishedrfi.org)  
[nourished@nourishedrfi.org](mailto:nourished@nourishedrfi.org) | [brenna@nourishedrfi.org](mailto:brenna@nourishedrfi.org)  
[206-819-9647](tel:206-819-9647)