

## NKR46 pico 3: change in treatment or intensity for anorexia

### Review information

#### Authors

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Citation example: DHA. NKR46 pico 3: change in treatment or intensity for anorexia. Cochrane Database of Systematic Reviews [Year], Issue [Issue].

### Characteristics of studies

#### Characteristics of included studies

##### Lock 2015

<b>Methods</b>	<p><b>Study design:</b> Randomized controlled trial  <b>Study grouping:</b> Parallel group  <b>Open Label:</b>  <b>Cluster RCT:</b></p>
<b>Participants</b>	<p><b>Baseline Characteristics</b></p> <p>Intervention</p> <ul style="list-style-type: none"> <li>● <i>Age, years (SD):</i> 14.6 (1.7)</li> <li>● <i>Gender, male (%):</i> 8.6%</li> <li>● <i>%IBW (percent ideal body weight):</i> 82.4</li> <li>● <i>Duration of illness, months (SD):</i> 12.6 (19.4)</li> <li>● <i>Comorbidity (%):</i> 51.4%</li> </ul> <p>Control</p> <ul style="list-style-type: none"> <li>● <i>Age, years (SD):</i> 14.3 (1.5)</li> <li>● <i>Gender, male (%):</i> 10 %</li> <li>● <i>%IBW (percent ideal body weight):</i> 82.8</li> <li>● <i>Duration of illness, months (SD):</i> 4.6 (1.3)</li> <li>● <i>Comorbidity (%):</i> 30%</li> </ul> <p><b>Included criteria:</b> 12-18 years, living with their families, met DSM-IV criteria for AN except for the amenorrhea requirement, medically stable</p> <p><b>Excluded criteria:</b> Physical or psychiatric illness requiring hospitalization, drug or alcohol dependence, physical conditions known to influence eating or weight, psychotropic medication not on a stable dose for at least 8 weeks.</p> <p><b>Pretreatment:</b> Longer duration of illness in intervention group. Randomization with a ratio 1:3.5, leading to N=10 in control and N=35 in intervention group.</p>
<b>Interventions</b>	<p><b>Intervention Characteristics</b></p> <p>Intervention</p> <ul style="list-style-type: none"> <li>● <i>Description:</i> Intensive Parental Coaching: if weight gain &lt; 2.3 kg at week 4, then three sessions were added to FBT: a family session, a parent session and an additional meal session.</li> <li>● <i>Duration:</i> 6 months</li> <li>● <i>Number of sessions:</i> 18</li> </ul> <p>Control</p> <ul style="list-style-type: none"> <li>● <i>Description:</i> FBT as usual</li> <li>● <i>Duration:</i> 6 months</li> <li>● <i>Number of sessions:</i> 15</li> </ul>
<b>Outcomes</b>	<p><i>Adfærdssymptomer (restriktiv spisning, tvangsmotion, binge, purge), EOT</i></p> <ul style="list-style-type: none"> <li>● <b>Outcome type:</b> ContinuousOutcome</li> </ul> <p><i>Adfærdssymptomer (restriktiv spisning, tvangsmotion, binge, purge) LFU</i></p> <ul style="list-style-type: none"> <li>● <b>Outcome type:</b> ContinuousOutcome</li> </ul> <p><i>Andel af sund kropsvægt/BMI, EOT</i></p> <ul style="list-style-type: none"> <li>● <b>Outcome type:</b> ContinuousOutcome</li> </ul> <p><i>Andel af sund kropsvægt/BMI, LFU</i></p> <ul style="list-style-type: none"> <li>● <b>Outcome type:</b> ContinuousOutcome</li> </ul> <p><i>Psykologiske spiseforstyrrelsessymptomer, EOT</i></p> <ul style="list-style-type: none"> <li>● <b>Outcome type:</b> ContinuousOutcome</li> </ul> <p><i>Psykologiske spiseforstyrrelsessymptomer, LFU</i></p> <ul style="list-style-type: none"> <li>● <b>Outcome type:</b> ContinuousOutcome</li> </ul> <p><i>Recovery rate, LFU</i></p> <ul style="list-style-type: none"> <li>● <b>Outcome type:</b> DichotomousOutcome</li> </ul> <p><i>Dropout, EOT</i></p> <ul style="list-style-type: none"> <li>● <b>Outcome type:</b> DichotomousOutcome</li> </ul> <p><i>Livskvalitet, LFU</i></p> <ul style="list-style-type: none"> <li>● <b>Outcome type:</b> ContinuousOutcome</li> </ul>

