

# A multicentre pilot study testing Expert Carers Helping Others: a self-help skills training intervention for carers of someone with anorexia nervosa

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|----------------------------------------|---------------------------------------------------------------|---------------------------------------------------------------------------------------------------|
| <b>Submission date</b><br>29/09/2011   | <b>Recruitment status</b><br>No longer recruiting             | <input type="checkbox"/> Prospectively registered<br><input checked="" type="checkbox"/> Protocol |
| <b>Registration date</b><br>29/09/2011 | <b>Overall study status</b><br>Completed                      | <input type="checkbox"/> Statistical analysis plan<br><input checked="" type="checkbox"/> Results |
| <b>Last Edited</b><br>05/10/2018       | <b>Condition category</b><br>Mental and Behavioural Disorders | <input type="checkbox"/> Individual participant data                                              |

## Plain English summary of protocol

Not provided at time of registration

## Contact information

### Type(s)

Scientific

### Contact name

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## Additional identifiers

### Protocol serial number

9417

# Study information

## Scientific Title

Does a proven intervention to improve functioning of carers also benefit the anorexia nervosa sufferer for whom they care? A pilot study of our Expert Carer Helping Others (ECHO) intervention

## Acronym

ECHO

## Study objectives

We aim to find out if ECHO results in more rapid and stable reduction in AN symptoms of patients aged 13-21 compared to treatment as usual (TAU) alone by providing carers with information and effective skills. In a third arm we will find if the addition of coaching (ECHOc) from 'expert carers' i.e. individuals with their own experience of living with an ED, makes a difference.

Secondary research questions are:

1. What are the relative costs between arms?
2. What are the effects on carers wellbeing between arms?
3. Do reductions in maintaining variables mediate outcome for patients?
4. Do obsessivecompulsive disorder (OCD) traits in individual and parents (autistic, OCD) have a moderate effect on ECHO on carer and patient outcome?
5. Does parental attitudes and behaviour to food and weight/shape moderate carer and patient outcome?
6. Can ECHOc be delivered to a high level of competence?
7. Are there therapist effects?

## Ethics approval required

Old ethics approval format

## Ethics approval(s)

First MREC, 21/03/2011, ref: 11/H0724/4

## Primary study design

Interventional

## Study design

Randomised; Interventional; Design type: Treatment

## Study type(s)

Treatment

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

Anorexia Nervosa and Eating Disorder Not Otherwise Specified (Anorexic subtype)

## Interventions

Expert Carers Helping Others: a self-help, skills training intervention for carers of someone with an eating disorder. Intervention materials (book, DVDs, accompanying manual) are posted to carers. Those who are in the guided self-help arm receive 10 telephone coaching sessions

delivered by a trained 'Expert Coach'. This coach has previous experience of eating disorders, either having recovered themselves or having cared for someone affected. Only carers receive the intervention and it can be shared between carers (e.g. mother and father). The intervention is additional to what the family would be offered as part of their clinical treatment. Treatment as usual refers to the standard treatment offered as part of the clinical package and should not change as a result of the project.

**Intervention Type**

Other

**Phase**

Not Applicable

**Primary outcome(s)**

Summary score of core eating disorder symptoms of patients collected using the Short Evaluation of Eating Disorders Symptom (SEED)

**Key secondary outcome(s)**

1. Carers' wellbeing (General Health Questionnaire) and distress (Depression, Anxiety and Stress Scale) (baseline, 6 months, 12 months follow-up)
2. Expressed emotion (Family Questionnaire - carer response; Brief Dyadic Scale of Expressed Emotion - patient response; baseline, 6 months)
3. Accommodating and enabling behaviours (Accommodating and Enabling for Eating Disorders; carer response baseline, 6 months)
4. Caregiving self efficacy (carer and patient response; baseline and 6 months)
5. Patient diagnostic category (Development and Well-Being Assessment; baseline, 12 months)
6. Patient distress (Depression, Anxiety and Stress Scale; baseline, 6 months, 12 months)
7. Health economic assessment for carers and patient (Client Service Receipt Inventory; baseline, 6 months, 12 months)

**Completion date**

10/12/2012

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

1. Person with anorexia nervosa (AN) or eating disorder not otherwise specified - anorexia nervosa (EDNOS-AN) type referred to outpatient clinic for their eating disorder
2. Patient aged 13-21 years old
3. Carers living with someone diagnosed with AN or EDNOS-AN currently and for the next year at minimum outside of term time
4. Person with AN and carers (at least one) consent
5. New referral to outpatient eating disorder service

**Participant type(s)**

Patient

**Healthy volunteers allowed**

No

**Age group**

Child

**Lower age limit**

13 Years

**Upper age limit**

21 Years

**Sex**

All

**Key exclusion criteria**

1. Either patient or carer has insufficient knowledge of English
2. AN comorbid with severe psychiatric or physical comorbidity e.g. learning disability, psychotic illness (including bipolar disorder), alcohol/drug abuse, metabolic or gastrointestinal problems (diabetes mellitus, celiac disease) (not including mood disorder, OCD, BDD, ASD)
3. Family in a concurrent treatment trial

**Date of first enrolment**

10/06/2011

**Date of final enrolment**

10/12/2012

**Locations****Countries of recruitment**

United Kingdom

England

**Study participating centre**

King's College London

London

United Kingdom

SE1 9RT

**Sponsor information****Organisation**

South London and Maudsley NHS Trust (UK)

**ROR**

<https://ror.org/015803449>

# Funder(s)

## Funder type

Government

## Funder Name

NIHR (UK) ref: PB-PG-0609-19025

# 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? |
|----------------------------------|----------|--------------|------------|----------------|-----------------|
| <a href="#">Results article</a>  | results  | 20/12/2014   |            | Yes            | No              |
| <a href="#">Results article</a>  | results  | 01/07/2016   |            | Yes            | No              |
| <a href="#">Results article</a>  | results  | 01/11/2017   |            | Yes            | No              |
| <a href="#">Protocol article</a> | protocol | 01/07/2014   |            | Yes            | No              |