

# WHY ARE WE DOING THIS STUDY?

We are conducting the Chompions! Study so that we can learn more about the most effective ways to help children with Avoidant/Restrictive Food Intake Disorder (ARFID) and their parents.

## Signs of ARFID include:

- difficulty eating enough to sustain healthy growth
- severe selective, or picky, eating
- lack of interest or enjoyment in food
- difficulty approaching new food
- difficulty tolerating changes to safe foods
- sensitivity to food smells, tastes, textures, or visual features

Parents may struggle with how to best address eating behaviors or features such as those listed above. In this study, we aim to test **two different programs** so we can learn the most effective ways to treat ARFID.

**THE ENTIRE STUDY IS COMPLETED  
ONLINE!**

## OUR STUDY TEAM

### Principal Investigators

Nancy Zucker, Ph.D.  
Director | Duke Center for Eating Disorders

Guillermo Sapiro, Ph.D.  
Duke Pratt School of Engineering

### Study Coordinator

Ilana Brodzki Pilato, Ph.D.

## VISIT OUR WEBSITE

[www.dukechompions.com](http://www.dukechompions.com)

## CONTACT US

To learn more about the study,  
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# CHOMPIONS!

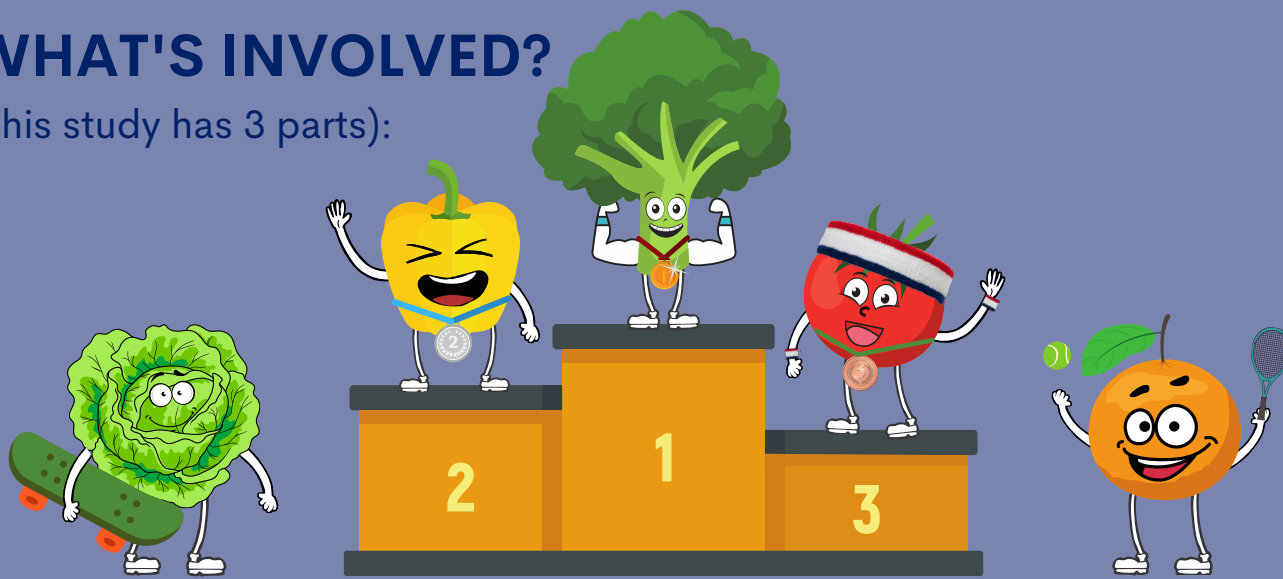


## Examining Interventions for Food Avoidance in Young Children

DUHS Pro103645

# WHAT'S INVOLVED?

(This study has 3 parts):



## Before Treatment:

You and your child will meet with our study team to participate in a pre-treatment interview, complete surveys and report on your child's eating over a few days.

## Treatment:

Treatment consists of 20 sessions conducted via Zoom each week. You and your child will be randomly assigned to one of two types of treatment: one is parent-focused and the other is child-focused. We will send you study materials throughout the study so you and your child can complete video-taped food adventures and session surveys that will allow us to track study progress.

## After Treatment:

We will repeat tasks completed before treatment twice more: one week after treatment and three-months following the end of treatment.

**All parts of this study are completed online.  
Families, regardless of location, are welcome to join.**

# IS YOUR CHILD ELIGIBLE?

Your child may be eligible **if any** of the following statements are true:

- has a previous diagnosis of failure to thrive, feeding disorder or ARFID
- is underweight
- uses a feeding tube
- needs to use meal replacement drinks (e.g. Pedialite, Boost) to maintain or gain weight
- has trouble managing social eating situations
- has difficulty trying new foods

In order to participate in the study, your child must:

- speak fluently in English
- not currently be involved in treatment related to eating habits
- be 5 to 9 years old
- have a primary care doctor that the study team is allowed to speak with regularly