	<i>Indlæggelser</i> ● <b>Outcome type:</b> DichotomousOutcome
<b>Identification</b>	<b>Sponsorship source:</b> Funding for the study was provided by NIMH to Dr. Lock (PI) R34-MH09349303, Dr. Le Grange (PI) R34-MH093768, and Dr. Agras, (co-PI), R34-MH09349303. <b>Country:</b> USA <b>Setting:</b> Multi-site, outpatient <b>Comments:</b> Note that our project was mainly intended to provide the feasibility information and was not properly powered for formal group comparisons. <b>Authors name:</b> James Lock <b>Institution:</b> Department of Psychiatry and Behavioral Sciences, University School of Medicine <b>Email:</b> jimlock@stanford.edu <b>Address:</b> 401 Quarry Road, Standford, CA 94305, USA
<b>Notes</b>	

## Risk of bias table

Bias	Authors' judgement	Support for judgement
Allocation concealment	Unclear risk	Judgement Comment: no specific information
Blinding of participants and personnel	High risk	Judgement Comment: blinding not possible
Incomplete outcome data	Low risk	Judgement Comment: samme attrition rate i intervention og kontrol, og mindre forskel mellem intervention plus og intervention minus de ekstra sessioner.
Blinding of outcome assessors	Low risk	Quote: "Independent trained assessors conducted assessments blind to participant randomization."
Sequence Generation	Unclear risk	Judgement Comment: no specific information
Selective outcome reporting	Low risk	
Other sources of bias	High risk	Judgement Comment: Ulige størrelse af intervention og kontrol, meget lille kontrolgruppe.

## Footnotes

## Characteristics of excluded studies

**Carter 2011**

<b>Reason for exclusion</b>	Wrong intervention
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**Carter 2015**

<b>Reason for exclusion</b>	Wrong study design
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**Couturier 2013**

<b>Reason for exclusion</b>	Wrong study design
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**Dalle 2013**

<b>Reason for exclusion</b>	Wrong study design
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**Darcy 2013**

<b>Reason for exclusion</b>	Wrong study design
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**Fairburn 2009**

<b>Reason for exclusion</b>	Wrong patient population
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**Fairfax 2008**

<b>Reason for exclusion</b>	no study(abstract/comment/discussion)
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**Focker 2013**

<b>Reason for exclusion</b>	no study(abstract/comment/discussion)
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**GalsworthyFrancis 2014**

<b>Reason for exclusion</b>	Wrong study design
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**Geller 2011**

<b>Reason for exclusion</b>	Wrong intervention
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**Ghaderi 2007**

Reason for exclusion	no study(abstract/comment/discussion)
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**Gilbert 2008**

Reason for exclusion	Wrong study design
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**Gnanavel 2014**

Reason for exclusion	no study(abstract/comment/discussion)
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**Goldstein 2011**

Reason for exclusion	Wrong study design
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**Gowers 2007**

Reason for exclusion	Wrong intervention
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**Gowers 2010**

Reason for exclusion	Wrong intervention
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**Grave 2010**

Reason for exclusion	Wrong study design
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**Guarda 2008**

Reason for exclusion	no study(abstract/comment/discussion)
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**Harrington 2015**

Reason for exclusion	no study(abstract/comment/discussion)
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**Herpertz Dahlmann 2013**

Reason for exclusion	no study(abstract/comment/discussion)
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**Herpertz Dahlmann 2014**

Reason for exclusion	Wrong intervention
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**Herpertz Dahlmann 2015**

Reason for exclusion	no study(abstract/comment/discussion)
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**Keel 2008**

Reason for exclusion	Wrong intervention
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**Kong 2005**

Reason for exclusion	Wrong intervention
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**LeGrange 2014**

Reason for exclusion	Wrong study design
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**Lock 2006**

Reason for exclusion	Wrong study design
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**Lock 2007**

Reason for exclusion	Wrong study design
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**Lose 2014**

