



# Effective Health Care

## Psychotherapies for Eating Disorders

### Results of Topic Selection Process & Next Steps

- *Psychotherapies for Eating Disorders* relates to the effectiveness of psychotherapy on positive outcomes for anorexia and bulimia nervosa. This topic was found to be addressed a 2015 Cochrane systematic review examining the effects of psychological therapy in people with anorexia nervosa, a 2015 evidence review examining management of anorexia and bulimia nervosa, a 2015 meta-analysis that examined the impact of interventions developed for caregivers of people with an eating disorder, and an in-process evidence-based National Institute for Health and Care Excellence (NICE) guideline that will focus on interventions aimed at children, young people, and adults with an eating disorder (i.e., anorexia nervosa, bulimia nervosa, and related eating disorders, in particular, binge eating disorder) (anticipated completion date: April 2017). Given that these resources cover the nomination, no further activity will be undertaken on this topic.
  - Hay PJ, Claudino AM, Touyz S, Abd Elbaky G. Individual psychological therapy in the outpatient treatment of adults with anorexia nervosa. *Cochrane Database of Systematic Reviews* 2015, Issue 7. Art. No.: CD003909. DOI: 10.1002/14651858.CD003909.pub2
  - Chakraborty K, Basu D. Management of anorexia and bulimia nervosa: An evidence-based review. *Indian Journal of Psychiatry*. 2015;52(2):174-186.
  - Hibbs R, Rhind C, Leppanen J, Treasure J. Interventions for caregivers of someone with an eating disorder: a meta-analysis. *The International Journal of Eating Disorders*. May 2015;48(4):349-361.
  - National Collaborating Centre for Mental Health. Eating disorders—recognition and treatment. National Institute for Health and Care Excellence. 2016: GID-CGWAVE0703. Available from <https://www.nice.org.uk/guidance/indevelopment/GID-CGWAVE0703>. Accessed on May 16, 2016.

### Topic Description

<b>Nominator(s):</b>	Past-president of the Academy for Eating Disorders, and also a full professor and practicing clinical psychologist
<b>Nomination Summary:</b>	The nominator is interested in an investigation into optimal psychological treatments for anorexia nervosa and bulimia nervosa. The nominator referenced systematic reviews published in 2007 by Bulik and colleagues that synthesized the available evidence on treatments for anorexia and bulimia. The nominator noted that current guidelines may be outdated, and new research on effective psychological treatments could change practice.
<b>Key Questions from Nominator:</b>	<ol style="list-style-type: none"><li>1. What is the comparative effectiveness of evidence-based psychological treatments for anorexia nervosa?</li><li>2. What is the comparative effectiveness of evidence-based psychological treatments for bulimia nervosa?</li></ol>

### Considerations

- The topic meets EHC Program selection criteria. (For more information, see <http://effectivehealthcare.ahrq.gov/index.cfm/submit-a-suggestion-for-research/how-are-research-topics-chosen/>.)

- Although eating disorders are relatively rare among the general population, they are serious, potentially life-threatening, conditions, and the leading cause of death from any mental disorder, affecting males as well as females. The comparative benefits and harms of evidence-based psychological treatments for anorexia nervosa and bulimia nervosa are not clearly understood.
- An AHRQ product would be duplicative of in-process evidence-based National Institute for Health and Care Excellence (NICE) guideline that will focus on interventions aimed at children, young people, and adults with an eating disorder (i.e., anorexia nervosa, bulimia nervosa, and related eating disorders, in particular, binge eating disorder).<sup>1</sup> It will also examine interventions that include caregivers and family. The anticipated publication date is April 2017. The key questions included in this guideline fully address both of the nominator's key questions, as it will investigate newer psychotherapeutic approaches (e.g., low-intensity interventions such as self-help and Internet-based therapies, high-intensity interventions such as family therapy and family-based treatments, and individual therapies such as psychodynamically informed therapies, cognitive behavioral therapy, interpersonal psychotherapy and behavioral interventions). The guideline scope notes that there is new evidence that may change current recommendations on psychotherapy.
- We also located a 2015 meta-analysis that examined the impact of interventions developed for caregivers of people with an eating disorder.<sup>2</sup> We also located a Cochrane systematic review that assessed the effects of psychological therapy in people with anorexia nervosa.<sup>3</sup> A 2015 systematic review determined the effectiveness of psychotherapy for bulimia nervosa.<sup>4</sup>
- The impact of a new systematic review is low, given the upcoming NICE guideline,<sup>1</sup> the meta-analysis,<sup>2</sup> and two evidence reviews.<sup>3,4</sup> Collectively, these products appear to address the nominator's key questions.

## References

1. National Collaborating Centre for Mental Health. Eating disorders—recognition and treatment. National Institute for Health and Care Excellence. 2016: GID-CGWAVE0703. Available from <https://www.nice.org.uk/guidance/indevelopment/GID-CGWAVE0703>. Accessed on May 16, 2016.
2. Hibbs R, Rhind C, Leppanen J, Treasure J. Interventions for caregivers of someone with an eating disorder: a meta-analysis. *The International Journal of Eating Disorders*. May 2015;48(4):349-361.
3. Hay PJ, Claudino AM, Touyz S, Abd Elbaky G. Individual psychological therapy in the outpatient treatment of adults with anorexia nervosa. *Cochrane Database of Systematic Reviews* 2015, Issue 7. Art. No.: CD003909. DOI: 10.1002/14651858.CD003909.pub2
4. Chakraborty K, Basu D. Management of anorexia and bulimia nervosa: An evidence-based review. *Indian Journal of Psychiatry*. 2015;52(2):174-186.