



TREATMENT STUDY FOR ADULTS WITH ANOREXIA NERVOSA

Stanford University Eating Disorders Program

James D. Lock, MD, Ph.D.

Stanford University is conducting a 3 year NIH sponsored study examining the effectiveness of outpatient cognitive-behavioral therapy for AN, independently or in combination with a novel treatment which helps patients to examine their own thought processes.

Who can participate?

- Adults (women and men) age 16 and over
- Current diagnosis of anorexia nervosa
- Medically stable for outpatient treatment
 - Able to speak and read English
- Willing to be randomized to either treatment condition
 - Able to make a 1 year commitment

Treatments:

The patient has an equal chance of being randomized (a process like flipping a coin) to CBT, or CBT+CRT.

Cognitive Behavioral Therapy (CBT) is a common treatment for AN aimed at helping with thought processes associated with the disorder. In this treatment you will meet one on one with a therapist for 28 sessions.

Cognitive Remediation Therapy (CRT) is focused on changing how one thinks, rather than initially focusing on shape and weight concerns. The study seeks to determine if CRT prior to CBT will improve response rates to CBT.

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 or Sarah Forsberg at (650) 723-9182; sarah523@stanford.edu

For general information regarding questions, concerns, or complaints about research, research related injury, or the rights of research participants, please call (650) 723-5244 or toll-free 1-866-680-2906, or write to the Administrative Panel on Human Subjects in Medical Research, Administrative Panels Office, Stanford University, Stanford, CA 94305-

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