Reason for exclusion	Wrong study design
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**Madden 2015**

Reason for exclusion	Wrong intervention
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**Marco 2013**

Reason for exclusion	Wrong intervention
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**McIntosh 2005**

Reason for exclusion	Wrong intervention
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**Mitchell 2005**

Reason for exclusion	Wrong study design
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**Naab 2012**

Reason for exclusion	Wrong study design
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**Nicholls 2013**

Reason for exclusion	no study (abstract/comment/discussion)
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**Nunes 2009**

Reason for exclusion	no study (abstract/comment/discussion)
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**Rhodes 2005**

Reason for exclusion	Wrong study design
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**Schaffner 2008**

Reason for exclusion	Wrong intervention
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**Schmidt 2013**

Reason for exclusion	no study (abstract/comment/discussion)
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**Schmidt 2015**

Reason for exclusion	Wrong intervention
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**Stein 2011**

Reason for exclusion	Wrong study design
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**Stiles Shields 2013**

Reason for exclusion	Wrong intervention
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**Suarez Pinilla 2015**

Reason for exclusion	Wrong intervention
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**Tasca 2012**

Reason for exclusion	Wrong study design
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**Utzinger 2014**

Reason for exclusion	Wrong study design
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**Wade 2009**

Reason for exclusion	Wrong intervention
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**Waterman Collins 2014**

Reason for exclusion	Wrong intervention
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**Zainal 2016**

Reason for exclusion	Wrong study design
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**Zipfel 2014**

Reason for exclusion	Wrong intervention
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Footnotes

## Characteristics of studies awaiting classification

Footnotes

## Characteristics of ongoing studies

Footnotes

## Summary of findings tables

### Additional tables

## References to studies

### Included studies

#### **Lock 2015**

Lock J.; Le,Grange D.; Agras W.S.; Fitzpatrick K.K.; Jo B.; Accurso E.; Forsberg S.; Anderson K.; Arnow K.; Stainer M.. Can adaptive treatment improve outcomes in family-based therapy for adolescents with anorexia nervosa? Feasibility and treatment effects of a multi-site treatment study. *Behaviour research and therapy* 2015;73(Web Page):90-95. [DOI: ]

### Excluded studies

#### **Carter 2011**

Carter F.A.; Jordan J.; McIntosh V.V.W.; Luty S.E.; McKenzie J.M.; Frampton C.M.A.; Bulik C.M.; Joyce P.R.. The long-term efficacy of three psychotherapies for anorexia nervosa: A randomized, controlled trial. *International Journal of Eating Disorders* 2011;44(7):647-654. [DOI: ]

#### **Carter 2015**

Carter, Jacqueline C.; Kelly, Allison C.. Autonomous and controlled motivation for eating disorders treatment: Baseline predictors and relationship to treatment outcome. *British Journal of Clinical Psychology* 2015;54(1):76-90 15p. [DOI: 10.1111/bjc.12062]

#### **Couturier 2013**

Couturier, Jennifer; Kimber, Melissa; Szatmari, Peter. Efficacy of family-based treatment for adolescents with eating disorders: A systematic review and meta-analysis.. *International Journal of Eating Disorders* 2013;46(1):3-11. [DOI: ]

#### **Dalle 2013**

Dalle, Grave R.; Calugi S.; Doll H.A.; Fairburn C.G.. Enhanced cognitive behaviour therapy for adolescents with anorexia nervosa: An alternative to family therapy? *Behaviour research and therapy* 2013;51(1):R9-R12. [DOI: ]

#### **Darcy 2013**

Darcy A.M.; Bryson S.W.; Agras W.S.; Fitzpatrick K.K.; Le,Grange D.; Lock J.. Do in-vivo behaviors predict early response in family-based treatment for anorexia nervosa? *Behaviour research and therapy* 2013;51(11):762-766. [DOI: ]

#### **Fairburn 2009**

Fairburn, C. G.; Cooper, Z.; Doll, H. A.; O'Connor, M. E.; Bohn, K.; Hawker, D. M.; Wales, J. A.; Palmer, R. L.. Transdiagnostic cognitive-behavioral therapy for patients with eating disorders: a two-site trial with 60-week follow-up. *American Journal of Psychiatry* 2009;166(3):311-319 9p. [DOI: 10.1176/appi.ajp.2008.08040608]

