

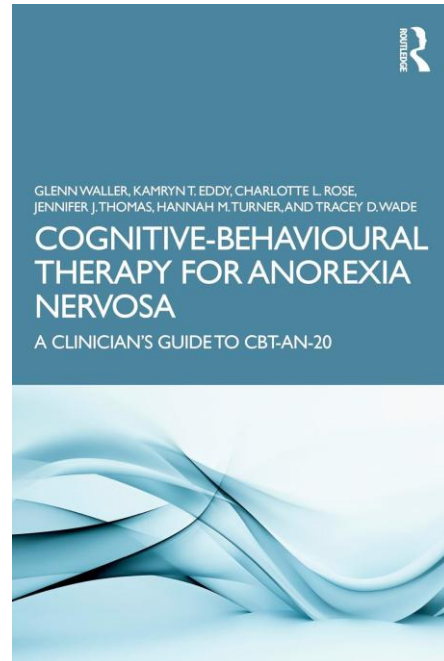
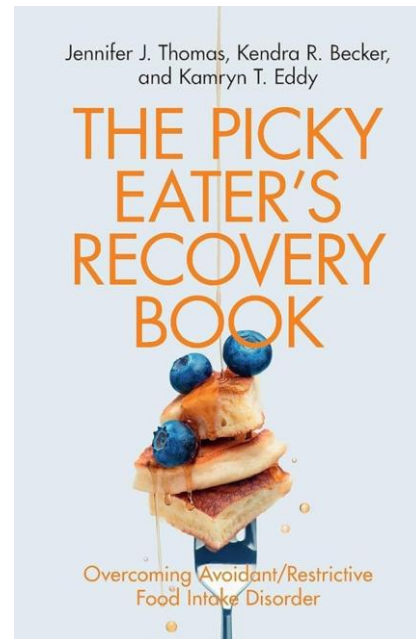
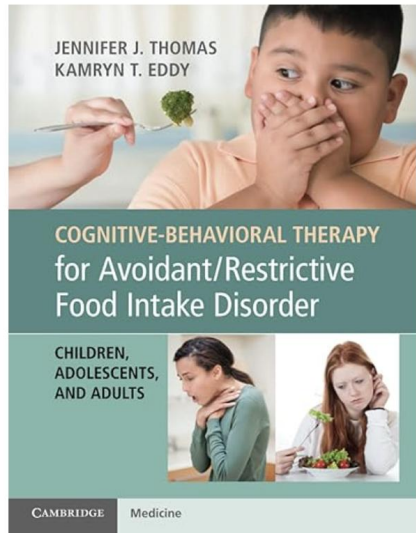
Evidence-based approaches to the treatment of eating disorders

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Disclosures

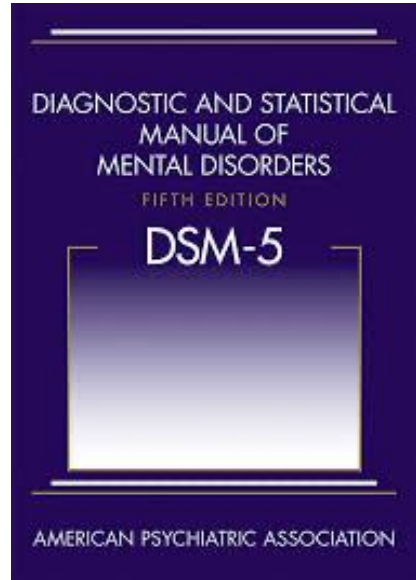


“My spouse/partner and I have the following relevant financial relationship with a commercial interest to disclose:

