What is the impact of adding online guided self-help to outpatient treatment for anorexia nervosa?

The Self-Help And Recovery guide for Eating Disorders (SHARED) trial

Cardi V, Albano G, Cao L, + TAU group reported lower anxiety than the TAU only group (small effect size).

Online interventions might offer a viable solution to improve treatment access and effectiveness in eating disorders.

Our team developed a 6-week online guided self-help (GH) intervention (recoveryMANTRA) for adult patients with anorexia nervosa.

RecoveryMANTRA is based on the cognitive-interpersonal maintenance model of anorexia nervosa and is aimed at promoting positive behaviour change and motivation to tackle eating disorder habits.

At 6 weeks, the recoveryMANTRA + TAU group reported lower anxiety than the TAU only group (small effect size).

No significant differences on body mass index or eating disorder symptoms were found between groups, at 6 weeks.

No differences in clinical symptoms were found between groups at 6 months.

Online guided self-help for adult patients with anorexia nervosa has the potential to improve engagement into treatment by strengthening confidence to change and therapeutic alliance.

Acknowledgements

This study was funded by the National Institute for Health Research (NIHR) under the Research for Patient Benefit (RPB) programme [PB-PG-0712-28041].

The research team acknowledges the support of the National Institute for Health Research Clinical Research Network.