#### **Fairfax 2008**

Fairfax, Hamilton. 'CBT or not CBT', is that really the question? Re-considering the evidence base - the contribution of process research.. *Counselling Psychology Review* 2008;23(4):27-37. [DOI: ]

#### **Focker 2013**

Focker M.; Knoll S.; Hebebrand J.. Anorexia nervosa. *European Child and Adolescent Psychiatry* 2013;22(Web Page):S29-S35. [DOI: ]

#### **GalsworthyFrancis 2014**

GalsworthyFrancis, Lisa; Allan, Steven. Cognitive behavioural therapy for anorexia nervosa: A systematic review.. *Clinical psychology review* 2014;34(1):54-72. [DOI: ]

#### **Geller 2011**

Geller J.; Brown K.E.; Srikameswaran S.. The efficacy of a brief motivational intervention for individuals with eating disorders: A randomized control trial. *International Journal of Eating Disorders* 2011;44(6):497-505. [DOI: ]

#### **Ghaderi 2007**

Ghaderi, A.. Logical functional analysis in the assessment and treatment of eating disorders. *Clinical Psychologist* 2007;11(1):1-12 12p. [DOI: ]

#### **Gilbert 2008**

Gilbert G.. Inpatient treatment equals outpatient treatment for anorexia. *Journal of the National Medical Association* 2008;100(7):869-870. [DOI: ]

#### **Gnanavel 2014**

Gnanavel, Sundar. Treatment of adolescents with anorexia nervosa.. *The Lancet* 2014;384(9939):229-230. [DOI: ]

**Goldstein 2011**

Goldstein,Mandy; Peters,Lorna; Baillie,Andrew; McVeagh,Patricia; Minshall,Gerri; Fitzjames,Dianne. The effectiveness of a day program for the treatment of adolescent anorexia nervosa.. International Journal of Eating Disorders 2011;44(1):29-38. [DOI: ]

**Gowers 2007**

Gowers,Simon G.; Clark,Andrew; Roberts,Chris; Griffiths,Alison; Edwards,Vanessa; Bryan,Claudine; Smethurst,Nicola; Byford,Sarah; Barrett,Barbara. Clinical effectiveness of treatments for anorexia nervosa in adolescents: Randomised controlled trial.. The British Journal of Psychiatry 2007;191(5):427-435. [DOI: ]

**Gowers 2010**

Gowers S.G.; Clark A.F.; Roberts C.; Byford S.; Barrett B.; Griffiths A.; Edwards V.; Bryan C.; Smethurst N.; Rowlands L.; Roots P.. A randomised controlled multicentre trial of treatments for adolescent anorexia nervosa including assessment of cost-effectiveness and patient acceptability - The TOuCAN trial. Health technology assessment 2010;14(15):1-98. [DOI: ]

**Grave 2010**

Grave,Riccardo Dalle. Inpatient cognitive behavior therapy for severe eating disorders.. Psihologijske Teme 2010;19(2):323-340. [DOI: ]

**Guarda 2008**

Guarda A.S.. Treatment of anorexia nervosa: Insights and obstacles. Physiology and Behavior 2008;94(1):113-120. [DOI: ]

**Harrington 2015**

Harrington,Brian C.; Jimerson,Michelle; Haxton,Christina; Jimerson,David C.. Initial evaluation, diagnosis, and treatment of anorexia nervosa and bulimia nervosa. American Family Physician 2015;91(1):46-52 7p. [DOI: ]

**Herpertz Dahlmann 2013**

Herpertz-Dahlmann B.; Rastam M.; Wentz E.; Hebebrand J.; Nicholls D.. New findings in diagnostics and treatment of childhood and adolescent eating disorders. European Child and Adolescent Psychiatry 2013;22(2):S95. [DOI: ]

