Dear Colleagues,

We’re very excited about a new research study we’ve started here at the Lifespan, looking at home-based treatments for adolescent eating disorders. We are interested in understanding how effective and feasible two types of in-home therapies are for restrictive-type eating disorders: Family Based Treatment and Integrative Family Therapy. Families will have the opportunity to receive one of two evidence-informed treatments that are often unavailable in community-based centers. We hope the information from this study will help us learn better how eating disorder treatments and adaptations work when given in the home setting. Currently, we are looking for interested families to participate. We plan to enroll 70 families in this study.

Study participation involves a 5 research visits: pre-treatment, and then 6, 12, 24, and 32 weeks after enrollment. These research visits will include a battery of questionnaires for both the adolescent and their parent. Adolescents will also be asked to complete a semi-structured interview and provide height/weight measurements. After the pre-treatment assessment, families will be randomized to receive either Family Based Treatment or Integrative Family Therapy through either Gateway Healthcare or The Providence Center. Family Based Treatment is a multi-phase standard approach to parental refeeding of a child with an eating disorder, while Integrative Family Therapy combines family and individual therapy to focus more on thoughts and feelings. Regardless of treatment assignment, families will complete 10 – 32 weeks of in-home treatment, based on their insurance eligibility and family needs. Families will be compensated at each of the 5 research visits in exchange for their time and effort.

Eligible participants:

* Are between 12 and 18 years old
* Have a restrictive-type eating disorder
* Have at least one parent willing to engage in treatment
* Are medically stable for outpatient treatment
* Are able to read and understand English or Spanish

They cannot have serious medical conditions resulting in appetite or weight changes outside of their eating disorder (e.g., diabetes), currently be taking medications that affect appetite or weight, or be receiving concurrent treatment for an eating disorder.

Enrollment will continue through 2024. We are hoping you can directly refer eligible participants (see contact information below) and/or distribute flyers to patients who may be interested. With your participation, we will be well on our way to gathering new information about effective home-based treatment options for adolescents with eating disorders.

If you have any questions about what is involved, please email the lead research assistant, Genesis Jimenez, at gjimenez@lifespan.org.

Thanks for your help!



Deidre Donaldson, Ph.D., ABPP, BCBA

Clinical Director, CFTO Program, Gateway Healthcare