



# Temperament Based Therapy with Support (TBT-S). Acceptability, treatment satisfaction and short-term outcomes of a 5-day treatment for anorexia nervosa.

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## Abstract

**INTRODUCTION:** Temperament-based Therapy with Supports (TBT-S) is a novel treatment for young-adults and adults with AN. The treatment is delivered as an adjunct to treatment as usual, in an intensive group format, for five consecutive days, seven hours each day. Patients participate together with support(s), e.g. parent(s), partner, friend and/or another family-member. **AIM:** The primary aim of the current study was to assess treatment feasibility and acceptability at a tertiary specialized eating disorders service in Norway, with a secondary aim to explore possible benefits in clinical outcome. **METHODS:** Forty-one patients (mean age 25.3, range 18 - 43) and 58 supports were assessed pre- and post TBT-S. Participants completed an 18-item Patient and Support Satisfaction Questionnaire, a questionnaire assessing the usefulness of the different intervention components and strategies utilised in TBT-S, and a 4-item treatment satisfaction questionnaire. Measures of treatment efficacy were completed pre and post TBT-S, whereas treatment acceptability was only assessed post-treatment. **RESULTS:** Results reveal that TBT-S is a feasible treatment with high client satisfaction. There were no voluntary drop-outs, and preliminary outcome data were encouraging, and in line with previous studies. There was a significant decrease in patients' self-reported eating disorder psychopathology, psychosocial impairment and state anxiety, while trait anxiety remained unchanged. Patients also reported

significantly improved social relationships, whereas supports reported a significant increase in (own) psychological health. There were no differences in family functioning. **CONCLUSIONS:** TBT-S is a promising new treatment for AN, however randomised controlled trials are needed to assess treatment efficacy.

**Topics:** Treatment

**For workshops only**

No Answer Given

**Submission Format:** Scientific Paper

**Is It a Student Paper?** No