KING'S College LONDON

University of London



PEACE

Pathway for Eating disorders and Autism developed from Clinical Experience

South London and Maudsley NHS

NHS Foundation Trust

The Health Foundation

Professor Kate Tchanturia

Professor of Psychology in Eating Disorders



KING'S College LONDON

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Pathway for Eating disorders and Autism developed from Clinical Experience

Medical Research Foundation

South London and Maudsley NHS
NHS Foundation Trust

Maudsley Charity
Backing Better Mental Health.

The Health Foundation

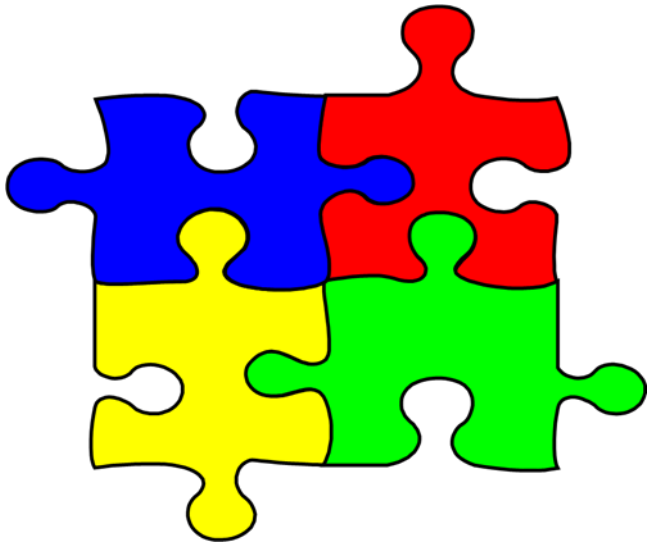
AALBORG UNIVERSITY

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Map of the talk

Research evidence:

