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Title:

Cognitive Behaviour Therapy for Anorexia Nervosa: Outcomes in Routine Clinical Practice

Abstract:Background

While not the most common of the eating disorders, anorexia nervosa among adults is the most resistant to treatment. While psychological therapies have demonstrated some benefits in clinical trials, those effects are relatively weak, with recovery rates of only 0-30%. It is not known whether those effects replicate in routine clinical practice. This paper will report on the preliminary outcomes of a naturalistic study of outcomes in patients with anorexia nervosa, over the course of up to 30 sessions of cognitive behavioural therapy (CBT).

Methods

Entry to the case series will be closed in December 2015, with an expected N of c.40 patients who have entered outpatient CBT for anorexia nervosa, undertaken in two NHS clinics in the UK from 2012-2015. Sessional symptom data (particularly BMI) and psychometric measures have been collected routinely across therapy.

Results

Attrition rates will be reported. Outcomes (completer and intention to treat analyses) will be presented in terms of clinical change and remission rates.

Discussion

The outcomes will be compared to those from recent randomised controlled trials, to determine whether the results of more tightly controlled studies are generalizable to routine clinical practice.