

Physical Activity Monitoring to predict Relapse Risk in Patients with Anorexia Nervosa

(project no. 23-13)

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Aim

To objectively assess activity patterns and to quantify grades of physical activity in patients with anorexia nervosa (AN) and their relation with long-term course after discharge from inpatient therapy

Background

Many patients with AN require renewed admission within 12 months after discharge from inpatient therapy but so far there is a lack of knowledge about predictors of an increased relapse risk. Next to behavioral and psychological parameters, genetic and biological effects are now more and more recognized as risk factors for the development or maintenance of this disease. Increased physical activity is one of these biological factors, but specific patterns or quantities associated with relapse risk are yet to be characterized.

Method

We will assess physical activity patterns in adolescent and adult patients with AN, food intake, body composition and hormones involved in the regulation of physical activity and body weight. Assessment of these data will take place during inpatient treatment as well after discharge from hospital in follow-up visits, to assess their relationship with medium-term outcome.

Execution

November 2014 – December 2016

The project is funded by the Swiss Anorexia Nervosa Foundation.