Article: 2954
Topic: 326 - State of the Art: Eating Disorders

EVIDENCE BASED TREATMENTS FOR EATING DISORDERS

J. Treasure
Kings College London, Institute of Psychiatry, London, UK

2004 there have been other reviews on specific treatments (forms of psychotherapy Cochrane review)_ and (medication World Biological Psychiatry).
In essence however the gist of treatment for eating disorders has not altered over the last 10 years. Involving the family is helpful as an early intervention for anorexia nervosa. It is possible that interventions with several families seen together may be more cost effective.
Less is known about which form of treatment is most helpful for those with a more chronic, adult form of illness. Common factors may be relevant as no form of therapy has found robust advantages over another.
CBT is effective for about 50% of cases of bulimia and the addition of medication and self directed treatment may increase the remission rate. A similar pattern is apparent for binge eating disorder. More evidence is becoming available on guided self directed care which aside of the advantages of lower cost and transferability appears to have benefits for long term effects even for those with complex presentations. The results of several RCTs are due to be disseminated. Also more brain based interventions are being tried.

https://doi.org/10.1016/S0924-9338(13)77486-8 Published online by Cambridge University Press