Investigating the thinking styles and emotion processing in people with anorexia nervosa before and after a social cognitive intervention; in people with anorexia nervosa receiving treatment as usual; in people with bulimia nervosa and healthy controls.

Submission date 19/05/2010	<b>Recruitment status</b> No longer recruiting	<ul><li>☐ Prospectively registered</li><li>☐ Protocol</li></ul>
Registration date 19/05/2010	Overall study status Completed	<ul><li>Statistical analysis plan</li><li>[X] Results</li></ul>
<b>Last Edited</b> 10/08/2020	Condition category  Mental and Behavioural Disorders	☐ Individual participant data

## Plain English summary of protocol

Not provided at time of registration

# **Contact information**

Type(s)

Scientific

#### Contact name

Ms Helen Davies

#### Contact details

Institute Of Psychiatry 16 De Crespigny Park London United Kingdom SE5 8AF

## Additional identifiers

Protocol serial number 6108

# Study information

#### Scientific Title

Investigating the thinking styles and emotion processing in people with anorexia nervosa before and after a social cognitive intervention; in people with anorexia nervosa receiving treatment as usual; in people with bulimia nervosa and healthy controls.

## Acronym

Thinking Styles and Emotion Processing in People with Eating Disorders

## **Study objectives**

We wish to explore in five different groups of individuals with eating disorders and without eating disorders, central coherence style (whether the individual processes information in a global manner - looking at the bigger picture, or in a local manner - focusing on small details), set shifting ability (whether the individual has a rigid or flexible thinking style - how easy it is for them to change from doing something one way to doing it another way) and emotional processing (how easy the individual finds it to identify, regulate, interpret and express emotion in themselves as well as identifying and interpreting emotions in others). The first group are anorexia nervosa inpatients at Bethlem Royal Hospital, London, who will be receiving standard inpatient treatment plus a social cognition and an emotional coaching intervention. The second group are anorexia nervosa patients based at Cheadle Royal Hospital, Cheshire, who will receive standard inpatient treatment only. The third cohort will be outpatients and volunteer participants with eating disorders. The fourth group will be people recovered from an eating disorder. The final and fifth group will be healthy controls.

## Ethics approval required

Old ethics approval format

## Ethics approval(s)

MREC approved (ref: 08/H0606)

## Study design

Multicentre non-randomised interventional treatment trial

## Primary study design

Interventional

## Study type(s)

Treatment

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

Topic: Mental Health Research Network; Subtopic: Eating disorders; Disease: Eating disorders

#### **Interventions**

Participants in the eating disorder group at the Bethlem Royal Hospital referred by health professionals engaged in their care to the social cognition and emotional coaching will then embark on 10 sessions of this intervention. Social cognition andemotional coaching comprises of 10 one hour sessions in which the therapist (nurses trained to grade 8 standard, supervised by Dr Kate Tchanturia, Consultant Clinical Psychologist) and the patient cover a range of exercises which involve understanding.

Study entry: registration only

## Intervention Type

Other

### **Phase**

Not Applicable

## Primary outcome(s)

- 1. Body Mass Index (BMI)
- 2. Eating Disorder Questionnaire (EDE-Q)

### Key secondary outcome(s))

- 1. Depression, Anxiety and Stress Scale (DASS)
- 2. Difficulties in Emotion Regulation Scale (DERS)
- 3. Emotion expressivity scale
- 4. National Adult Reading Test (NART)
- 5. Obsessive Compulsive Inventory (OCI-R)
- 6. Participants will take part in a series of paper based and computerised assessments
- 7. Social Anhedonia scale

## Completion date

31/07/2010

# **Eligibility**

#### Key inclusion criteria

Anorexia nervosa group:

- 1. Participants must be clinically diagnosed as having anorexia nervosa as defined by DSM-IV
- 2. Patients with symptoms of anxiety and depression will still be included

#### Recovered from eating disorder group:

- 3. Normal weight (body mass index [BMI] 18.5 24.9 kg/m^2)
- 4. Regular menstruation
- 5. Absence of eating disorder behaviours such as binging, purging and restricting

#### All groups:

6. Aged 18 years or over, either sex

## Participant type(s)

Patient

## Healthy volunteers allowed

No

#### Age group

Adult

## Lower age limit

18 years

#### Sex

**Not Specified** 

### Total final enrolment

81

## Key exclusion criteria

All groups:

- 1. Under the age of 18 years
- 2. Severe suicidal ideation
- 3. History of brain trauma, learning disabilities
- 4. Unable to provide informed consent for themselves
- 5. English is not the first language

## Date of first enrolment

01/07/2008

## Date of final enrolment

31/07/2010

## Locations

## Countries of recruitment

**United Kingdom** 

England

# Study participating centre Institute Of Psychiatry

London United Kingdom SE5 8AF

# Sponsor information

### Organisation

King's College London (KCL) (UK)

#### **ROR**

https://ror.org/0220mzb33

# Funder(s)

## Funder type

Government

## Funder Name

National Institute for Health Research (NIHR) (UK) - Programme Grants for Applied Research

# **Results and Publications**

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?
Results article	qualitative results	01/09/2011	10/08/2020	Yes	No
Results article	results	01/05/2012	10/08/2020	Yes	No