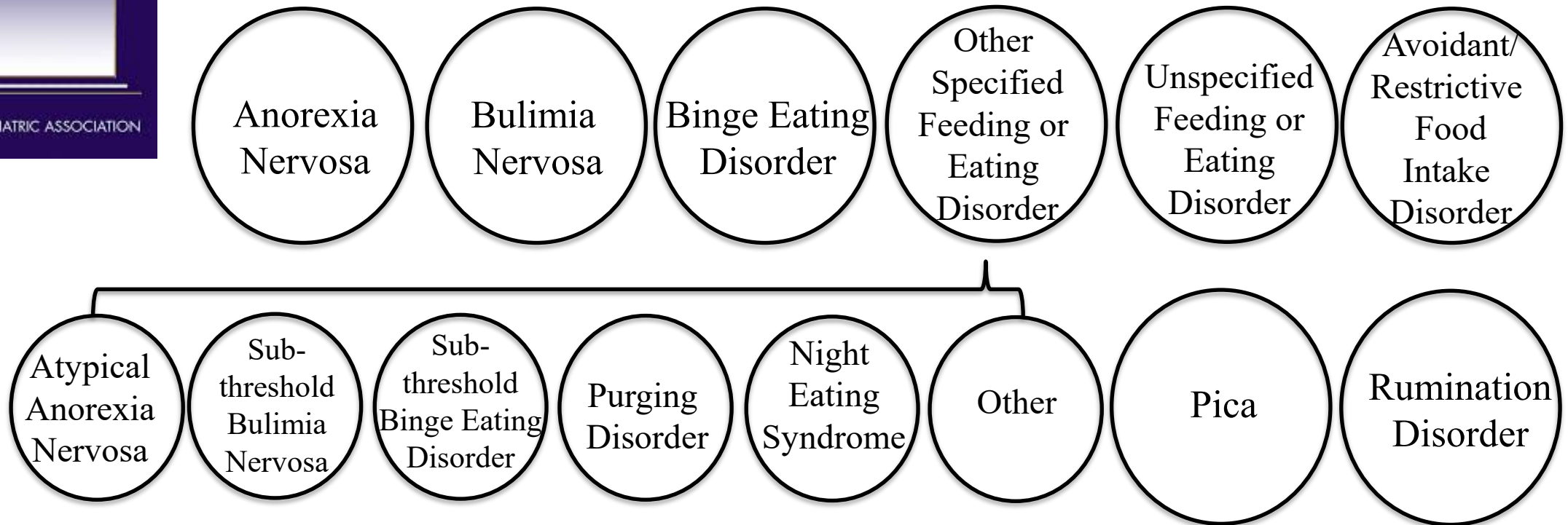
Cambridge University Press / Book royalties

Equip Health / Consulting fees

Tonix Pharmaceuticals / Co-investigator on research grant

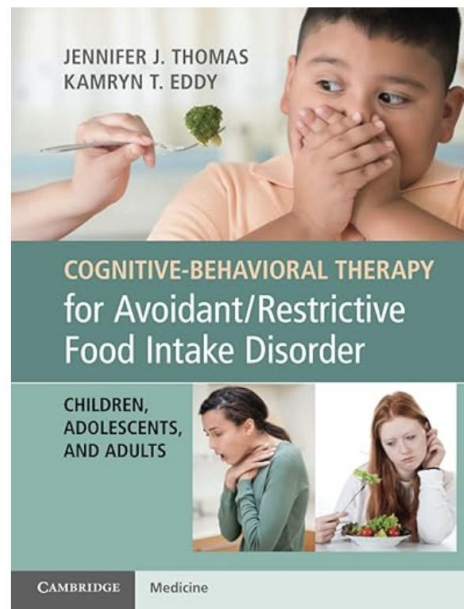
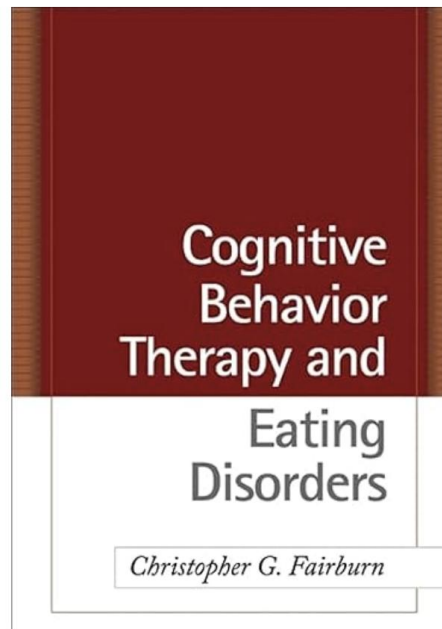
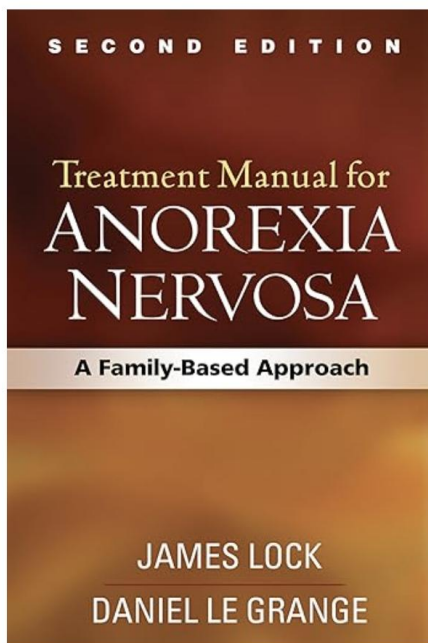


