

Dr Anna Seth MBBS, FRACGP, ARANZCOG (Adv P), DCH Specialist General Practitioner and Focused Psychological Strategies Provider, HOBART

Dr Anna Seth is an experienced general practitioner who works for Primary Health Tasmania developing HealthPathways and clinical education for GPs. She is also undertaking additional training towards a fellowship in psychiatry.

She is known for her trauma-informed, holistic, and person-centred approach for delivering Focused Psychological Strategies under Mental Health Treatment Plans, and for integrating modalities, such as Cognitive Behavioural Therapy (CBT), Interpersonal Therapy (IPT), and Acceptance and Commitment Therapy (ACT) in her practice.

Dr Seth's clinical interests include women's mental health, menopause management, the therapeutic value of nature, and the intersection of health and climate change. Her non clinical work encompasses developing HealthPathways (a point of care resource for clinicians), delivering education for GPs, advocacy, and contribution to mental health reform. She has worked closely with public and private eating disorder services in Tasmania to develop the Tasmania Eating Disorder HealthPathways.



Dr Seth is an advocate for the [InsideOut Institute for Eating Disorders](#) eClinic – Australia's first free, fully online, national treatment hub for eating disorders. It offers flexible, self-paced programs, including BEeT for binge eating and bulimia nervosa, SkilledED for a wider range of eating disorder symptoms, SupportedED for carers, and a Healthcare Professionals (HCP) Hub. By removing traditional barriers to care, the eClinic ensures access to vital support when they need it most, regardless of their postcode, socio-economic status, or cultural background.

She is a member of the Australian Menopause Society (AMS), the Australian Society for Psychological Medicine (ASPM), and Psychology for a Safe Climate (PSC). She is a credentialed GP with the Australia and New Zealand Academy for Eating Disorders (ANZAED).

Dr Seth completed her Bachelor of Medicine, Bachelor of Surgery (MMBS) at the University of Newcastle Upon Tyne, UK, in 2002.

Dr Seth holds an Advanced Diploma in Obstetrics and Gynaecology (RANZCOG), a Certification in Sexual Health & Family Planning, a Diploma in Child Health from Sydney Westmead Children's Hospital, and is a Fellow of the Royal Australian College of General Practitioners (RACGP).

In 2012, she moved with her family to Tasmania, where she has worked in general practices in both rural and generalised settings.

"Australians in rural and regional areas face many barriers to accessing effective eating disorder care. InsideOut's e-clinic offers equity of access for many people who would otherwise miss out on evidence based treatment."

“Clinicians, patients and families all stand to benefit from making these specialised treatments and supports more widely available.

“For clinicians, this will improve their confidence and capacity to support this complex patient group. For patients, they will be empowered to be in the driving seat of their care, with access to self paced treatment which equips them with the knowledge and skills they need in their journey to recovery. For families and carers, who often struggle to know how best to support their loved ones, the e-Clinic resources offer valuable guidance and support to navigate this challenging terrain,” said Dr Seth.

To learn more about the InsideOut Institute’s eClinic, head to eclinic.insideoutinstitute.org.au or email admin@insideoutinstitute.org.au.

Should you suspect you, or a loved one, may be living with an eating disorder, speak to your local healthcare practitioner without delay, or head to insideoutinstitute.org.au to complete their online screener and assessment, and to access more information and professional support.

Australian professional patient support services offering 24/7 helpline services include:

- Butterfly National Helpline: 1800 334 673
- Beyond Blue: 1300 22 4636
- LifeLine: 13 11 14
- Men’s Line Australia: 1300 78 99 78
- Kids Help Line: 1800 55 1800

ends#

To coordinate an interview with Dr Anna Seth, please contact:

Kirsten Bruce or Sam Jacobs, VIVA! Communications

M 0401 717 566 | 0434 799 839

T 02 9968 3741 | 1604

E kirstenbruce@vivacommunications.com.au | sam@vivacommunications.com.au