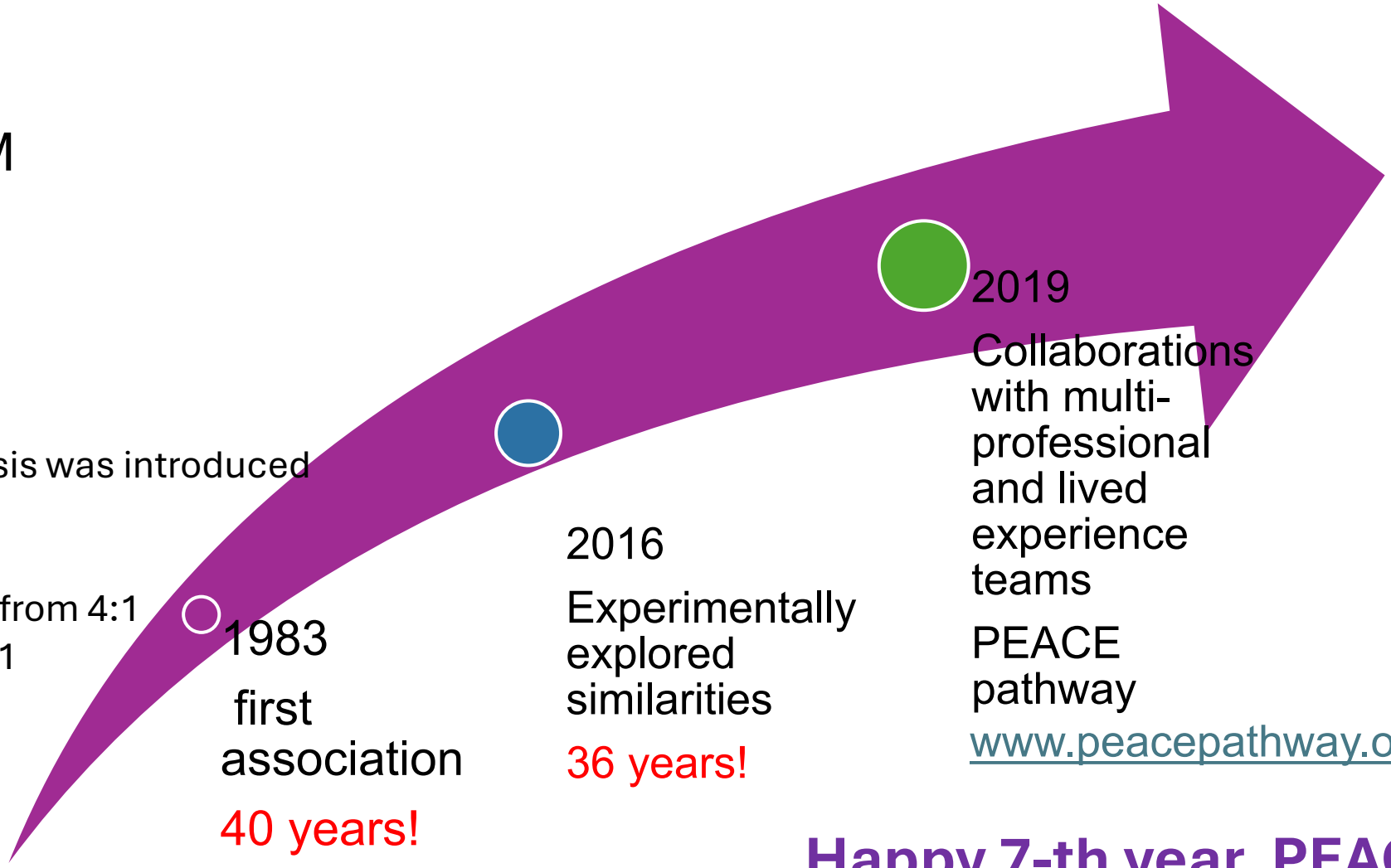
Needs Assessment



Implementation
Dissemination
Evaluation how it works: outcomes
From the pathway

Coproduction

It takes a village to develop the clinical pathway:



Happy 7-th year PEACE pathway!

ADHD

"Hyperkinetic Reaction of Childhood" in the 1968 DSM-II

Attention Deficit Disorder (ADD) in 1980

ADHD 1987

Almost 40 years to recognise ADHD in ED / PEACE plus



2025 systematic reviews

Makin et al (2025)

2026

Qualitative studies

Needs assessment

Animation PEACE + development

Makin et al (2026)

PEACE +



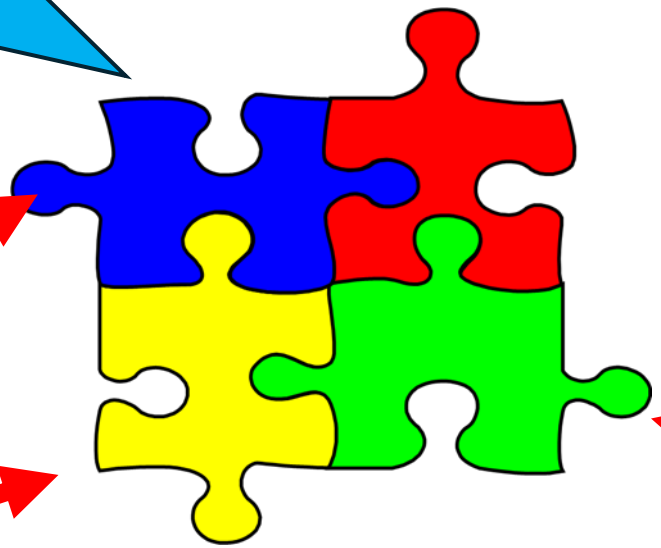
Happy 1 year PEACE + !

Map of the talk

Cognitive
Emotional
Social
Sensory
Experimental work

Research evidence:

Needs Assessment



Coproduction

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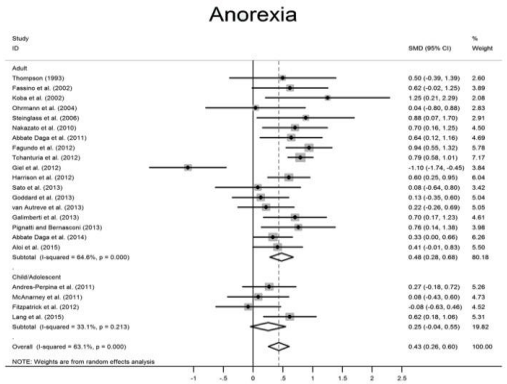
Autism and Eating Disorders

Research and clinical settings in Autism – Male dominated; ED-more female focussed!

