



# Expectations of a new eating disorder treatment and its delivery: Perspectives of patients and new therapists

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## Abstract

**BACKGROUND:** A significant number of people with bulimia nervosa (BN) or binge-eating disorder (BED) do not seek professional help. Important reasons include limited knowledge of eating disorders (EDs), feelings of shame, treatment costs, and restricted access to specialized healthcare. In this study, we explored if a novel therapy delivered in a primary care setting could overcome these barriers. We investigated factors such as motivation and expectations and included the patients' and newly trained therapists' perspectives. **METHOD:** We interviewed 10 women with BN or BED, enrolled in the Physical Exercise and Dietary therapy (PED-t) program, in a Healthy Life Center (HLC) located in a primary healthcare facility. Interview topics discussed were motivations for and expectations of therapy, and the treatment location. In addition, 10 therapists from HLC's were interviewed on their experiences with the PED-t training program and expectations of running PED-t within their service. The interviews were analyzed using reflexive thematic analysis. **RESULTS:** Most patients had limited knowledge about EDs and first realized the need for professional help after learning about PED-t. Patients exhibited strong motivations for treatment and a positive perception of the PED-t, the new treatment setting, and the therapists' competencies. The therapists, following a brief training program, felt confident in their abilities to treat EDs and provide PED-t. With minor operational adjustments, PED-t can seamlessly be integrated into national HLC service

locations. **CONCLUSION:** PED-t is an accessible therapeutic service that can be delivered in a primary care environment in a stepped-care therapy model.

**Topics:** Treatment

**For workshops only**

No Answer Given

**Submission Format:** Scientific Paper

**Is It a Student Paper?** No