



Prifysgol Cymru
Y Drindod Dewi Sant
University of Wales
Trinity Saint David

Module: Introduction to Research (BMHP5005)

Assessment 2: Viva Voce

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Module code: MBHP5005

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Introduction

The **focus** of this research is Anorexia Nervosa (AN). It is a disorder that is affecting mainly adolescents. The research will discuss the methods adolescents with this diagnosis could be helped and supported in the United Kingdom.

The **aim** of this work is to find out the ways of supporting adolescents with AN in the UK. The success of different methods of support will also be the focus of this study as well as the successful and positive impact they have.

The **objectives** of this research are to go through the scientific literature that provides data and analyses with the different ways of helping and supporting teenagers with anorexia nervosa. The different types of support will be evaluated and discussed, and the research will provide recommendations on the efficacy and positive impact they have on the adolescents with AN and their families.

Methods

Topic/aim of your research: ***Different methods of supporting adolescents with Anorexia Nervosa in the UK.***

Keywords:

- Anorexia Nervosa or anorexia
- support or therapy or way of treatment or methods of treatment or kinds of support
- teenagers or adolescents or teens
- The UK or the United Kingdom or Great Britain or England

Database: PubMed, UWTSD Library, ProQuest

Inclusion criteria

Date of publication: 2012 to 2022

Language: English

Type of source: database articles, medical articles, scientific literature

Geography/Location: Great Britain

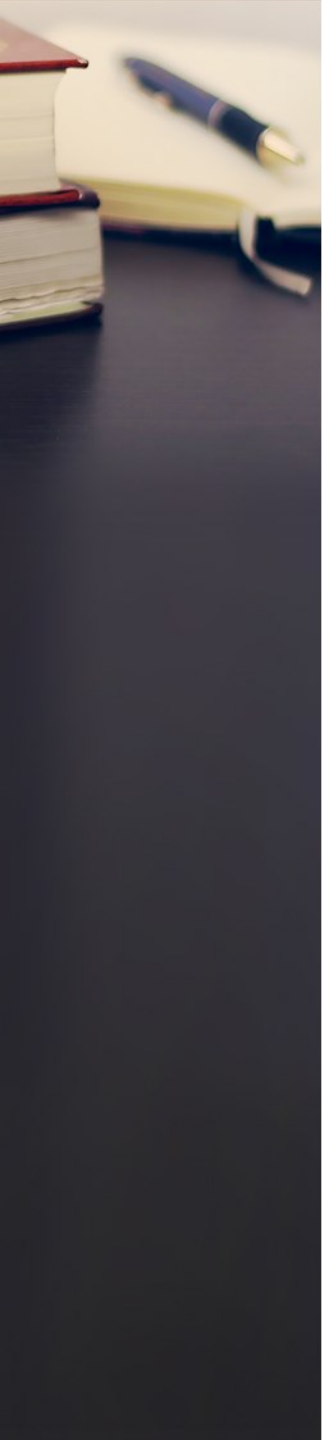
Exclusion criteria: literature review, book, newspaper article

Selected Studies

Author(s), title and year of publication	Aim of study	Method, sample size and characteristics	Summary of main findings
<i>A pragmatic randomised multi-centre trial of multi-family and single-family therapy for adolescent anorexia nervosa</i> Ivan Eisler, Mima Simic, John Hodson, Eia Asen, Mark Berelowitz, Frances Connan, Gladys Ellis, Pippa Hugo, Ulrike Schmidt, Janet Treasure, Irene Yi and Sabine Landau 2016	To confirm previous research on eating disorders and family therapy for coping with it as well as add additional benefits of the multi-family therapy.	169 participants aged 13 to 20 and their families. The necessary condition is for all the participants to be diagnosed with AN and to have lost 15% of their body weight for the last 3 months before the start of the research.	Both treatment groups showed significant improvement. 60% showed good outcomes at the end of Family Therapy – Anorexia Nervosa (FT-AN) and more than 75% showed improvement after Multi-family Therapy – Anorexia Nervosa (MFT-AN). At the follow-up, 18 months of monitoring the changes were relatively few. In both methods, the improvements were in the mood and the AN psychopathology of the adolescents.
<i>Enhanced cognitive behaviour therapy for adolescents with anorexia nervosa: An alternative to family therapy?</i> Riccardo Dalle Grave, Simona Calugi, Helen A. Doll, Christopher G. Fairburn 2013	The present study aimed to Establish a method of support for inpatients with anorexia nervosa and discuss the long-term outcomes of Cognitive Behaviour Therapy – Enhanced (CBT-E).	The sample size was forty-nine adolescents referred from a community-based clinic for eating disorders. each of them attended 40 sessions of therapy over the period of 40 weeks.	<i>The study outlines the response of the adolescents taking into consideration of the severity of their illness and turns out to be an analogy between CBT-E and Family Behaviour Therapy (FBT). The reaction toward the two approaches, the acceptance and their effectiveness, as well as the duration of changes they induce are the key findings of the research.</i>