**Herpertz Dahlmann 2014**

Herpertz-Dahlmann B.; Schwarte R.; Krei M.; Egberts K.; Warnke A.; Wewetzer C.; Pfeiffer E.; Fleischhaker C.; Scherag A.; Holtkamp K.; Hagenah U.; Buhren K.; Konrad K.; Schmidt U.; Schade-Brittinger C.; Timmesfeld N.; Dempfle A.. Day-patient treatment after short inpatient care versus continued inpatient treatment in adolescents with anorexia nervosa (ANDI): A multicentre, randomised, open-label, non-inferiority trial. The Lancet 2014;383(9924):1222-1229. [DOI: ]

**Herpertz Dahlmann 2015**

Herpertz-Dahlmann B.; Krei M.; Buhren K.; Schwarte R.; Egberts K.; Wewetzer C.; Pfeiffer E.; Fleischhaker C.; Konrad K.; Schade-Brittinger C.; Timmesfeld N.; Dempfle A.. Day patient treatment is superior to inpatient treatment after 2.5 years-results of a 2.5 year follow-up-study in 170 patients. European Child and Adolescent Psychiatry 2015;24(1):S97. [DOI: ]

**Keel 2008**

Keel,Pamela K.; Haedt,Alissa. Evidence-based psychosocial treatments for eating problems and eating disorders.. Journal of Clinical Child and Adolescent Psychology 2008;37(1):39-61. [DOI: ]

**Kong 2005**

Kong S.. Day treatment programme for patients with eating disorders: Randomized controlled trial. Journal of advanced nursing 2005;51(1):5-14. [DOI: ]

**LeGrange 2014**

Le Grange,Daniel; Accurso,Erin C.; Lock,James; Agras,Stewart; Bryson,Susan W.. Early weight gain predicts outcome in two treatments for adolescent anorexia nervosa.. International Journal of Eating Disorders 2014;47(2):124-129. [DOI: ]

**Lock 2006**

Lock,James; Couturier,Jennifer; Bryson,Susan; Agras,Stewart. Predictors of Dropout and Remission in Family Therapy for Adolescent Anorexia Nervosa in a Randomized Clinical Trial.. International Journal of Eating Disorders 2006;39(8):639-647. [DOI: ]

**Lock 2007**

Lock J.; Fitzpatrick K.K.. Evidenced-based treatments for children and adolescents with eating disorders: Family therapy and family-facilitated cognitive-behavioral therapy. Journal of Contemporary Psychotherapy 2007;37(3):145-155. [DOI: ]

**Lose 2014**

Lose,Anna; Davies,Charlotte; Renwick,Beth; Kenyon,Martha; Treasure,Janet; Schmidt,Ulrike. Process Evaluation of the Maudsley Model for Treatment of Adults with Anorexia Nervosa Trial. Part II: Patient Experiences of Two Psychological Therapies for Treatment of Anorexia Nervosa. European Eating Disorders Review 2014;22(2):131-139 9p. [DOI: 10.1002/erv.2279]

**Madden 2015**

Madden,S.; MiskovicWheatley,J.; Wallis,A.; Kohn,M.; Lock,J.; Le Grange,D.; Jo,B.; Clarke,S.; Rhodes,P.; Hay,P.; Touyz,S.. A randomized controlled trial of in-patient treatment for anorexia nervosa in medically unstable adolescents.. Psychological medicine 2015;45(2):415-427. [DOI: ]

**Marco 2013**

Marco,Jose H.; Perpina,Conxa; Botella,Cristina. Effectiveness of cognitive behavioral therapy supported by virtual reality in the treatment of body image in eating disorders: One year follow-up.. Psychiatry research 2013;209(3):619-625. [DOI: ]

**McIntosh 2005**

McIntosh, Virginia V. W.; Jordan, Jennifer; Carter, Frances A.; Luty, Suzanne E.; McKenzie, Janice M.; Bulik, Cynthia M.; Frampton, Christopher M. A.; Joyce, Peter R.. Three Psychotherapies for Anorexia Nervosa: A Randomized, Controlled Trial.. The American Journal of Psychiatry 2005;162(4):741-747. [DOI: ]

**Mitchell 2005**

Mitchell, James E.; Steffen, Kristine; Cook Myers, Tricia; Roerig, James. Pharmacologic and psychotherapeutic treatment of anorexia nervosa. *Women's health* 2005;1(1):115-123. [DOI: ]

