

**Dr Sarah Barakat BPsych(Hons I), MClinPsych, PhD
Clinical Psychologist & Postdoctoral Research Associate,
InsideOut Institute for Eating Disorders, SYDNEY**

Dr Sarah Barakat is a Clinical Psychologist, Postdoctoral Research Associate, and Acting Research Stream Lead at the InsideOut Institute for Eating Disorders, Sydney.

She leads the research and evaluation of the InsideOut Institute's eClinic – Australia's first free, national, online treatment platform supporting individuals living with, or affected by eating disorders. The eClinic provides evidence-based, accessible, and flexible self-help programs for those in need Australia-wide, regardless of their location or background, to support recovery and connection.

Dr Barakat is an expert in digital therapy design and translation into mainstream service settings. She has designed and conducted large-scale clinical trials of two eTherapy programs for binge eating disorder and bulimia nervosa and leads the research and evaluation of the InsideOut eClinic.

Her research interests also include understanding the mechanistic processes underlying change in psychotherapy interventions. She has a passion for exploring how therapeutic adjuncts, along with advanced statistical and digital technologies, can be harnessed to develop idiographic, personalised treatments. Dr Barakat strives to broaden treatment accessibility for individuals living with eating disorders through the use of digital interventions.

Dr Barakat earned her PhD from the University of Sydney (USYD) in 2023, where she led a multi-site, randomised, controlled clinical trial.

"The InsideOut Institute's eClinic is designed to ensure no one misses out on effective treatment because of where they live, or the resources they have available to them.

"The eClinic helps break down the barriers of stigma, shame, and secrecy that so often surround eating disorders, offering a safe and approachable way to access care.

"The eClinic is making evidence-based care more accessible, scalable, and personalised," said Dr Barakat.

"It is shifting how we think about eating disorder treatment, moving toward approaches that are both grounded in research, and responsive to an individual's needs.

"The eClinic is making treatment more effective, and equitable," Dr Barakat said.



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 our 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

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To coordinate an interview with Dr Sarah Barakat, please contact:

Kirsten Bruce or Sam Jacobs, VIVA! Communications

M 0401 717 566 | 0422 654 404

T 02 9968 3741 | 0434 799 839

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