

# A pilot randomised controlled trial of the CD-ROM based intervention for carers of people with anorexia nervosa (AN)

<b>Submission date</b> 13/05/2005	<b>Recruitment status</b> No longer recruiting	<input checked="" type="checkbox"/> Prospectively registered
<b>Registration date</b> 30/06/2005	<b>Overall study status</b> Completed	<input type="checkbox"/> Protocol
<b>Last Edited</b> 03/04/2013	<b>Condition category</b> Mental and Behavioural Disorders	<input type="checkbox"/> Statistical analysis plan
		<input checked="" type="checkbox"/> Results
		<input type="checkbox"/> Individual participant data

**Plain English summary of protocol**  
Not provided at time of registration

## Contact information

**Type(s)**  
Scientific

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## Additional identifiers

**EudraCT/CTIS number**

**IRAS number**

**ClinicalTrials.gov number**

## Secondary identifying numbers

03/0332

# Study information

## Scientific Title

## Study objectives

Carers randomised to receive the computerised intervention will show greater improvements on primary and secondary outcomes compared to the group receiving EDA support.

## Ethics approval required

Old ethics approval format

## Ethics approval(s)

Not provided at time of registration

## Study design

Pilot randomised controlled trial

## Primary study design

Interventional

## Secondary study design

Randomised controlled trial

## Study setting(s)

Not specified

## Study type(s)

Treatment

## Participant information sheet

Not available in web format, please use the contact details below to request a patient information sheet

## Health condition(s) or problem(s) studied

Anorexia nervosa (AN)

## Interventions

CD ROM group: The computerised intervention for carers of people with anorexia nervosa has been developed in the SLAM Eating Disorders Unit. This CD-ROM contains 9 interactive modules, which teach carers disease- and self-management skills. It includes information on how to communicate with the young person about their AN, how to support them at meal times to facilitate weight gain and re-establish healthy eating, how to manage crises and conflict, how to assess and manage risk, information on the use of the mental health act, how to address the carers' own needs, how to work with NHS and voluntary services and the role of different practitioners in the Eating Disorders team.

EDA support group: Informal support will be accessed from the EDA (EDA-support) via their helplines and carer support groups where available.

**Intervention Type**

Other

**Phase**

Not Applicable

**Primary outcome measure**

Carer-related measures: Hospital Anxiety and Depression scale (Zigmond & Snaith, 1983)

**Secondary outcome measures**

Standard Family Interview for Expressed Emotion (Hodes et al., 1991); Carer Coping (Pearlin et al., 1991), Experience of Care Giving (Szmukler et al., 1996); MEPS-ED (Platt et al., 1975), uptake of CD-ROM; attitudes to self-help (Williams et al., unpublished). These measures will be given prior to the carer intervention and 3 months later.

**Overall study start date**

30/06/2005

**Completion date**

30/06/2006

**Eligibility****Key inclusion criteria**

Carers of patients with AN and eating disorder not otherwise specified (EDNOS) AN recruited via the Eating Disorders Association (EDA)

**Participant type(s)**

Patient

**Age group**

Adult

**Sex**

Both

**Target number of participants**

56

**Key exclusion criteria**

Carers of people with other eating disorders

**Date of first enrolment**

30/06/2005

**Date of final enrolment**

30/06/2006

# Locations

## Countries of recruitment

England

United Kingdom

## Study participating centre

### Section of Eating Disorders

London

United Kingdom

SE5 8AF

# Sponsor information

## Organisation

King's College London (UK)

## Sponsor details

Institute of Psychiatry

De Crespigny Park

London

United Kingdom

SE5 8AF

[g.dale@iop.kcl.ac.uk](mailto:g.dale@iop.kcl.ac.uk)

## Sponsor type

Research organisation

## ROR

<https://ror.org/0220mzb33>

# Funder(s)

## Funder type

Government

## Funder Name

Health Services Research Committee South London and Maudsley NHS Trust (UK)

# Results and Publications

## Publication and dissemination plan

Not provided at time of registration

## Intention to publish date

## Individual participant data (IPD) sharing plan

## IPD sharing plan summary

Not provided at time of registration

## Study outputs

Output type	Details	Date created	Date added	Peer reviewed?	Patient-facing?
<a href="#">Results article</a>	results	01/12/2011		Yes	No