



# **TREATMENT STUDY FOR ADOLESCENTS WITH BULIMIA NERVOSA**

**Stanford University Eating Disorders Program  
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Stanford University is conducting a 5 year NIH sponsored study examining the effectiveness of 3 outpatient therapies for bulimia nervosa (BN).

## **Who can participate?**

- Adolescents (female and male) age 12 to 18
  - Current diagnosis of bulimia nervosa
    - Living with at least one parent
  - Medically stable for outpatient treatment
    - Able to speak and read English
- Willing to be randomized to either treatment condition
  - Able to make a 1.5 year commitment

## **Treatments:**

The patient has an equal chance of being randomized (a process like flipping a coin) to CBT-A, FBT-BN, or SPT. All therapies are 20 sessions over 6 months.

**Cognitive Behavioral Therapy for Adolescents (CBT-A)** is a common treatment for BN aimed at helping with thought processes associated with the disorder. In this treatment you will meet one on one with a therapist.

**Family Based Therapy for BN (FBT-BN)** is a family-based approach which aims to promote parental control of eating while supporting adolescent development in the family context. Although the majority of time is spent meeting with the family as a whole, a portion of the each session is spent individually with the adolescent to ascertain their perspective on progress and to identify issues relevant to the overall family treatment.

**Supportive Family Therapy for BN (SPT)** aims to help patients identify underlying issues of the BN and find solutions to these problems.

The purpose of the present research study is to attempt to identify an outpatient psychological treatment that is effective for adolescents with bulimia.

## **How Can I Participate?**

If you are interested in participating, or would like further information, contact Judy Beenhakker at (650) 723-7885; [judybeen@stanford.edu](mailto:judybeen@stanford.edu) or Sarah Forsberg at (650) 723-9182; [sarah523@stanford.edu](mailto:sarah523@stanford.edu)