ISRCTN33652725 https://doi.org/10.1186/ISRCTN33652725

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

Submission date
13/05/2005

Recruitment status
No longer recruiting

Registration date
30/06/2005

Overall study status
Completed

Last Edited
03/04/2013

Condition category
Mental and Behavioural Disorders

[X] Prospectively registered
[ ] Protocol
[ ] Statistical analysis plan
[X] Results
[ ] 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

Protocol serial number
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

Primary study design
Interventional

Study design
Pilot randomised controlled trial

Study type(s)
Treatment

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

Key secondary outcome(s)
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of CD-ROM; attitudes to self-help (Williams et al., unpublished).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.

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

Healthy volunteers allowed
No

Age group
Adult

Sex
All

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
United Kingdom

England

Study participating centre
Section of Eating Disorders
London
United Kingdom
SE5 8AF

Sponsor information

Organisation
King's College London (UK)

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

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	results	01/12/2011		Yes	No