**Naab 2012**

Naab S.; Schlegel S.; Heuser J.; Fichter M.; Cuntz U.; Voderholzer U.. Effectiveness of inpatient cognitive behaviour therapy for adolescents with anorexia nervosa in comparison with adults: An analysis of a specialized inpatient treatment setting. *Adolescent Psychiatry* 2012;2(1):89-90. [DOI: ]

**Nicholls 2013**

Nicholls D.. Towards a stepped care model for child and adolescent AN: The role of early intervention. *European Child and Adolescent Psychiatry* 2013;22(2):S95-S96. [DOI: ]

**Nunes 2009**

Nunes P.; Duarte-Silva S.; Brandao I.; Roma-Torres A.. Decision to admit and aims of hospitalization in the treatment of eating disorders: Making sense of a seven years experience. *European Psychiatry* 2009;24(Web Page):S757. [DOI: ]

**Rhodes 2005**

Rhodes, Paul; Madden, Sloane. Scientist-practitioner family therapists, postmodern medical practitioners and expert parents: second-order change in the Eating Disorders Program at The Children's Hospital at Westmead. *Journal of Family Therapy* 2005;27(2):171-182. [DOI: ]

**Schaffner 2008**

Schaffner, A. D.; Buchanan, L. P.. Integrating evidence-based treatments with individual needs in an outpatient facility for eating disorders. *Eating Disorders* 2008;16(5):378-392 15p. [DOI: ]

**Schmidt 2013**

Schmidt U.; Renwick B.; Lose A.; Kenyon M.; DeJong H.; Broadbent H.; Loomes R.; Watson C.; Ghelani S.; Serpell L.; Richards L.; Johnson-Sabine E.; Boughton N.; Whitehead L.; Beecham J.; Treasure J.; Landau S.. The MOSAIC study - comparison of the Maudsley Model of Treatment for Adults with Anorexia Nervosa (MANTRA) with Specialist Supportive Clinical Management (SSCM) in outpatients with anorexia nervosa or eating disorder not otherwise specified, anorexia nervosa type: Study protocol for a randomized controlled trial. *Trials* 2013;14(1):no pagination. [DOI: ]

**Schmidt 2015**

Schmidt, Ulrike; Magill, Nicholas; Renwick, Bethany; Keyes, Alexandra; Kenyon, Martha; DeJong, Hannah; Lose, Anna; Broadbent, Hannah; Loomes, Rachel; Yasin, Huma; Watson, Charlotte; Ghelani, Shreena; Bonin, EvaMaria; Serpell, Lucy; Richards, Lorna; JohnsonSabine, Eric; Boughton, Nicky; Whitehead, Linette; Beecham, Jennifer; Treasure, Janet; Landau, Sabine. The Maudsley Outpatient Study of Treatments for Anorexia Nervosa and Related Conditions (MOSAIC): Comparison of the Maudsley Model of Anorexia Nervosa Treatment for Adults (MANTRA) with specialist supportive clinical management (SSCM) in outpatients with broadly defined anorexia nervosa: A randomized controlled trial. *Journal of consulting and clinical psychology* 2015;83(4):796-807. [DOI: ]

**Stein 2011**

Stein K.F.; Wing J.; Lewis A.; Raghunathan T.. An eating disorder randomized clinical trial and attrition: Profiles and determinants of dropout. *International Journal of Eating Disorders* 2011;44(4):356-368. [DOI: ]

**Stiles Shields 2013**

Stiles-Shields C.; Touyz S.; Hay P.; Lacey H.; Crosby R.D.; Rieger E.; Bamford B.; Le, Grange D.. Therapeutic alliance in two treatments for adults with severe and enduring anorexia nervosa. *International Journal of Eating Disorders* 2013;46(8):783-789. [DOI: ]

**Suarez Pinilla 2015**

Suarez-Pinilla P.; Pena-Perez C.; Arbaizar-Barrenechea B.; Crespo-Facorro B.; DelBarrio J.; Treasure J.; Llorca-Diaz J.. Inpatient treatment for anorexia nervosa: A systematic review of randomized controlled trials. *Journal of Psychiatric Practice* 2015;21(1):49-59. [DOI: ]

