Research Studies on Eating Disorders:

**Chicago, IL Adolescent Bulimia Nervosa Study**
The University of Chicago seeks adolescents with bulimia nervosa and their families for participation in a 6-month outpatient treatment research study. (Principal Investigator: Daniel le Grange, PhD) The purpose of this research study is to identify effective outpatient psychological treatments for adolescents with bulimia nervosa. To be eligible the adolescent must be between 12 and 18, be living with at least one parent, and have a diagnosis of bulimia nervosa or partial bulimia nervosa. All participating families will engage in 6 months of outpatient therapy for bulimia nervosa at the University of Chicago Hospitals. These treatments have the potential to bring about improvement in eating disorder symptoms. For more information, please call the bulimia nervosa treatment study at (773) 834-5677, email bulimia@yoda.bsd.uchicago.edu, or visit the Treatment of Bulimic Adolescents Study webpage.

**New York, NY Child and Adolescent Anorexia Nervosa Study**
The Mount Sinai Eating and Weight Disorders Program is offering study treatment as part of a federally funded study (Principal Investigator: Katharine Loeb, PhD) for children and adolescents with symptoms of anorexia nervosa. If your child is 10-17 years old, is medically stable, and is developing signs and symptoms of an eating disorder, s/he may be eligible to participate. The study is approved by the Mount Sinai School of Medicine Institutional Board (Protocol 04-0978, approved through 8/31/09). For more information, please contact Lauren Alfano at 212-659-8724.

**Palo Alto, CA Adolescent Anorexia Nervosa Study**
Stanford University is taking part in the largest international outpatient research treatment study for anorexia nervosa undertaken to date. This study compares 2 types of family therapy. Who can participate? Adolescents (female and male) ages 12 to 18, who are underweight and appear to be excessively preoccupied with their weight and/or shape. These adolescents must also be:

- Living with at least one parent
- Medically stable for outpatient treatment
- Able to speak and read English
Families who qualify and choose to participate will be randomly assigned to one of the two therapies. Both therapies consist of 16 one-hour sessions spread out over a 9-month period.

Behavioral Family Therapy (BFT) focuses on the symptoms of AN, with particular emphasis on re-feeding.

Systems Family Therapy (SFT) focuses on family functioning and relationships in response to AN.

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 are interested in participating, or would like further information, contact Alaina Critchlow at (650) 721-6740; alainac@stanford.edu

Palo Alto, CA Adolescent Bulimia Nervosa Study

Stanford University is conducting a 5 year NIH sponsored study examining the effectiveness of 3 outpatient therapies for bulimia nervosa (BN). Who can participate?

- Adolescents (female and male) age 12 to 18
- Current Diagnosis of bulimia nervosa
- Living with at least one parent
- Medically Stable for outpatient treatment
- Able to speak and read English
- Willing to be randomized to either treatment condition
- Able to make a 1.5 year commitment

The patient has an equal chance of being randomized (a process like flipping a coin to CBT-A, FBT-BN, or SPT. All therapies are 18 sessions over 6 months.

Cognitive Behavioral Therapy for Adolescents (CBT-A) is a common treatment for BN aimed at helping with thought processes associated
with the disorder. In the treatment you will meet one on one with a therapist.

**Family Based Therapy for Bulimia Nervosa (FBT-BN)** is a family-based approach which aims to promote parental control of eating while supporting adolescent development in the family context. Although the majority of time is spent meeting with the family as a whole, a portion of each session is spent individually with the adolescent to ascertain their perspective on progress and to identify issues relevant to the overall family treatment.

**Supportive Therapy for Bulimia Nervosa (SPT)** aims to help patients identify underlying issues of the BN and find solutions to these problems. The purpose of the present research study is to attempt to identify an outpatient psychological treatment that is effective for adolescents with bulimia.

If you are interested in participating, or would like further information, contact Brittany Alvy at (650) 723-9182; balvy@stanford.edu.

**Baltimore, MD Bulimia Research Study**
The Johns Hopkins Eating Disorders Program is seeking women 18-40 years old with bulimia nervosa interested in a research study funded by the Klarman Family Foundation. The study includes a health assessment, blood testing, and pictures of the brain taken using a medical scanner. Eligible women will be paid up to $400 for their participation and will be offered 6 weeks of outpatient treatment. Please call (410) 955-3863 for more information.

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**Clinics and Hospitals Team up to Study Eating Disorders: Six North American sites are teaming up to evaluate outpatient treatments for adolescents with anorexia nervosa.**
To date, this is the largest National Institute of Mental Health-funded anorexia nervosa treatment study. The study will allow for a thorough evaluation of two types of family therapy and will also test whether FDA approved antidepressant medication can enhance and prolong the result. The goal of the study is to improve recovery rates.
"Males and females ages 12 through 18 are the target population, because it is essential to identify and treat the illness in its early
stage," says Craig Johnson, Ph.D., director and founder of Laureate Eating Disorders Program. He says that a parent may suspect anorexia nervosa if they have an underweight child that worries about their weight and appears to avoid food obsessively. Dr. Johnson and Ovidio Bermudez, M.D., internationally known eating disorder experts, are the principal investigators at Laureate for this study of two forms of outpatient family therapy. The treatments prescribed in the study, have been tested and shown to be helpful with patients in previous studies at Stanford University School of Medicine and The University of Chicago Hospitals.

After undergoing a screening process, families who qualify will be randomly assigned to one of four treatment combinations. The study is comprised of 16 one-hour family therapy sessions delivered over a nine-month time period and a medication (either fluoxetine or placebo) delivered over 15 months under close medical supervision. The family therapy sessions, medications and medication monitoring are all paid for by the NIMH grant.

