



# Understanding Paths to Anorexia Nervosa Recovery: A Focus Group Study Exploring Experiences of Recovery from Anorexia Nervosa

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## **Abstract**

**OBJECTIVE:** Anorexia Nervosa (AN) is reported to have a 50% relapse rate following successful treatment, which highlights the need for novel interventions to promote recovery. It is crucial to establish a deeper understanding of factors contributing to AN recovery and relapse, as well as to include patient and public perspectives in research to develop tools that can be well adopted into the clinical field. The present study will hence explore perspectives on what is needed, relevant, and effective to promote recovery and prevent relapse.

**METHOD:** Focus group discussions are being conducted with people who have reached full recovery from AN and clinicians who specialise in treating AN. We aim to recruit a sample of 15 participants in each group. Participants are asked to speak about AN post-treatment, detailing what they believe helps or hinders recovery. They are also asked to speak on whether practicing mindfulness may be beneficial for recovery from AN. The data will be analyzed using reflexive thematic analysis.

**RESULTS:** Data collection is ongoing, and no analyses have been run. All data will be ready to be presented by September.

**DISCUSSION:** This study will inform the factors to be investigated in a longitudinal study following individuals who have completed treatment for AN, which will be aimed at informing the development of an intervention tool. Thus, this study is expected to have significant research implications. Additionally, the inclusion of mindfulness is novel, and findings are expected to have significant implications on future research and recommendations for clinical practice.

**Topics:** Treatment

**For workshops only**

No Answer Given

**Submission Format:** Poster

**Is It a Student Paper?** Yes