

**A Preliminary Randomised Controlled Trial of the Efficacy and Acceptability of a New Emotional and Social Mind Group Training Program vs. Standard Cognitive Behavioural Group Therapy for Bulimia Nervosa**

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**Aim**

The principle aim of this research is to test the efficacy and acceptability of a new emotional and social mind group training programme for bulimia nervosa and related disorders (Eating Disorder Not Otherwise Specified (EDNOS)) versus a cognitive behavioural therapy (CBT) group programme.

**Background**

UK government guidelines suggest that CBT is indicated as the first-line treatment for bulimia nervosa. However, a substantial proportion of those treated with CBT (60-70%) still suffer with symptoms at follow up. Our proposed novel intervention would provide an innovative approach to helping improve the outcome of patients with bulimia nervosa or EDNOS, through addressing the underlying maintenance mechanisms rather than exclusively targeting the presenting symptoms of the disorder.

**Method**

A two-armed randomised controlled trial will be undertaken, using a sample of 76 patients with bulimic disorders referred to our outpatient eating disorders service. Both the experimental and control interventions will consist of group-based training programmes delivered over 17 sessions. The content of the experimental intervention will include: the role of emotion in maintaining bulimic symptoms, identification and understanding of inter- and intrapersonal emotions; social cognition and the social context of emotions; beliefs about emotions, managing intense and overwhelming emotions; and managing shame through compassionate mind training. The control intervention will be a group CBT programme for bulimic disorders (Chen et al., 2003) consisting of a matching number of sessions. We anticipate a timescale of eighteen months to complete the study.

**Execution**

Sept. 2008 - Dec. 2010

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