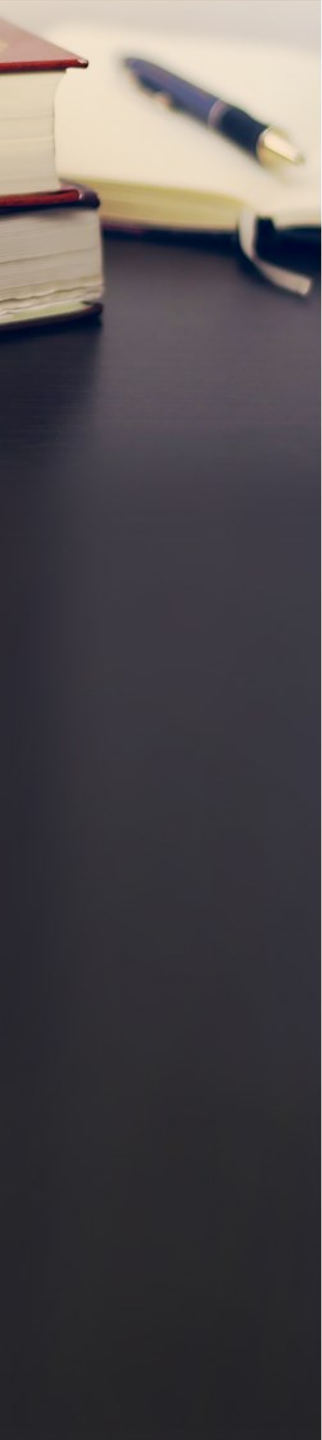
Selected Studies

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<i>Intensive treatment program (ITP): A case series service evaluation of the effectiveness of day-patient treatment for adolescents with a restrictive eating disorder.</i> Mima Simic, Catherine S. Stewart, Ivan Eisler, Julia n Baudinet, Katrina Hunt, Jayne O'Brien, Beth McDermott 2018	This paper describes the effectiveness of work with adolescents who do not respond to FT-AN, the Intensive Day Treatment Program (ITP).	The trial included 105 11–18-year-old young people all diagnosed with eating disorders.	Intensive therapy shows a positive impact on adolescents who require more intensive treatment. ITP outcomes are compared to other day programmes for adolescents with the same diagnosis.
A novel 'practical body image' therapy for adolescent inpatients with anorexia nervosa: a randomised controlled trial. Hannah Biney, Sarah Astbury, Amanda Haines, Jessica Grant¹, Nicola Malone¹, Matt Hutt, Rachel Matthews, John F. Morgan, Sarah White, J. Hubert Lacey, 2021	The study aimed to give an evaluation of the potential effectiveness of Practical Body Image therapy which uses Cognitive Behaviour Therapy and Mirror Exposure (ME) to improve the distorted body image of the teenager with AN. The therapy is conducted together with the other therapies assigned in the inpatient unit.	40 adolescents aged 11 to 18 with a diagnosis of AN and the consent of one of the parents for participation in the trial.	31 participants completed the study of which 16 TAU and 15 PBI. The participants in the PBI showed improvement in all outcomes compared to the ones treated as usual participants. The weight concerns and the in-body image showed medium size improvement in the teenagers' self-reports after the end of the treatment.