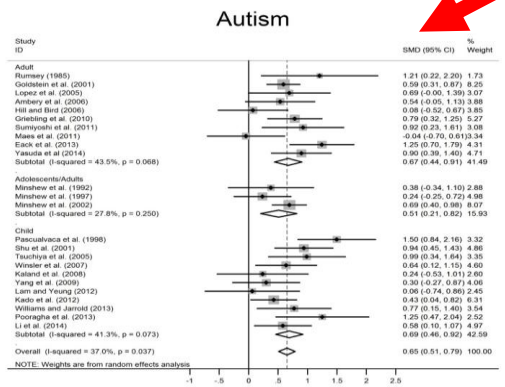
Female Autism better recognised in recent years

Research and clinical audit informed us about neurodiversity in ED (Autism high in AN, ADHD in BN, BED)

Few years ago nobody was talking about adjusting services to the needs of neurodivergent population



Overall effect size of meta-analysis, d = 0.43



Overall effect size of meta-analysis, d = 0.65

Non-significant tendency for children with ASD to do worse than AN



Westwood et al 2016

Curr Psychiatry Rep (2017) 19: 41
DOI 10.1007/s11920-017-0791-9

EATING DISORDERS (S WONDERLICH AND JM LAVENDER, SECTION EDITORS)

Autism Spectrum Disorder in Anorexia Nervosa: An Updated Literature Review

Heather Westwood [1] · Kate Tchanturia [1,2,3]



Psychiatry Research 326 (2023) 115272

Contents lists available at ScienceDirect

Psychiatry Research

journal homepage: www.elsevier.com/locate/psychres

Analysis of symptom clusters amongst adults with anorexia nervosa: Key severity indicators

Zhuo Li [a,1], Jenni Leppanen [c,1], Jessica Webb [b], Philippa Croft [b], Sarah Byford [c], Kate Tchanturia [a,b,d,*]

[a] King's College London, London, Department of Psychological Medicine, Institute of Psychiatry, Psychology, and Neuroscience, UK
[b] National Eating Disorders Service, South London and Maudsley NHS Foundation Trust, London, UK
[c] King's Health Economics, Health Service and Population Research Department, Institute of Psychiatry, Psychology & Neuroscience, King's College London, London, UK
[d] Psychological Set Research and Correction Center, Tbilisi State Medical University, Tbilisi, Georgia
[e] Department of Neuroimaging, Institute of Psychiatry, Psychology, and Neuroscience, King's College London, UK

Facial expression (testing “poker face paradigm”)

Social anhedonia

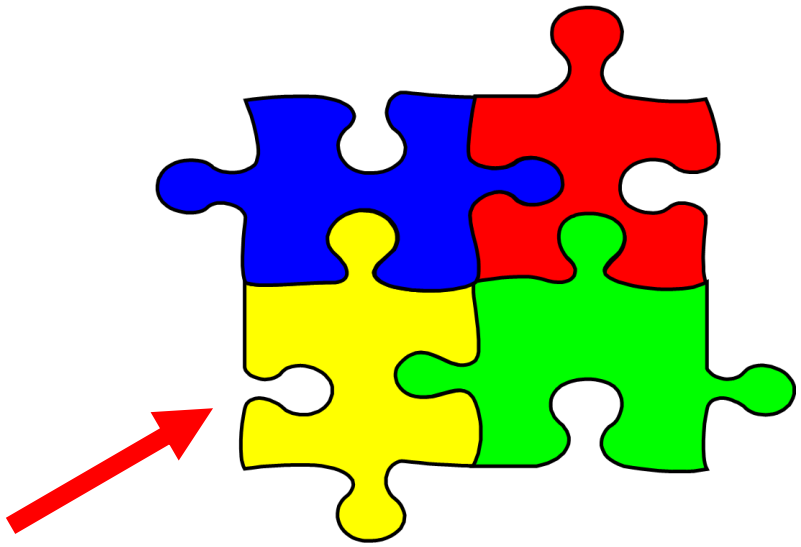
Alexithymia

Research informed Clinical practice needed more evidence from stakeholders!







