IS FAMILY THERAPY THE MOST EFFECTIVE TREATMENT FOR ANOREXIA NERVOSA?

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SUMMARY

Introduction: Anorexia nervosa is a mental health disorder characterised by deliberate weight loss (through restrictive eating, excessive exercise and/or purging), disordered body image, and intrusive overvalued fears of gaining weight (ICD10 2007). Patients show refusal to maintain a normal body weight with secondary endocrine and metabolic changes and disturbances of body function. The disorder most commonly begins in adolescent girls with a point prevalence in this population of 0.9% (Hock & van Hoeken 2003). The long term outcome for patients is often poor, with severe medical, developmental and psychosocial complications, and significant relapse and mortality rates (Berkman et al. 2007).

The National Institute for Clinical Excellence recommends that family interventions that directly address the eating disorder should be offered to children and adolescents with anorexia nervosa (NICE 2004). ‘Family interventions’ include family therapy, which has many forms; each has a different emphasis on causative family dynamics, the impact of the illness on the family, maintaining factors, and behavioural recovery with strategies to encourage weight gain (Fisher et al. 2010).

Aims: To perform a literature review to assess whether family therapy is a more effective intervention than other treatments in the management of adolescents with anorexia nervosa.


Results and discussion: This literature search revealed only six randomised controlled trials investigating the use of family therapy in the treatment of adolescents with anorexia nervosa, and these all had small sample sizes. Some, but not all, of these trials suggest that family therapy may be advantageous over individual psychotherapy in terms of physical improvement (weight gain and resumption of menstruation) and reduction of cognitive distortions, particularly in younger patients. Due to the small sample sizes and the significant risk of bias (particularly information bias) in some of the studies the evidence in favour of family therapy over individual therapy is weak. In the future, larger randomised controlled trials with long term follow-up are required to assess whether family therapy is the most effective treatment for anorexia nervosa in adolescence.

Key words: anorexia nervosa - family therapy - adolescence

INTRODUCTION

Anorexia nervosa is a mental health disorder characterised by deliberate weight loss (through restrictive eating, excessive exercise and/or purging), disordered body image, and intrusive overvalued fears of gaining weight (ICD10 2007). Patients show refusal to maintain a normal body weight with secondary endocrine and metabolic changes and disturbances of body function. The disorder most commonly begins in adolescent girls with a point prevalence in this population of 0.9% (Hock & van Hoeken 2003). The long term outcome for patients is often poor, with severe medical, developmental and psychosocial complications, and significant relapse and mortality rates (Berkman et al. 2007).

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**Table 1. Summaries of each of the studies included in this literature review**

