

ARFID resources

Popular Science Articles & Blogs

[“How common is ARFID in preschool children and how can we identify it early?”](#) by Lisa Dinkler, *Gillberg’s Blog*, 2025. Available in [English](#) and [Swedish](#).

[“ARFID – när mat blir din fiende”](#), article by Petra Olander, *MåBra*, 2024.

[“ARFID – den okända ätstörningen”](#), article series by Anna Ehn, *Svenska Dagbladet*, 2023 (paywalled).

[“ARFID: genetics a major factor in this little-known eating disorder: new research”](#) by Lisa Dinkler, *The Conversation*, 2023.

[“11 things we now know about ARFID”](#) by Lisa Dinkler, *Gillberg’s Blog*, 2022.

[“ARFID – nytt namn på känd ätstörning”](#). by Gunilla Eldh, *Habilitering & Hälsa Region Stockholm*, 2018.

[“ARFID: restriktivt ätande utan rädsla för viktuppgång”](#) by Mattias Strand et al., *Läkartidningen*, 2018.

[“Forskning om ätstörningar och dess behandling hos barn och ungdomar”](#) by Ulf Wallin, *nutritionsfakta.se*, 2017.

[“Defining the Familiar: The Birth of Avoidant or Restrictive Food Intake Disorder”](#) by Matt Kempen, *ACAMH*, 2017.

[“Just a Picky Eater? Or Is It ARFID?”](#) by Stephanie Zerwas, PhD, *Exchanges*, 2014.

Podcasts

[“ARFID – den senaste forskningen”](#) with Lisa Dinkler, *Ätstörningspodden*, 2025.

[“Alla kan drabbas oavsett ålder, kön, etnicitet eller ekonomisk bakgrund”](#) (Överkursen i ätstörningar), with Lisa Dinkler, *A-kursen*, 2025.

[“Lära sig äta – en barnslig upptäcksfärd”](#), *Sveriges Radio: Kropp & Själv*, 2024.

[“ARFID - den okända diagnosen”](#) with Lisa Dinkler, *Ätstörningspodden*, 2023.

[“65. Restriktiv ätstörning / ARFID”](#) with Ata Ghaderi, *Barnpsykologerna*, 2022.

[“Svensk forskning om ARFID ger ökad förståelse för ätstörningar”](#) with Lisa Dinkler, *Puls på Vård o Vetenskap*, 2022.

Videos & recorded talks

[Webinar about ARFID](#) with Lisa Dinkler for *Autism Sverige* and *Frisk & Fri*, 2025.

[“ARFID och NPF”](#) with Lisa Dinkler for *Infoteket om Funktionshinder*, Region Uppsala, 2024.

[“Livet med ARFID”](#): Interview with Mimmi Finnman & Ätstörningsexperten Karolina Palmberg, 2023.

[“Understanding ARFID & its genetic & environmental causes”](#). *F.E.A.S.T.* webinar with Lisa Dinkler & Nadia Micali, 2023.

[Explainer videos about ARFID](#) by Duke Center for Eating Disorders.

Books for people with ARFID and their families

["ARFID – Om undvikande/restriktiv ätstörning och hur du kan hjälpa"](#) by Anna Ehn, 2025.

["I'm more than just a Picky Eater! Living with ARFID"](#) by Betsy Shelley and Chloe Davis, 2024. For kids.

["Food Fight"](#) by Linda Davis, 2023.

["The Picky Eater's Recovery Book"](#) by Jennifer J. Thomas et al., 2021.

["ARFID: A Guide for Parents and Carers"](#) by Rachel Bryant-Waugh, 2019.

["När ditt barn inte äter"](#) by Kajsa Lamm, 2015.



Books (mainly) for clinicians and researchers

["Treating Functional Abdominal Pain in Children: A Clinical Guide Using Feeling and Body Investigators \(FBI\)"](#) by Nancy L. Zucker, 2023.

["Family-based treatment for ARFID"](#) by James D. Lock et al., 2021.

["ARFID In Childhood and Adolescence. A Clinical guide"](#) by Rachel Bryant-Waugh & Claire Higgins (eds), 2020.

["Cognitive-behavioral therapy for ARFID \(CBT-AR\)"](#) treatment manual by Jennifer J. Thomas & Kamryn T. Eddy, 2018.

["Food chaining"](#) by Cheri Fraker et al., 2007.



Support groups

[Barn med selektiv ätovilja/ätstörning](#), [Vi vuxna med selektiv ätstörning](#) (Swedish Facebook groups).

Websites / Online resources

[Frisk & Fri](#): Riksföreningen mot ätstörningar.

[ARFID Collaborative](#): Website by a group of clinicians dedicated to spreading awareness and sharing resources for people with ARFID, their families and caregivers, and treatment providers.

[Families Empowered and Supporting Treatment of Eating Disorders \(F.E.A.S.T.\)](#): An international organization of and for parents and caregivers to help their loved ones recover from eating disorders. F.E.A.S.T. provides information and mutual support, promotes evidence-based treatment, and advocates for research and education. [F.E.A.S.T. Beyond Picky Eating - Family Guide](#)

Training for clinicians

ARFID Masterclass by Maudsley Centre for Child and Adolescent Eating Disorders (MCCAED): <https://mccaed.slam.nhs.uk/professionals/events/>.

Training in Cognitive-Behavioral Therapy for ARFID (CBT-AR) by Massachusetts General Hospital (MGH): <https://mghcme.org/courses/cognitive-behavioral-therapy-for-avoidant-restrictive-food-intake-disorder-an-online-introduction-june-2026/>.

Training in Family-based treatment for ARFID (FBT-AR) by Training Institute for Child & Adolescent Eating Disorders: <https://train2treat4ed.com/workshops>.

Training in Feeling and Body Investigators (FBI): ARFID division Drs. Nancy Zucker and Katharine Loeb: <https://www.fbikids.org/>.