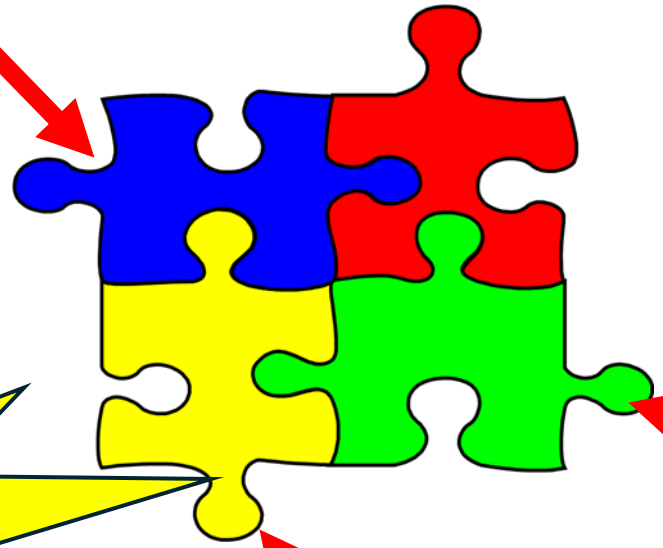


Research evidence:



Map of the talk

Research evidence:



Implementation
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Coproduction

What main stakeholders need/want?

Needs Assessment

PEACE pathway development started from coexisting AN/Autism:

PEACE
Pathway for Eating disorders and Autism developed from Clinical Experience

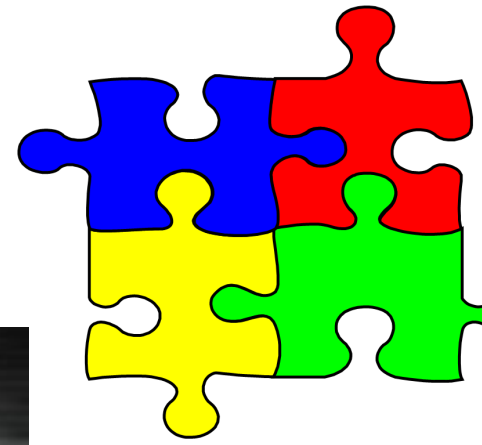
(Adamson et al (2020 BMJ) Kinnaird et al (2019,2020 Int Rev of Psychiatry)

Patients
(AN/Autism)



Qualitative interviews





Needs Assessment

Carers

Clinicians

RESEARCH ARTICLE Open Access

Clinicians' views on working with anorexia nervosa and autism spectrum disorder comorbidity: a qualitative study

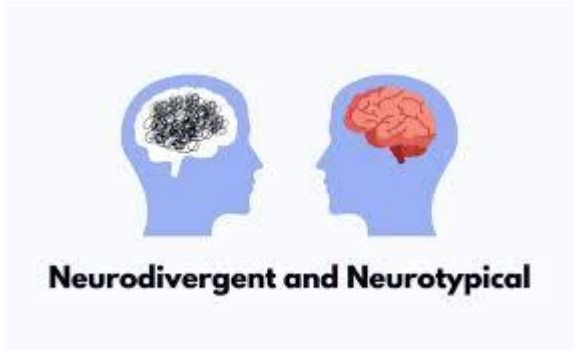
Emma Kinnaird[1], Caroline Norton[2] and Kate Tchanturia[1,2,3,4*]