<table>
<thead>
<tr>
<th>Citation</th>
<th>Intervention</th>
<th>No. of patients</th>
<th>Defined Outcome of Study</th>
<th>Key Results</th>
<th>Comment</th>
</tr>
</thead>
<tbody>
<tr>
<td>Ball &amp; Mitchell 2004</td>
<td>12 months of individual cognitive behavioural therapy versus behavioural family therapy</td>
<td>25 female adolescents and young adults</td>
<td>BMI, menstruation, eating psychopathology, mood, self-esteem, family functioning</td>
<td>No significant differences between treatment groups. The majority of patients did not reach symptomatic recovery.</td>
<td>Small sample size. Included patients above 85% of healthy BMI so may have been milder illness. Reporting bias in subscales. Range of anorexia nervosa subtypes. Patients who had to be admitted during trial were excluded.</td>
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<tr>
<td>Geist et al. 2000</td>
<td>4 months of outpatient family group psycho-education versus family therapy</td>
<td>25 previously hospitalised female adolescents</td>
<td>BMI, menstruation, eating psychopathology, family functioning</td>
<td>Weight restoration was successful for both treatments, with no significant difference between groups. No significant improvement on other outcome measures including psychopathology.</td>
<td>Small sample size and short period of therapy. All previous inpatients so severe illness. No control group with no family intervention. Over half the patients were readmitted.</td>
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<tr>
<td>Robin et al. 1999</td>
<td>16 months of outpatient ego-orientated individual therapy versus behavioural family systems therapy</td>
<td>37 female adolescents</td>
<td>BMI , menstruation, family interactions, eating psychopathology, ego functioning, depression</td>
<td>Behavioural family systems therapy produced greater increases in BMI and higher rates of menstruation resumption than ego-orientated individual therapy. No significant difference between treatments for other outcome measures but all showed improvement</td>
<td>Small sample size. No blinding of clinician-rated outcomes. Mixture of outpatient and inpatient treatment Uneven treatment duration. Mean age in ego-orientated therapy group much younger</td>
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<tr>
<td>Eisler et al. 1997</td>
<td>12 months of individual supportive therapy versus family therapy</td>
<td>80 adolescents 5 years following treatment</td>
<td>BMI, eating psycho-pathology, cognitive distortion</td>
<td>Family therapy more effective for patients with early onset and short history AN. Individual therapy more effective for patients with later-onset illness.</td>
<td>Larger trial. 75% had a good outcome but improvements most likely due to natural history of anorexia nervosa. Severe cases as all in-patients</td>
</tr>
<tr>
<td>Robin et al. 1994</td>
<td>16 months of outpatient Ego-orientated individual therapy versus behavioural family systems therapy</td>
<td>22 young female adolescents</td>
<td>BMI, eating psycho-pathology, body shape attitudes, depression, family conflict.</td>
<td>Family therapy produced greater change in BMI than ego-orientated therapy. Both treatments produced comparable improvements on other outcome measures.</td>
<td>Small sample size. No blinding. Mixture of outpatient and inpatient treatment</td>
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<td>Russell et al. 1987</td>
<td>1 year of outpatient individual supportive therapy versus family therapy</td>
<td>57 male and female adolescents and young adults who had completed in-patient admission</td>
<td>BMI, menstruation, eating psycho-pathology , general psycho-pathology and obsessionality</td>
<td>Family therapy more effective than individual therapy in young adolescent patients with non-chronic illness in inducing remission, increasing BMI and reducing cognitive distortions. No significant difference at 5-year follow-up</td>
<td>Did not report 3-year outcome data despite collecting. Uneven duration of treatment. The same therapist provided both types of treatment. Poor blinding of clinician-rated outcomes. No overall group results (subgroups reported)</td>
</tr>
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</table>

**DISCUSSION**

There are only a small number of randomised controlled trials investigating the use of family therapy in the treatment of adolescents with anorexia nervosa, and these all have small sample sizes (Ball & Mitchell 2004, Geist et al. 2000, Robin et al. 1999, Eisler et al. 1997, Robin et al. 1994, Russell et al. 1987). Some, but not all, of these trials suggest that family therapy may be advantageous over individual psychotherapy (Robin et al. 1999, Eisler et al. 1997, Robin et al. 1994, Russell et al. 1987) in terms of physical improvement (weight gain and resumption of menstruation) and reduction of cognitive distortions, particularly in younger patients. Due to the small sample sizes and the significant risk of bias (particularly information bias) in some of the studies the evidence in favour of family therapy over individual therapy is only weak.

There is also insufficient evidence to know whether the benefits perhaps seen initially persist in the long term (Eisler et al. 1997, Russell et al. 1987) as the long term outcomes were not reported in most trials or showed no significant benefit of family therapy. Given the chronicity of anorexia nervosa, long term impact is an important clinical consideration. In practice, combined family and individual therapy is usually given...
to adolescents with an eating disorder. However, no trials have tested whether such combined therapy is more effective than single therapy. In the future, larger randomised controlled trials with long term follow-up are required to assess whether family therapy is the most effective treatment for anorexia nervosa in adolescence.

REFERENCES


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