Eating and Feeding Disorders

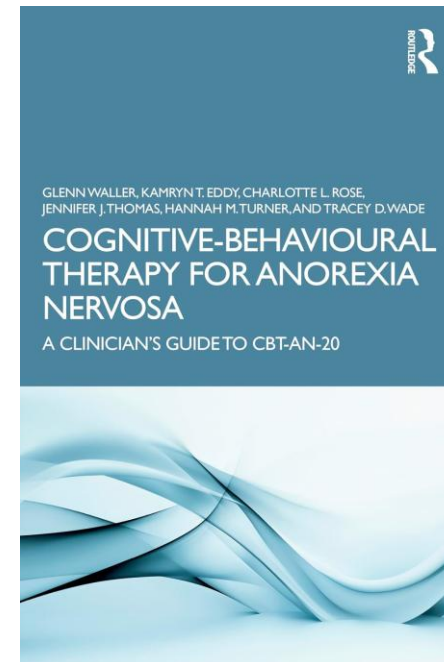
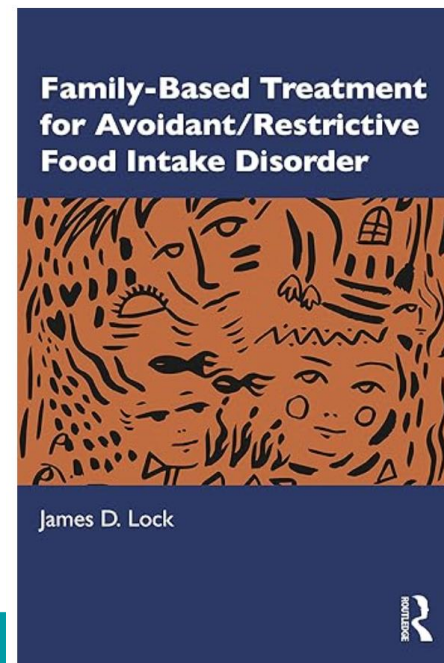
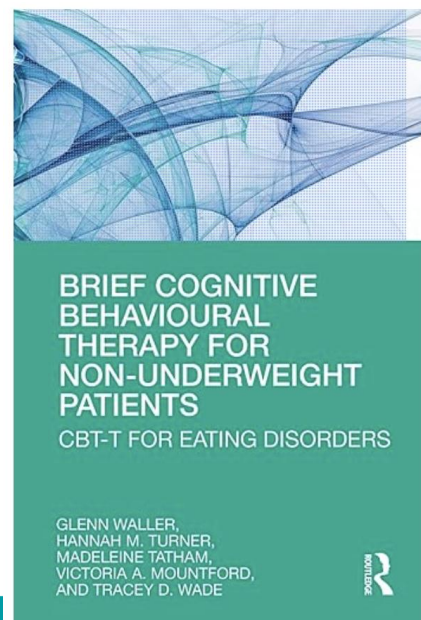
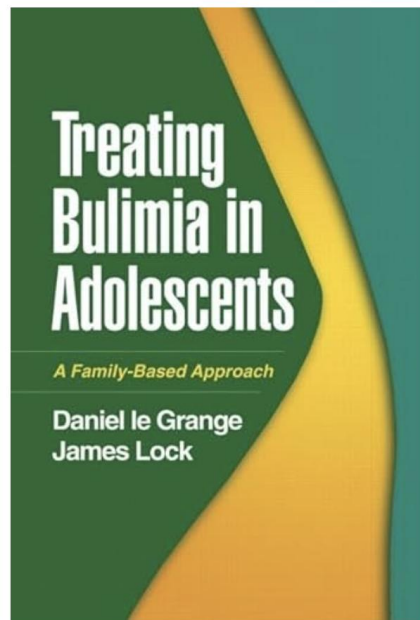