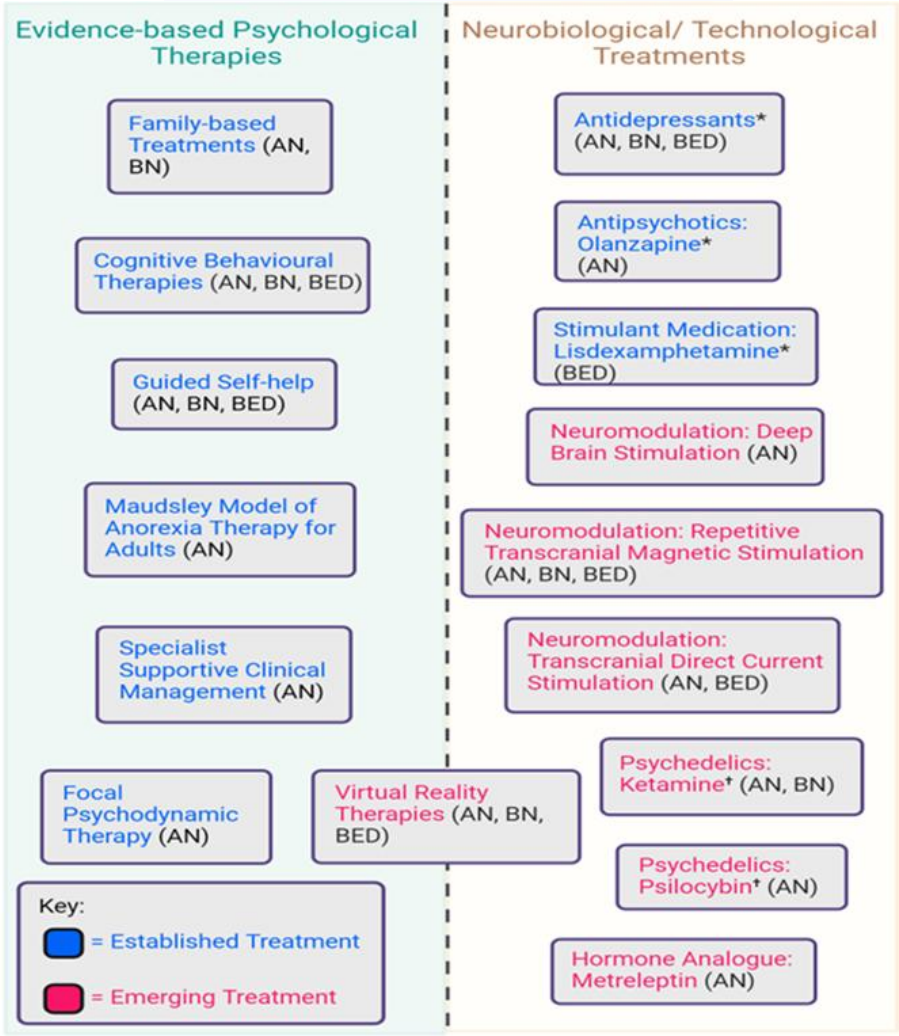
ED Clinical work more focused on neurotypicals

Communication

Sensory Challenges

- “Going easy on the walls”- neutral colours no dramatic contrasts/patterns”
- “Bright lights, flashing lights – I absolutely hate...Natural lights pls”
- "Too much loud sound coming from different places of rooms stresses me out“
- It's not just the smell but for me, it's you connect something with that smell. It's a bad feeling.





PEACE pathway extended to ADHD & ED - PEACE + :

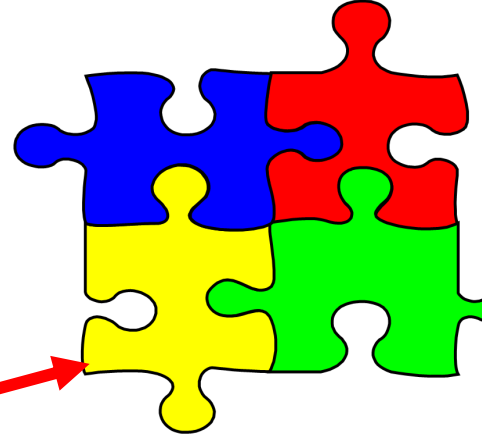
(Makin, Meyer et al (2025 a, b)

Patients /Clinicians
(BN/BED/ADHD)

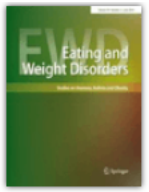


Qualitative interviews





Needs Assessment



Bingeing as an ADHD-related strategy: a qualitative study of experiences of Neurodivergent and potentially Neurodivergent adults with bulimic-spectrum eating disorders.

Makin L, Meyer A, Chubinidze D, Mondelli V, **Tchanturia K.**

Eat Weight Disord. 2025 Dec 2;31(1):3. doi: 10.1007/s40519-025-01804-6.



Regulating with food: a qualitative study of Neurodivergent experiences in adults with binge eating disorder.

