

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	Recruitment status No longer recruiting	☐ Prospectively registered
Registration date 19/05/2010	Overall study status Completed	☐ Protocol
Last Edited 10/08/2020	Condition category Mental and Behavioural Disorders	☐ Statistical analysis plan
		☒ 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
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)

Primary study design

Interventional

Study design

Multicentre non-randomised interventional treatment trial

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 and emotional 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/m²)
4. Regular menstruation
5. Absence of eating disorder behaviours such as bingeing, 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