

Use of D-Cycloserine in Women with Bulimia Nervosa and OSFED

(project no. 45-15)

Authors

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Aim

This project will look at augmentative effects of D-cycloserine (DCS) in mirror exposure treatment in women affected by bulimia nervosa (BN) or subthreshold BN.

Background

Mirror confrontation is an intervention that aims at a reduction of body-related fears and body dissatisfaction in eating disorders. Fear reduction in exposure-based therapy is similar to extinction learning and evidence suggests that extinction learning can be facilitated with DCS, a partial agonist at the glycine recognition site of the NMDA receptor in the amygdala. This project will therefore determine whether DCS improves extinction of body-related fears and body dissatisfaction in women with bulimia nervosa (BN) and subthreshold BN undergoing mirror exposure therapy.

Method

We will examine DCS vs placebo treatment in combination with four sessions of mirror exposure in a randomized, double-blind, placebo-controlled pilot-trial. Outcome variables include body-related fears and cognitions from session to session, as well as body dissatisfaction both at the end of treatment and in a 4-weeks follow-up. A group of 26 women with BN or subthreshold BN will be recruited at the Mount Sinai Hospital (New York).

Execution

July 2015 - May 2016

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