Makin L, Meyer A, Mondelli V, **Tchanturia K.**

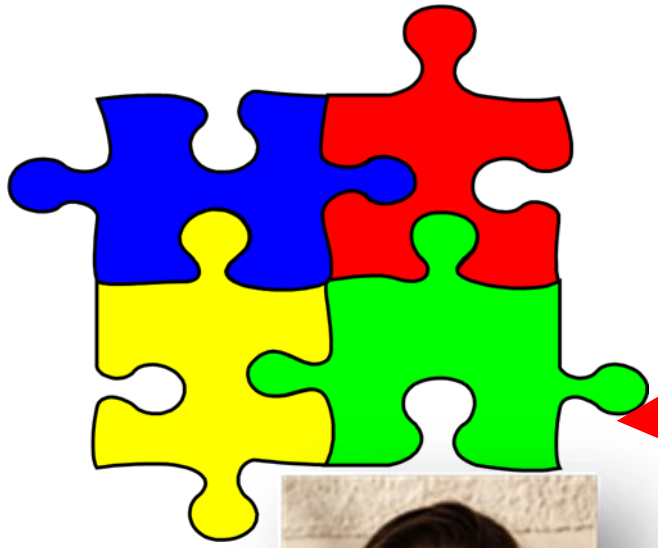
J Eat Disord. 2025 Dec 9;14(1):13. doi: 10.1186/s40337-025-01493-7.

PMID: 41366481 Free PMC article.

Map of the talk

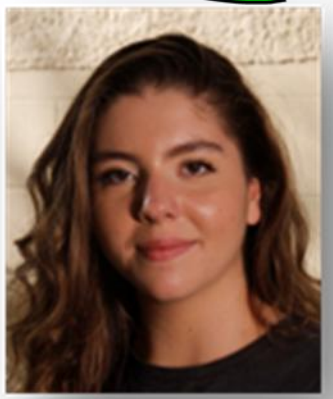
Research evidence:

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Coproduction



Peer support work, dissemination



“I’m more than a label but a label helps”

We learned a lot from working with people with lived experience!



Anorexia Nervosa



Autism





Collaboration with people with lived experience



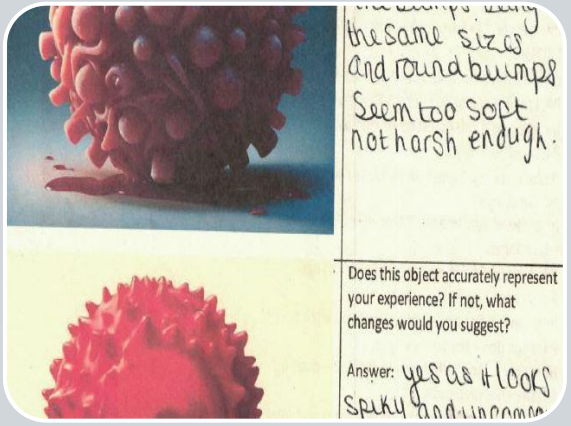


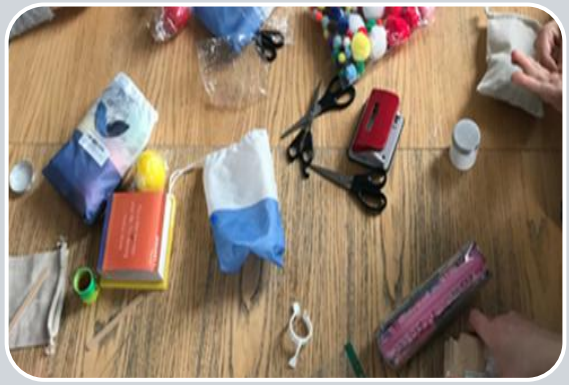
Rethink about therapeutic environment!



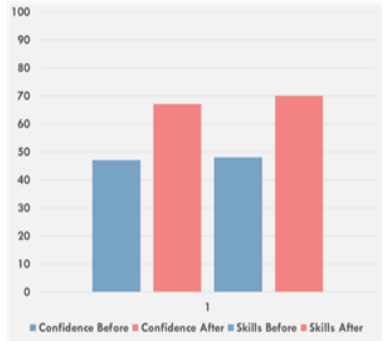


Main areas we thought about









Confident and competent team!

