



Prevention of eating disorders among young women with psychiatric illness. Testing the efficacy of the Body Project

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Abstract

OBJECTIVE: Eating disorders are associated with substantial costs, both personal and economic. Additionally, current treatments have limited efficacy. This calls for effective evidence-based prevention programs. The Body Project is a dissonance-based intervention that has effectively reduced future onset of eating disorders in numerous countries among young women. Previous studies have primarily included young women with body dissatisfaction. To the best of our knowledge, no studies have specifically tested the effect of the Body Project in women with psychiatric illnesses (e.g., mood disorders, anxiety disorders, and personality disorders). As these women have more than four-fold risk of developing a subsequent eating disorder, they represent an ultra high-risk group for whom the Body Project would be relevant.

METHOD: We are planning a randomized controlled trial to test the efficacy of an online peer-led version of the Body Project in women with psychiatric illnesses. The Body Project consists of four one-hour group sessions and women with psychiatric illnesses other than eating disorders will be invited to participate. The effect of the Body Project will be compared with the effect of expressive writing, and a two-year follow-up period will be applied to assess the risk of subsequent eating disorders in the two intervention groups.

RESULTS: The poster will include a presentation of the project, including the design and methods.

DISCUSSION: With low cost and promising results from prior studies this could have an impact on prevention of eating disorders in a broader sense including specific vulnerable groups in the future.

Topics: Prevention

For workshops only

No Answer Given

Submission Format: Poster

Is It a Student Paper? No