Effectiveness of Temperament Based Therapy with Support (TBT-S): A Novel 5-Day Treatment for Anorexia

Joakim Skoog, Doctoral student, Regional Section for Eating Disorders, Oslo University Hospital and Department of Psychology, University of Oslo

Introduction: Temperament Based Therapy with Support (TBT-S) is a novel 5-day intensive treatment for persons with an eating disorder (ED), in which 3-6 patients participate together with 1-4 supports each. TBT-S combines neurobiological, temperamental, and genetic research in a multifamily format and helps patients and their supports use traits associated with the development and maintenance of EDs productively rather than destructively.

Aims: The overarching aim of this doctoral project is to examine the short- and longer-term effectiveness of TBT-S for adults with an ED.

Methods: This thesis comprises two main studies. Study 1 is a 12-month naturalistic follow-up study of 46 adult patients who received TBT-S at the Regional Department for Eating Disorders (RASP), Oslo University Hospital (OUH). Study 2 is an ongoing multi-site randomized controlled trial (RCT) evaluating the effectiveness of TBT-S and treatment as usual (TAU), compared with TAU alone. 120 patients currently in ED treatment for AN or atypical AN will be recruited. ED psychopathology, as measured by change in EDE-Q from pre- to 3-month follow-up, is the main outcome. ED psychopathology and comorbid symptoms are assessed at pre-treatment, post-treatment, and at 3- and 12-month follow-up. Supports complete questionnaires regarding, e.g., ED accommodation, family functioning, quality of life, and stress.

Clinical implications: TBT-S may contribute to narrowing the gap between research and treatment by incorporating recent genetic, neurobiological and -psychological research into clinical practice. Furthermore, the multidisciplinary treatment teams delivering TBT-S include both full-time clinicians and researchers, thereby strengthening the collaboration between clinicians and researchers.

Supervisors: Kristin Stedal, Ph.D., Oslo University Hospital

Ingrid Funderud, Ph.D., Oslo University Hospital

Anne-Kristin Solbakk, Professor, University of Oslo