A study of the feasibility and effectiveness of the addition of Self Help Aid and Recovery guide for Eating Disorders to treatment as usual for Anorexia Nervosa.

Aims and Objectives:

This study examines whether a guided self-help intervention developed for patients with eating disorders (SHAREd) is a useful addition to standard treatment for people with AN.

To examine whether the intervention can reduce eating disorders symptoms and improve engagement in treatment as usual (TAU).

To examine the impact of providing support on the health of the recovery guides.

Feedback from peer mentors is gathered to understand the impact on their own well-being of providing guidance.

Inclusion Criteria:
Female and males referred to an outpatient service for eating disorders aged 16 or over, and DSM-V diagnosis of AN.

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02/09/2016