



Participants' reflections on Temperament Based Therapy with Support for eating disorders

Kristin Stedal (Regional Department of Eating Disorders, Division of Mental Health and Addiction, Oslo University Hospital, Ullevål HF, Oslo, Norway), Ingrid Funderud (Regional Department of Eating Disorders, Division of Mental Health and Addiction, Oslo University Hospital, Ullevål HF, Oslo, Norway), Katarina Lindstedt (University Health Care Research Center, Faculty of Medicine and Health, Örebro University, Örebro, Sweden)

Abstract

Objective:

In recent years, the interest for neurobiologically informed treatments has been increasing. Temperament Based Therapy with Support (TBT-S) is based on empirically supported neurobiological models, in addition to a number of evidence based treatment components, administered as a 5-day group intervention for patients with supports. This ongoing study is the first qualitative evaluation of how TBT-S is perceived, focusing on what the treatment has contributed and valuable components.

Method:

This study is part of a research project assessing treatment acceptability and feasibility for TBT-S, delivered at a tertiary specialised eating disorders service in Norway. The qualitative measures were completed by 46 patients and 63 supports at post-treatment and consisted of six open ended questions regarding treatment experiences. Reflexive thematic analysis was used to analyse the written reflections.

Results:

According to the patients, TBT-S contributed to increased motivation and a more profound feeling of confidence and ownership, leading to a more optimistic view of the future. TBT-S also helped them to be more open and receptive for support. The supports expressed that they left TBT-S with enhanced patient understanding, better support skills and helpful tools to use together with their

loved ones in the recovery process. Both patients and supports mentioned the group format and the neurobiology rationale as essential treatment components.

Discussion:

TBT-S is part of a paradigm shift in how we understand and treat eating disorders. The results provide an understanding of the potential active treatment ingredients, to add to the evidence base for future randomized control trials.

Topics: Treatment

For workshops only

No Answer Given

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