

Strategic plan for research at RASP 2021-2025

Main goals for the RASP research team:

1. Create an excellent research community for eating disorders based on quality and scope of research.

We aim to:

- a. Strive for RASP to remain the leading research community in Norway in the field of eating disorders, and encourage a variety of local, national, and international research projects of good quality.
- b. Encourage collaborations both on a national and international level through partnerships with the University of Oslo, other research institutions, eating disorder units and treatment centres, and user organisations for eating disorders.
- c. Pursue external sources of funding and protect the yearly resources earmarked for research within the internal budgets. Apply for external funding for at least one phd-candidate each year.
- d. Organise research groups according to thematic content within the RASP research team to further strengthen specific skills and competence.
- e. Work to ensure the research team remains a part of RASP and remains located physically close to the clinical units in the future.
- f. Strive for better visibility and communication of new research and its consequences for clinical practice both to professionals in the field and the general public.
- g. Strive for research covering all aspects of eating disorders and topics related to the entire patient population.

2. Further strengthen clinical research by increased involvement of patients, user organisations, and clinicians.

We aim to:

- a. Involve patients and user organisations (Rådgiving om spiseforstyrrelser (ROS) and Spiseforstyrrelsesforeningen (Spisfo)) in the planning and execution of research projects. Patients and user organisations should be involved from the early idea stages of research and throughout the whole process.
- b. Facilitate and encourage clinicians wanting to combine clinical work with research.
- c. Encourage the implementation of important research results in clinical practice.
- d. Facilitate research on early intervention for eating disorders.
- e. Encourage research on health care systems, use of national registries, and research and testing of new technologies and IT systems in health care.

3. Improve and strengthen collaborations with the university sector.

We aim to:

- a. Further develop our collaboration with the University of Oslo, partly through shared positions/staff.
- b. Develop the research team through extended collaborations with other interdisciplinary internal and external research and clinical groups.
- c. Further our collaborations with universities and university colleges.

4. Strengthen our international collaborations.

We aim to:

- a. Improve participation in international research network and present our research at international conferences.
- b. Encourage international research stays for researchers at RASP and facilitate and welcome visiting researchers from overseas to RASP.
- c. Further strengthen our collaborations with lead experts and researchers internationally.

5. Strengthen research based on medical registries.

We aim to:

- a. Facilitate use of clinical data from patients treated at RASP, local registries in the South Eastern Health sector, and national quality register for eating disorders (NORSPIS).
- b. Make use of established national health registries in future research projects.