Communication



Sensory sensitivities

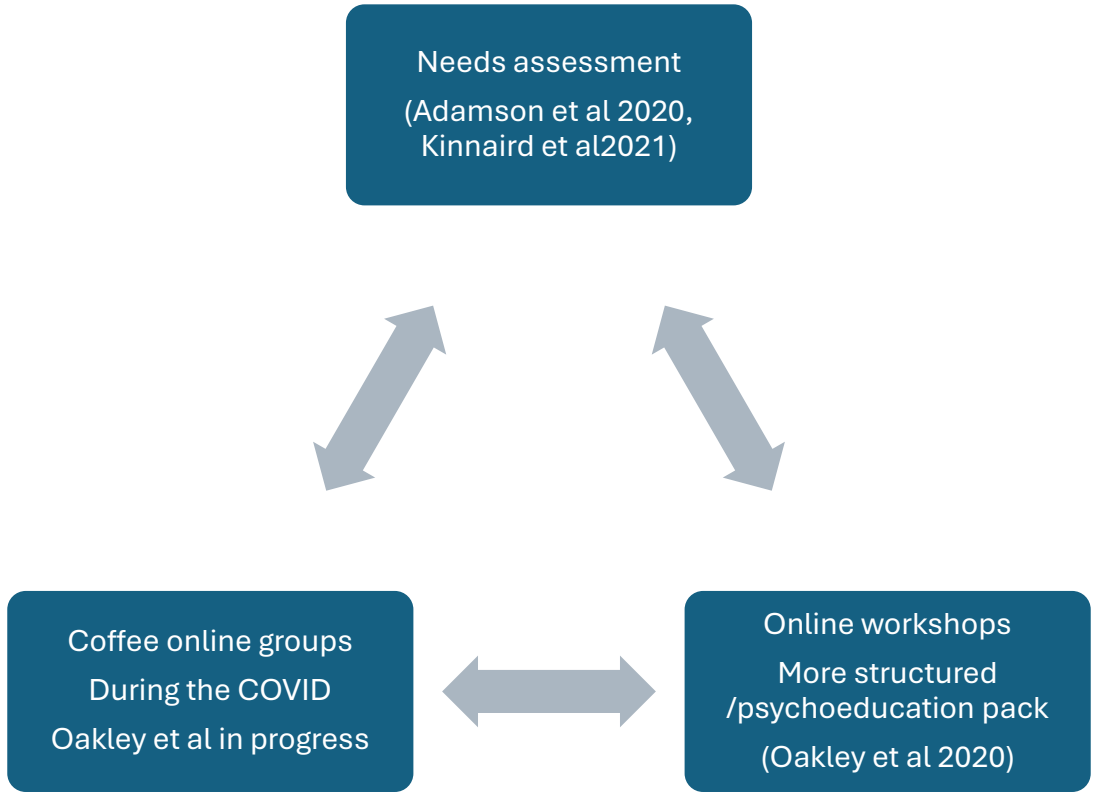


Treatment adjustments





PEACE pathway for carers:

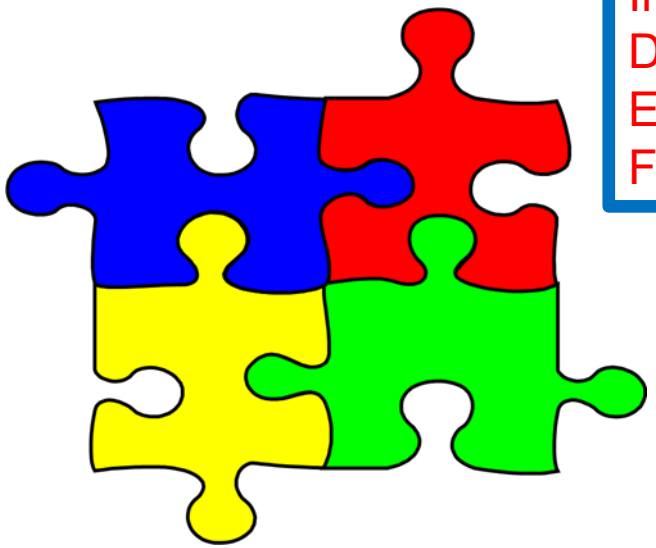




Map of the talk

Research evidence:

Needs Assessment



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More detailed information about PEACE

www.peacepathway.org



peacepathway.org

- ✓ Book is published in 2021
- ✓ Peer-reviewed publications
  (up to 50 only from my research lab)
- ✓ Our website www.peacepathway.org
- ✓ We are working on good clinical practice guidelines with NHS-E
- ✓ Special issue on Autism and Eating Disorders
  European Eating Disorder Review 2022



What we can do about Autism and Eating Disorder comorbidity.

Tchanturia K.

Eur Eat Disord Rev. 2022 Sep;30(5):437-441. doi: 10.1002/erv.2942. Epub 2022 Jul 16.

