

# Maudsley Parents Newsletter



maudsleyparents.org  
a site for parents of eating disordered children

JULY 2009

**What's new at Maudsley Parents? New "Ask an Expert" questions, along with information on upcoming events. As always, we'd love to hear from you. Write us at [contact@maudsleyparents.org](mailto:contact@maudsleyparents.org).**

**Save the Date: October 5th, 2009**  
**National Capitol Area Half-day Conference on Family-based Treatment**  
*Details Coming Soon!*

## New "Ask an Expert" Questions

Renee Hoste, PhD, Angela Celio Doyle, PhD, and Joy Jacobs, PhD, JD respond to parent questions. New topics include:

- Can non-traditional families use the Maudsley approach?
- Is it okay to use protein supplements?
- My daughter doesn't like the therapist; What should I do?
- How do we start therapy when our daughter won't talk to us?
- How can we encourage family meals?
- My daughter is so distressed; How can I help?

Check out their expert advice [here](#).

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**Website of the Month:** The UCSD Eating Disorder Program site is a terrific resource for information on the biology of eating disorders, from Eating Disorders 101 to brain imaging and genetics research. Newly updated with print and video information, it's an authoritative resource from leading researchers in the field. Check it out: [eatingdisorders.ucsd.edu](http://eatingdisorders.ucsd.edu)

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## Research Study: Online Course for Parents

Stanford University is recruiting participants for a new study. **Parents Act Now** is a free 6-week online course for parents of girls 11-16 who are showing early symptoms of anorexia nervosa. Includes video clips, advice from expert psychiatrists, an online discussion group, quizzes with automatic feedback, and journaling opportunities, as well as educational information.

Parents of Adolescent Daughters Between the Ages of 11 and 16 Years Old

- Is your daughter losing weight when she should be gaining or maintaining her weight?
- Has she stopped gaining weight when she should be growing?
- Does she exercise too much or get upset when workouts are missed?
- Has she stopped eating, skipped a lot of meals or have you noticed her eating behaviors changing?
- Have her periods stopped because of weight loss?
- Is she obsessing about losing weight even though her weight is fine?
- Is she overly preoccupied with weight and the shape of her body?
- Are you worried that she may be in the early stages of an eating disorder?

If so, you may be eligible to participate in a research study designed to help parents prevent anorexia nervosa – and help your daughter get back on the right track to regaining healthy behaviors. For information about participating in this study contact: [hwopsyd@stanford.edu](mailto:hwopsyd@stanford.edu)

## Your Perspective

The Maudsley Parents website has changed a lot over the past year. Why? *Because of you.* We've added new content and features in response to parent questions and concerns. An Australian father's request for information on family-based treatment for bulimia prompted us to create a [new page](#). When a mother wrote from Mexico asking if we could add [Spanish language information](#), we dug up what we could find and had a couple key articles translated. We know from experience how difficult and frightening it is to have a child with an eating disorder, and how important it is to find good information and encouragement. [Our anorexia video](#) is meant as a quick intro to family-based treatment for parents of newly diagnosed kids. And we've found some experienced therapists to [answer your questions](#).

We've stretched a bit beyond parent-to-parent family-based treatment advice, too. To answer questions from therapists we pulled together a short focused list of [resources for clinicians](#). We've also worked on a series of [videos on eating disorders research](#), now posted on many ED websites.

We'll continue to build on the site and have a couple projects in the works. What would you find helpful? Please write and let us know--we value your perspective.

## Eating Disorders Coalition News

The Eating Disorders Coalition will host its second Lobby Day of 2009 in Washington, DC to build further momentum around the Federal Response to Eliminate Eating Disorders Act. The FREED Act will promote eating disorders research, treatment, education, and prevention programs. View the full text of the bill [here](#). Find Lobby Day details and registration information on the [EDC website](#).

# RESEARCH RECRUITMENT

## Multi-site Outpatient Treatment Study for Adolescents with Anorexia Nervosa

Successful early treatment of Anorexia Nervosa (AN) is likely to reduce the prevalence of chronic AN with its high rates of morbidity and mortality and high associated health care costs. There is evidence from previous research trials that family therapy is likely to be beneficial in treating adolescent AN, but it is unclear which type of family therapy is most effective. The National Institute of Mental Health is sponsoring the largest international outpatient treatment study undertaken to date. This study compares two types of family therapy: Behavioral Family Therapy (BFT), which focuses on the symptoms of AN, with particular emphasis on re-feeding; and Systems Family Therapy (SFT), which focuses on family functioning and relationships in response to AN.

**We are looking for families with adolescents between 12-18 years, who are underweight and appear to be excessively preoccupied with her/his weight and/or shape.**

Families who qualify and choose to participate will be randomly assigned to one of the two therapies: Behavioral Family Therapy or Systems Family Therapy. Family therapy will consist of 16 one-hour sessions spread out over a 9 month period. In addition, psychiatric monitoring will be provided at regular intervals over the nine months. Follow-up assessments will be administered at the end of family therapy, six months, and twelve months after the completion of family therapy. For each follow-up assessment the family attends, the family will be paid \$25.

There is no charge for the family therapy sessions, psychiatric visits, or study-required labs and ECGs.

If you live within commuting distance of one of these sites and are interested in learning more about the study, you may contact:

### **Baltimore, MD:**

Contact: Courtney DiLallo  
Center for Eating Disorders  
Sheppard Pratt Health System  
(410) 427-3851  
[CDiLallo@sheppardpratt.org](mailto:CDiLallo@sheppardpratt.org)

### **New York, NY:**

Contact: Samantha Berthod  
Eating Disorders Research Program  
Weill Medical College of Cornell University  
(914) 997-4395  
[sab2024@med.cornell.edu](mailto:sab2024@med.cornell.edu)

### **Saint Louis, MO:**

Contact: Emily White  
Weight Management & Eating Disorders  
Program  
Washington University School of Medicine  
(314) 286-0076  
[whitee@psychiatry.wustl.edu](mailto:whitee@psychiatry.wustl.edu)

### **San Diego, CA:**

Contact: Megan Klabunde  
UCSD San Diego Eating Disorder Treatment  
and Research Program  
(858) 534-8019  
[edresearch@ucsd.edu](mailto:edresearch@ucsd.edu)

### **Toronto, ON, Canada:**

Contact: Reva Schachter  
Toronto General Hospital  
(416) 340-4800 ext. 3894  
[revajs@mac.com](mailto:revajs@mac.com)

**Interested in finding other studies and learning more about participating in research? Visit [Clinicaltrials.gov](https://clinicaltrials.gov) and check out the National Institute of Mental Health's new [Participants Guide to Mental Health Clinical Research](#)**