



## Dr. Elisabetta Scanferla Biography



**Elisabetta Scanferla** holds a PhD in Psychology and is a graduate of Sciences Po Paris, France. She is Senior Lecturer and Researcher at Université Paris Cité, France (CRPMS/IHSS) and a member of the Public Mental Health Section and the Psychotherapy Section of the EPA. She has authored 38 publications with more than 460 citations. She created and co-facilitated with Romain Rey the course Empowering Caregivers, Enhancing Recovery at the EPA 2026 Congress in Prague. Main publications: Scanferla, E., et al. Short-term impact of BREF-ED, a novel early, short, single-family psychoeducational programme for caregivers of individuals with eating disorders: A retrospective study. *European Psychiatry*, 2025. Scanferla, E., et al. Transition from an adolescent to an adult eating disorder treatment centre: A qualitative investigation of the experience of inpatients with anorexia nervosa and their carers using interpretative phenomenological analysis. *European Eating Disorders Review*, 2023. Scanferla, E., et al. How subjective well-being, patient-reported clinical improvement (PROMs) and experience of care (PREMs) relate in an acute psychiatric care setting? *European Psychiatry*, 2023. Scanferla, E., et al. Experiencing eight psychotherapy approaches devoted to eating disorders in a single-day workshop increases insight and motivation to engage in care: a pilot study. *Eating and Weight Disorders*, 2022.