



A pilot studie: "Bridging the gap in care" - a collaboration to improve care for women with eating disorder symptoms pre- and postpartum

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Introduction: Both in research and in clinical practice, it is widely recognized that there is a lack of targeted interventions for women with symptoms of eating disorders during the period before and after childbirth. Studies have highlighted the importance of developing such interventions. Based on clinical experience and the literature in this field, many of these women find themselves in a gray area where they do not meet the criteria for an eating disorder and therefore do not meet the selection criteria for specialized treatment of eating disorders.

There is a pronounced concern among many of these women about relapsing into a previous eating disorder. New research highlights these women's need for support, with many expressing a desire to meet others in similar situations and to feel that they are not alone.

Aims: To investigate whether pregnant women and new mothers with eating disorder-related problems, who currently fall through the cracks in the health-care system, can be reached, and how they experience a group intervention offered in collaboration between specialized care providers and a patient organization (Frisk & Fri, National Association for Eating Disorders, Sweden).

Methods: During spring 2026, three group-sessions will be offered. The groups will be open, with no prior registration required. The group will be co-facilitated by a clinician from the eating disorders unit, Dalarna and a representative from Frisk & Fri, Falun.

As part of the evaluation of this pilot project, participants will complete a questionnaire before the group begins and then a follow-up evaluation afterward.