



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

NourishED Research Foundation (NRFi) Publications

Greetings from NourishED (NRFi)!

Included in this Zip File email attachment, you will find the first three publications from Dr. Bray's cross-sectional mixed-methods study on Binge Eating Disorder Experts' experiences, perceptions, and opinions on various factors and aspects of binge eating disorder.

These three publications are as follows:

1. [Bray et al. \(2022\). Binge Eating Disorder is a Social Justice Issue: A Cross-Sectional Mixed-Methods Study of Binge Eating Disorder Experts' Opinions](#) *J. Environ. Res. Public Health (IJERPH)*, 19:6243. Doi: [10.3390/ijerph19106243](#). **Impact Factor: 3.4.**
2. [Bray et al. \(2022\). Mental Health Aspects of Binge Eating Disorder: A Cross-Sectional Mixed-Methods Study of Binge Eating Disorder Experts' Opinions](#). *Frontiers in Psychiatry - Psychopathology*. Doi: [0.3389/fpsyt.2022.953203](#). **Impact Factor: 5.5.**
3. [Bray et al. \(2023\). Clinical Aspects of Binge Eating Disorder: A Cross-Sectional Mixed-Methods Study of Binge Eating Disorder Experts' Opinions](#). *Frontiers in Psychiatry – Psychopathology* Doi: [https://doi.org/10.3389/fpsyt.2022.1087165](#). **Impact Factor: 5.5.**

You will also find Dr. Bray's Narrative Review//Commentary on Twelve Step Intervention Use in the Context of Binge Eating Disorder included in this Zip file (cited and linked below).

4. [Bray et al. \(2021\). Overeaters Anonymous: An Overlooked Intervention for Binge Eating Disorder. International Journal of Environmental Research and Public Health \(IJERPH\), 18 \(14\)](#). Doi: [10.3390/ijerph18147303](#). **Impact Factor: 3.390.**



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As part of our onboarding process, we suggest all NourishED volunteers and staff take some time to review these publications, 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 publications. Rather, we suggest the following approach:

1. Take some time to **read or scan the abstract** for each publication (this is the paragraph summary of the publication that typically appears on the publication'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 publication.
3. Read or scan any **pertinent content** in each publication that is of interest to you or relevant to your contributions to NRFi.

While you are of course welcome to review each article 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 publication 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.



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As part of your general onboarding process, you can expect to receive a **second follow-up email** that includes copies of the manuscripts we currently have either under review or *in prep*, along with instructions on which of these manuscripts may pertain (or not pertain) to you.

At a minimum, we ask all NRFi staff and volunteers to review the abstract, headers, sub-headers, and primary figure for the **“Treatment Barriers in Binge Eating Disorder” manuscript**, as these findings are equally relevant to the mission and aims of NRFi.

You will likely also receive a third, 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. A Zoom invitation for a **weekly standing meeting** with your direct supervisor.
2. **Zoom invitations** for scheduled team/working group meetings, lab meetings, and All-Hands-On-Deck Meetings, as applicable to your role.
3. 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).
4. 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).
5. 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.
6. 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.
7. 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.



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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

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