Target Symptoms





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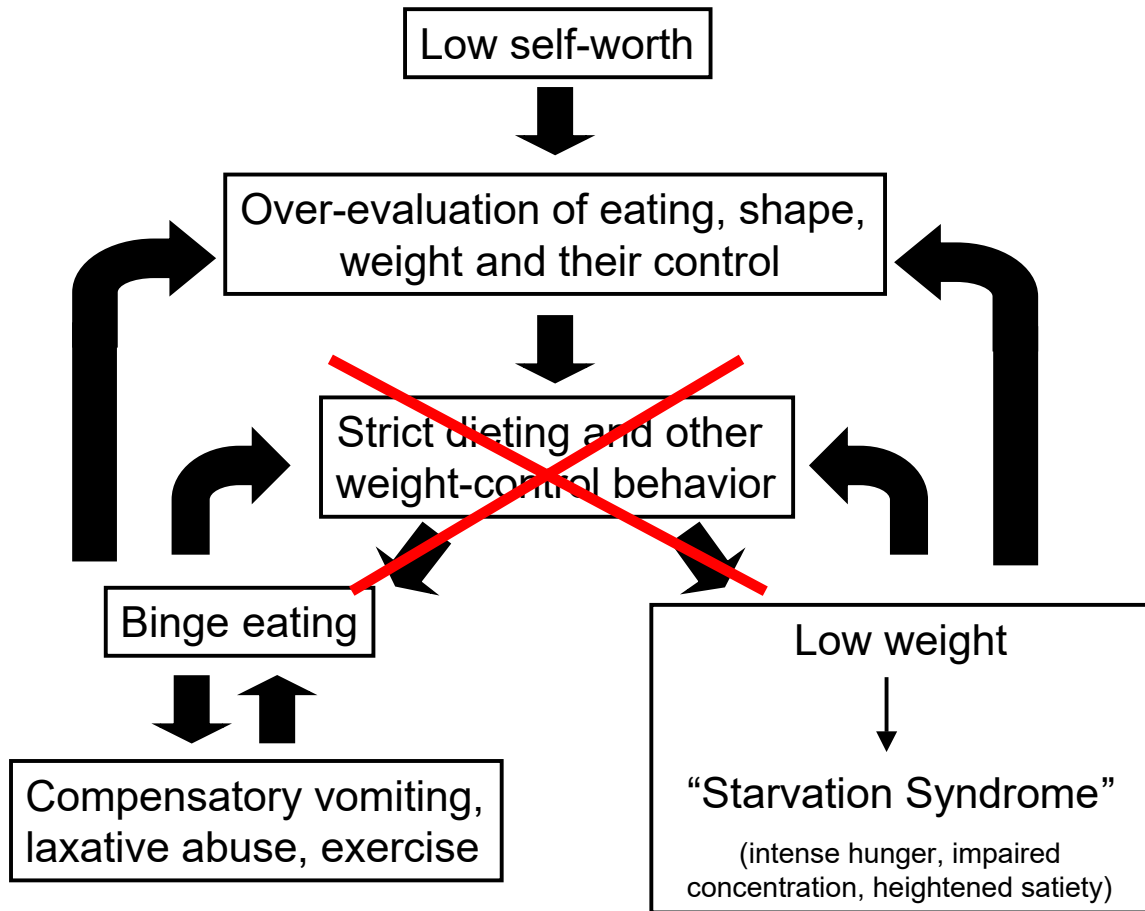
How do Evidence-Based Treatments Work for Eating Disorders?