**Tasca 2012**

Tasca G.A.; Keating L.; Maxwell H.; Hares S.; Trinneer A.; Barber A.M.; Bradwejn J.; Bissada H.. Predictors of treatment acceptance and of participation in a randomized controlled trial among women with anorexia nervosa. *European Eating Disorders Review* 2012;20(2):155-161. [DOI: ]

**Utzinger 2014**

Utzinger, Linsey. Transdiagnostic response to family-based treatment for eating disorders in adolescents: Predictors of outcome. *Dissertation Abstracts International: Section B: The Sciences and Engineering* 2014;74(12-B(E):Seft. [DOI: ]

**Wade 2009**

Wade T.D.; Frayne A.; Edwards S.-A.; Robertson T.; Gilchrist P.. Motivational change in an inpatient anorexia nervosa population and implications for treatment. *Australian and New Zealand Journal of Psychiatry* 2009;43(3):235-243. [DOI: ]

**Waterman Collins 2014**

Waterman-Collins D.; Renwick B.; Lose A.; Kenyon M.; Serpell L.; Richards L.; Boughton N.; Treasure J.; Schmidt U.. Process evaluation of the MOSAIC trial, Part I: Therapist experiences of delivering two psychological therapies for treatment of Anorexia Nervosa. *European Eating Disorders Review* 2014;22(2):122-130. [DOI: ]

**Zainal 2016**

Zainal, Kelly Ann; Renwick, Beth; Keyes, Alexandra; Lose, Anna; Kenyon, Martha; DeJong, Hannah; Broadbent, Hannah; Serpell, Lucy; Richards, Lorna; Johnson-Sabine, Eric; Boughton, Nicky; Whitehead, Linette; Treasure, Janet; Schmidt, Ulrike; MOSAIC trial group. Process evaluation of the MOSAIC trial: treatment experience of two psychological therapies for out-patient treatment of Anorexia Nervosa. *Journal of Eating Disorders* 2016;4(Journal Article):2. [DOI: ]

**Zipfel 2014**

Zipfel S.; Wild B.; Grob G.; Friederich H.-C.; Teufel M.; Schellberg D.; Giel K.E.; De, Zwaan M.; Dinkel A.; Herpertz S.; Burgmer M.; Lowe B.; Tagay S.; Wietersheim J.V.; Zeek A.; Schade-Brittinger C.; Schauenburg H.; Herzog W.. Focal psychodynamic therapy, cognitive behaviour therapy, and optimised treatment as usual in

outpatients with anorexia nervosa (ANTOP study): Randomised controlled trial. The Lancet 2014;383(9912):127-137. [DOI: ]

## Studies awaiting classification

### Ongoing studies

## Other references

### Additional references

### Other published versions of this review

### Classification pending references

## Data and analyses

### 1 Intervention vs Control

Outcome or Subgroup	Studies	Participants	Statistical Method	Effect Estimate
1.1 Adfærdssymptomer (restriktiv spising, tvangsmotion, binge, purge), EOT	0	0	Mean Difference (IV, Fixed, 95% CI)	Not estimable
1.2 Adfærdssymptomer (restriktiv spising, tvangsmotion, binge, purge) LFU	0	0	Mean Difference (IV, Fixed, 95% CI)	Not estimable
1.3 Andel af sund kropsvægt/BMI, EOT	0	0	Mean Difference (IV, Fixed, 95% CI)	Not estimable
1.4 Andel af sund kropsvægt/BMI, LFU	0	0	Mean Difference (IV, Fixed, 95% CI)	Not estimable
1.5 Psykologiske spiseforstyrrelsessymptomer , EOT	0	0	Mean Difference (IV, Fixed, 95% CI)	Not estimable
1.6 Psykologiske spiseforstyrrelsessymptomer, LFU	0	0	Mean Difference (IV, Fixed, 95% CI)	Not estimable
1.7 Livskvalitet, LFU	0	0	Mean Difference (IV, Fixed, 95% CI)	Not estimable
1.8 Recovery rate, LFU	0		Risk Ratio (IV, Fixed, 95% CI)	No totals
1.9 Dropout, EOT	0		Risk Ratio (IV, Fixed, 95% CI)	No totals
1.10 Indlæggelser	0		Risk Ratio (IV, Fixed, 95% CI)	No totals