This international eating disorders study is being coordinated by Stanford University, and includes six recruitment sites: University of California San Diego, Washington University School of Medicine in Saint Louis, Cornell Medical College, Toronto General Hospital, Sheppard Pratt Health System in Baltimore and Laureate Psychiatric Clinic and Hospital.

Individuals who suspect they might have anorexia nervosa, family members who believe their child may have the illness and physicians of potential patients are urged to call Nancy Morales, RN at 918-491-3722 to learn more about the study and/or apply for participation.

**San Diego, CA:** UCSD Researchers Seek Males and Females with Anorexia Nervosa: The UCSD researchers are currently seeking adolescents and adults currently suffering from Anorexia Nervosa to participate in one of their three current studies. To qualify for any of the studies one must be at least 15% below ideal body weight and be fearful of weight gain, despite being underweight. Both adults and adolescents between the ages of 14-45 are needed to participate in a taste study and would be compensated for up to $70 for completing
the assessments, taste tests and interview. Adults 18 years of age and older are needed to participate in a randomized control trial of the medication Quetiapine, in which they will receive either the study medication or a placebo. Subjects will be compensated up to $360 for completing study related assessments and the medication treatment. In addition, they are offering several months of family therapy treatment for families with adolescents between the ages of 12 and 18 at no cost. The adolescents in this study will also be randomly assigned to receive either the medication Fluoxetine or a placebo. For more information, contact UCSD Eating Disorder Treatment and Research Program at 858-366-2525 or email edresearch@ucsd.edu.

**San Diego, CA:** UCSD Researchers Seek Women Recovered From an Eating Disorder: Help UCSD researchers understand what causes eating disorders. They are seeking female participants between 18 and 45 years of age who are recovered from Anorexia or Bulimia Nervosa. By participating in the study, subjects will be assisting physicians and researchers in developing new treatments for these complex and serious disorders. Subjects will be compensated for your participation in this study. For more information contact the UCSD Eating Disorder Research and Treatment Program at 858-366-2525 or email edresearch@ucsd.edu.

**Massachusetts** Research Study - Massachusetts General Hospital Study of Therapy for Bone Loss in Anorexia Nervosa: The Neuroendocrine Unit of Massachusetts General Hospital is conducting research studies on anorexia-induced bone loss. Their screening study is for men and women age 12-50 with anorexia nervosa. They are investigating causes of osteopenia (or bone loss) in the spine, hip, wrist and total body. The study involves one visit of approximately 3 hours. Their treatment study is for women aged 18-45 with anorexia nervosa and absent or irregular menstrual periods. They are investigating the combined use of a natural hormone and a medication that is effective for bone loss in postmenopausal women as a novel treatment for the bone loss seen in women with anorexia nervosa. They hope that the combination of these two investigational medications will help rebuild depleted bone and prevent further bone breakdown in women with anorexia nervosa. The study consists of 6 visits over 12 months. A stipend of up to $675 is awarded throughout the course of the study. If interested, call Erinne Meenaghan, N.P. at
Massachusetts: Bulimia Nervosa Study: Free confidential treatment is available to those who are eligible. Do you or someone you know binge eat? Do you or someone you know compensate by vomiting or other extremes? Do you or someone you know have severe moodiness or relationship problems? Researchers are now enrolling participants (ages 18-65) in a free treatment study investigating two active treatments, including education and counseling, for bulimia nervosa. If interested call 617-353-9610 or visit here.

New York, NY: NIMH-funded, IRB-Approved Study of Adolescents with Bulimia Nervosa (ages 12 - 21 years). This study takes place at NYSPI/Columbia University and compensation is provided for participation ($100). For more information, contact Laura Berner at 212-543-5316. P.I.: Rachel Marsh, Ph.D., Assistant Professor of Clinical Psychology, Columbia University/ New York State Psychiatric Institute, phone 212-543-5384, email marshr@childpsych.columbia.edu.

New York, NY: The National Institute of Mental Health is sponsoring a multi-center international study to compare two types of family therapy as well as fluoxetine or placebo (an inactive medication) in the treatment of adolescents with anorexia nervosa. They are looking for families with an adolescent with anorexia nervosa between the ages of 12-18 years. Participation involves completing assessment interviews, questionnaires, and engaging in 16 family therapy sessions over the course of nine months with medication continuing for another six months. The study is being held at the Eating Disorders Research Program, The Westchester Division of New York-Presbyterian Hospital, Weill Medical College of Cornell University. Contact the Research Coordinator, Samantha Berthod, MA at 914-997-4395.

Pittsburgh PA: Seeking Women Recovered from Anorexia or Bulimia Nervosa. Dr. Walter Kaye and his research team at the Eating Disorders Research Program at the University Pittsburgh Medical Center are looking for women who have recovered from anorexia or bulimia nervosa for a research study on brain chemistry in eating disorders. Study participants must be between 18 and 45 years old, medication free (birth control pills acceptable) and not pregnant or nursing. The study involves phone interviews, questionnaires, PET and
MRI scans, lab work, physical exam, two visits to Pittsburgh and 8 weeks of fluoxetine (generic form of Prozac). (Note: All expenses incurred during the study, e.g. travel expenses, lab work, physical exam and etc. are paid for by the study.) In addition, eligible participants will be compensated up to $1300 upon completion of the study. For more information, email EDResearch@upmc.edu or Dr. Kathy Plotnicov at plotnicovkh@upmc.edu or Dr. Sharon Barnes at barnessd@upmc.edu. Interested parties can also call toll-free at 1-866-265-9289 or submit a contact form online here.