PMID: 35841286



Twitter: @PEACE_pathway

Facebook: @PEACE_pathway

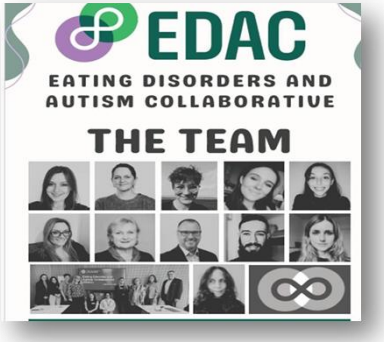
Instagram: @PEACE_pathway

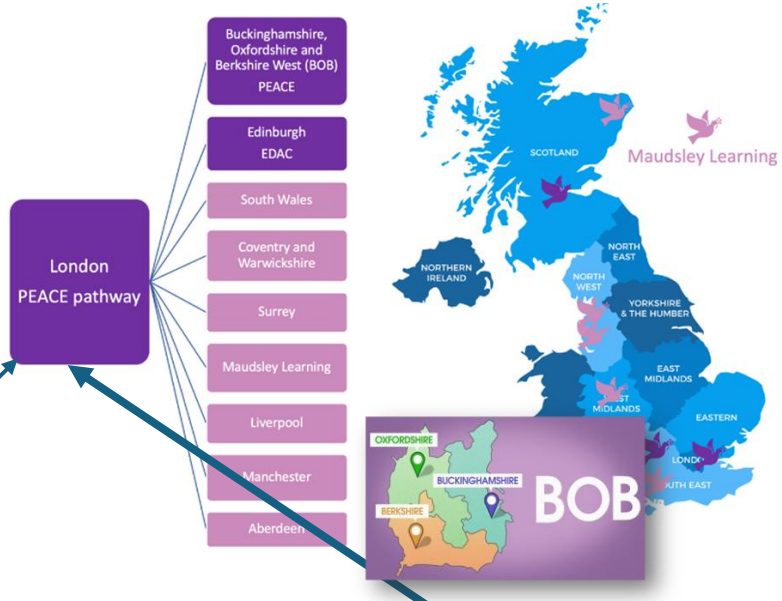
PEACE

www.peacepathway.org









Now 153 counters 77 000 users

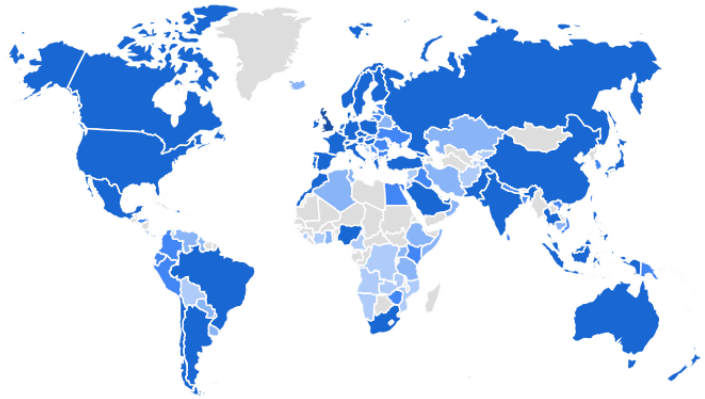
Users by Country ID

Day 1 up t 50 in a week
230 last week 8000



COUNTRY	USERS
United Kingdom	24
Australia	5
Ireland	2
United States	2

Active users by Country



COUNTRY	ACTIVE USERS
United Kingdom	30K
United States	4.8K
Australia	3.4K
China	2.3K
Canada	1.3K
Ireland	1K
Italy	906

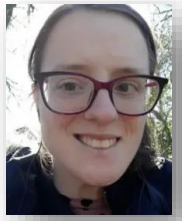
Acknowledgements

www.peacepathway.org





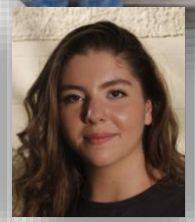












KEEP CALM AND SEEK PEACE

Medical Research Foundation

NIHR | Maudsley Biomedical Research Centre

PRT Psychiatry Research Trust — Exploring new horizons in mental health

Maudsley Charity — Backing Better Mental Health.

UKRI Engineering and Physical Sciences Research Council

PEACE — Pathway for Eating disorders and Autism developed from Clinical Experience

NHS South London and Maudsley NHS Foundation Trust

ONE KING'S IMPACT

King's College London