Evidence-Based Treatments Focus on Symptom Interruption First

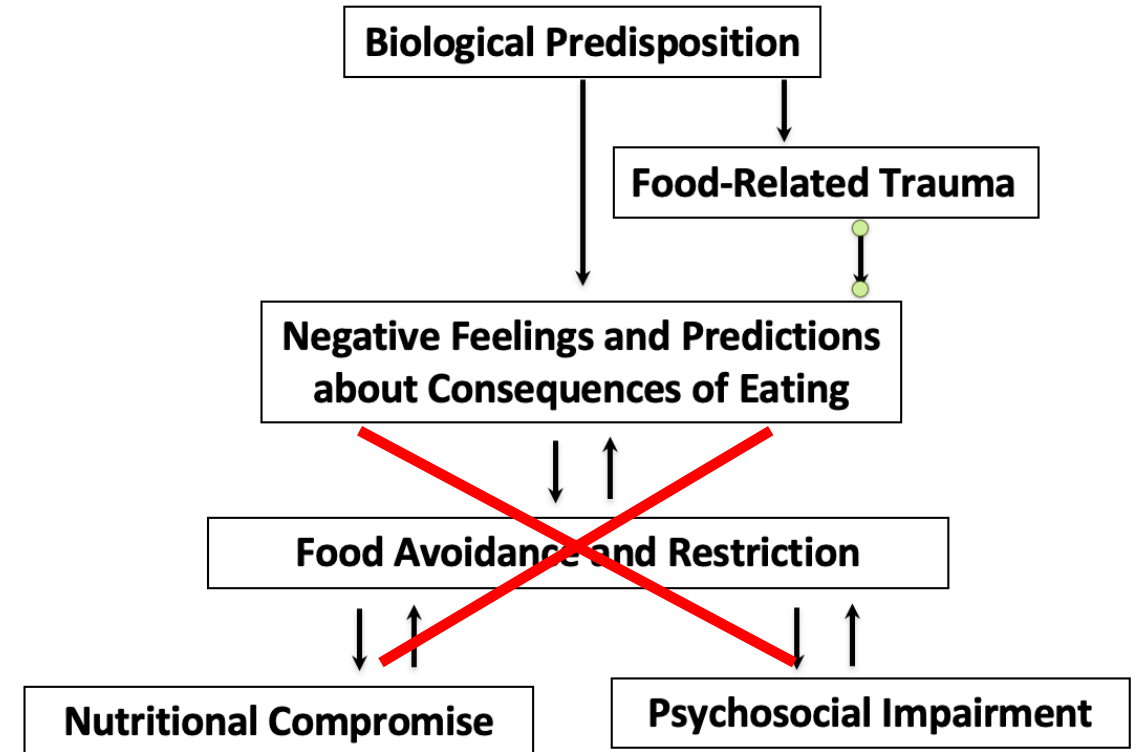
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Symptom-based Models



Weight/shape-based eating disorders



Avoidant/restrictive food intake disorder

How Well do Evidence-Based Treatments for Eating Disorders Work?

- We have a number of treatments that work well for many patients
- For example, both CBT and FBT for eating disorders will lead to recovery in roughly half of patients, and to improvement in even more
- But...

Even the best treatments don't work for everyone

MGH Eating Disorders Clinical and Research Program

- Mission: To deliver high-quality, evidence-based, time-limited patient care; conduct innovative research with clinical implications; offer training and dissemination of evidence-based treatments and research for students, early-career professionals; and public education about eating disorders
- Services offered: Cognitive-Behavioral Therapy (CBT), Family-Based Treatment (FBT), Dialectical Behavior Therapy (DBT), psychopharmacology; partnership with medicine for evaluation and management
- Our EDCRP team works with other members of the MGB Multidisciplinary Eating Disorders Collaborative to develop novel treatments for eating disorders

MGB Eating Disorders Collaborative Team

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