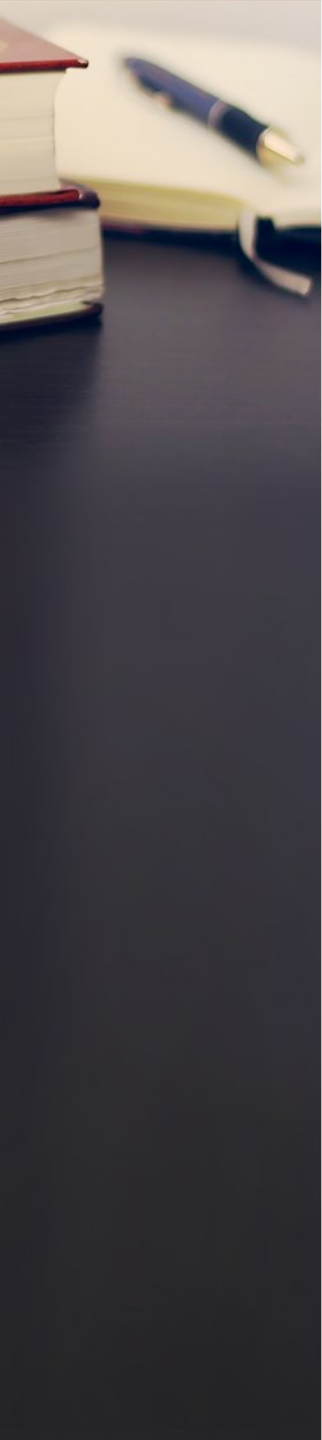
Results

- ✓ The mortality rates of AN are so high that it is considered the deadliest psychiatric disorder in adolescents (Biney et al., 2020).
- ✓ The family has an essential part in the support of adolescents with AN (Eisler et al., 2016).
- ✓ Not all patients have equal responses to family therapies and react positively to them (Dalle Grave et al., 2013).
- ✓ When the support is based on family therapy a previous multi-family therapy could help the patient and their family to accept it easier and participate positively (Eisler et al., 2016).
- ✓ Mirror exposure as part of Practical Body Image therapy is very effective and lowers the distorted image impact of AN for patients who are hospitalised (Simic et al., 2018).



Discussion

- ✓ Anorexia Nervosa is a severe disease that afflicts mainly adolescents aged 11 to 18 (Priory, 2019).
- ✓ The researches discussed in the literature review show that adolescents reach better when the therapy and support include the whole family.
- ✓ There are teenagers who do not respond to family therapy and resist any work with a therapist (Dalle Grave et al., 2013).
- ✓ The researches show that multi-family therapy is very effective and helps parents to go through the process of understanding and accepting their child's condition easily.
- ✓ What should be taken into consideration is the fact that the rates of mortality are high, and all the medical specialists must be aware of the illness and react promptly and on time. Any late response or neglect of the symptoms could be fatal for the diseased (Mills, 2017).
- ✓ Any therapy should be in accordance with the Mental Health Act that states the time of recovery to be 7 years and more (Morris, 2017).
- ✓ The assessment for AN is based on more factors than the Body Mass Index (BMI) (Morris, 2017).
- ✓ Sociopathy and suicidal behaviour could stay and worsen even the BMI shows improvement (Biney et al., 2020).



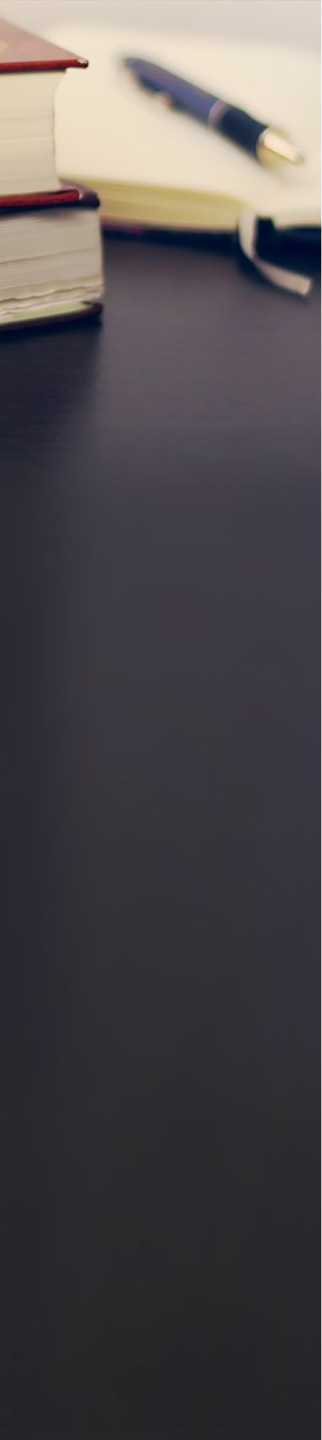
Discussion

The ***strong points*** of this literature review are:

- ✓ It discovered that family is an important part of the process of support and work with adolescents with AN.
- ✓ The literature review proves family and multi-family therapies as the most successful type of support for adolescents with AN and these kinds of support have a long-lasting positive impact on the diseased.

