



Exploring Experiences of FBT through Parent, Patient, and Healthcare Professional Perspectives

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Abstract

OBJECTIVE: Caregiver burden is frequently demonstrated in families of patients suffering from anorexia nervosa (AN) and may impact treatment outcomes as well as the mental health of caregivers. There remains a gap in understanding the timing and manner in which this burden emerges. This study aimed to gain insights into the everyday challenges faced by caregivers of young people with AN, by triangulating the information across sources.

METHOD: Four focus groups were conducted, involving parents (N = 10), clinicians and healthcare professionals (N = 8), as well as individuals recovered from child/adolescent AN (N = 4). A semi-structured topic guide was utilized. A descriptive, deductive approach to discern specific difficulties was applied to focus group transcripts.

RESULTS: Seven thematic scenarios emerged from the focus groups; three characterized by a focus on mealtime stages: before, during, and after meals. Pre-meal challenges encompassed negotiating meals, managing secrecy, and navigating differences in parental styles. During meals, caregivers encountered difficulties initiating meals, providing encouragement, and handling conflicts, with strategies employed to minimize confrontations. Post-meal, challenges involved conflict resolution and caregivers seeking support for themselves. Additional themes included managing food outside the home or in social settings, coping with treatment changes or

setbacks, and addressing compensatory behaviors or suicidal risks.

DISCUSSION: Caregivers of young people with AN face significant challenges, particularly surrounding mealtime dynamics. Understanding these difficulties is crucial for developing targeted interventions and support mechanisms for caregivers in this context.

Topics: Treatment

For workshops only

Not workshop.

Submission Format: Poster

Is It a Student Paper? No