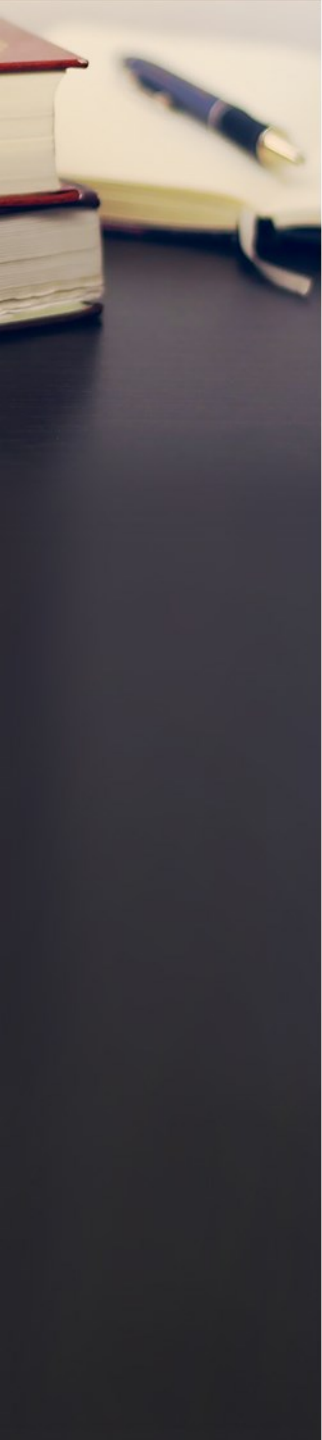
The ***limitations*** of the review are:

- ✓ It is based on four academic articles for adolescents with AN, and the findings and conclusions are limited to these publications only.
- ✓ The number of participants is comparatively tiny compared to the all adolescents with AN in the country
- ✓ Although the therapies discussed in the systematic review are successful and show long-lasting results, not all patients with AN could be assigned this kind of support and treatment, and not all diseased comply with them positively.

A vertical image on the left side of the slide shows a stack of books and a pen resting on a desk. The books are stacked vertically, with the top one having a red cover. A blue and silver pen lies horizontally across the books. The background is a dark, solid color.

Conclusion

- ✓ The ways of support and working with patients with AN are more than one but the specialist is those who should choose the best way to help the patient and their family.
- ✓ The process of recovery is long and lasts for years and it is essential for patients and their families to know and understand the way they are supposed to walk until full recovery.
- ✓ The most important conclusion of the literature review is that family is an essential part of the therapy and the dynamics between the members of the family are a major healing point, almost equal to that of the therapists and psychiatrists.



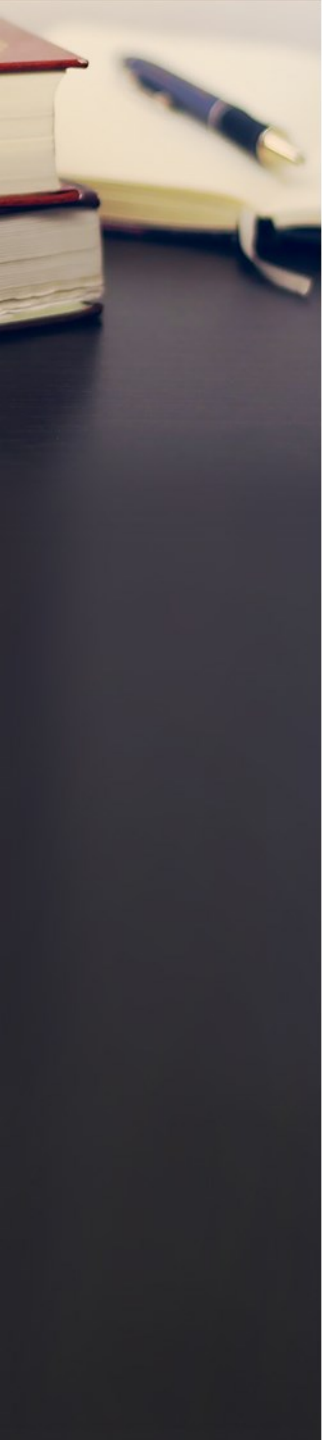
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