

Assessing the Impact of an Educational and Skills-Based Group for Parents of Adolescents with Eating Disorders

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Disclosure of Conflict of Interest

- ❖ The speakers (Joanna Anderson, Sara Robb, & Marrison Stranks) have no conflict of interest to disclose

Presentation Outline

1) Introduction & About Sheena's Place

2) Project Rationale

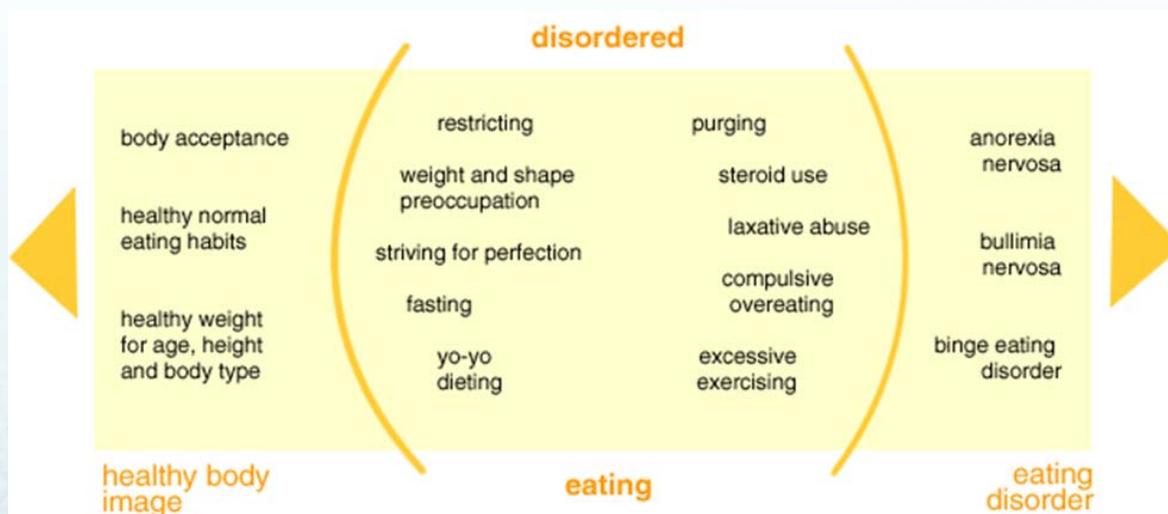
3) Group Planning & Development

4) Study Design, Hypothesis, & Goals



Sheena's Place

- ❖ Community, non-profit organization in downtown Toronto providing services to people over 17 affected by eating disorders (ED) & disordered eating (DE), including family members
- ❖ Free, professionally facilitated groups provide hope, social support, & learning to improve coping skills and awareness



Project Rationale

- 1) What is FBT?
- 2) Limitations to FBT
- 3) Response to Limitations
- 4) Community Setting
- 5) Group Format

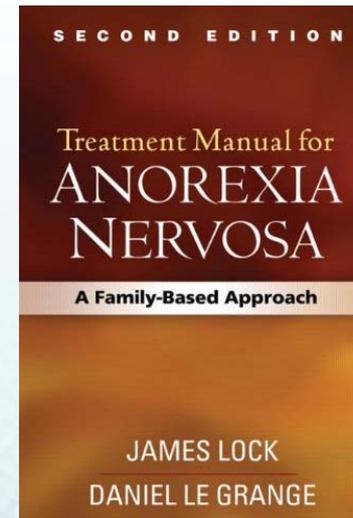
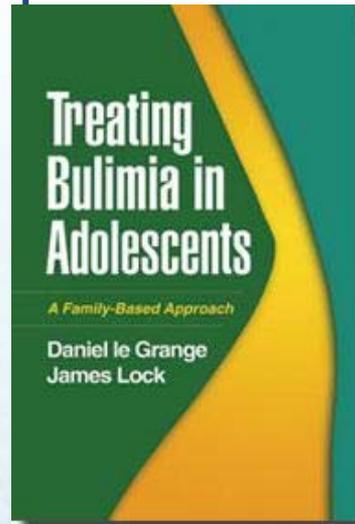
Project Rationale: What is FBT?

- ❖ Family-Based Treatment (FBT) is the first-line intensive outpatient treatment of ED in adolescents
- ❖ Parents are empowered to play an active role in their child's recovery



Project Rationale: What is FBT?

- ❖ Parents take control of re-nourishing their child until symptoms abate, at which time control over eating is transferred back to the affected child
- ❖ FBT is the leading empirically supported treatment for adolescents with AN
- ❖ Growing evidence supports its use in the treatment of BN



Project Rationale: Limitations to FBT

❖ It is not appropriate for all families:

- 1) It is labour intensive, demanding of time & persons, & therefore costly
- 2) Difficulties of treatment fidelity & full implementation of FBT for families
- 3) It can be confronting for families
- 4) Difficulties of accessing FBT treatment centres, hospitals, & FBT clinicians (Hay, 2012; Lock, 2011; Lock et al, 2009)

Project Rationale: Limitations to FBT

- ❖ Minimal research investigates alternative methods of FBT dissemination, including less confrontational, more supportive formats, as well as the impact of FBT preparation and education
- ❖ Further research efforts investigating modifications or variations of FBT that improve its accessibility and broaden its applicability are required (Hay, 2012)



Project Rationale: Response to Limitations

- ❖ To address some of these limitations, Sheena's Place partnered with Toronto General Hospital & the Hospital for Sick Children
- ❖ The interprofessional research team, consisting of social workers, a physician, a clinical researcher, & a FBT certified therapist, developed a study to evaluate the impact of an educational and skills-based FBT group for parents of adolescents with ED



Project Rationale: Community Setting

- ❖ Pilot studies suggest that family interventions can be disseminated in diverse settings (Lock, 2011)
- ❖ Sheenas Place's free services are available immediately, providing accessible information & support in a community based, outpatient approach



Project Rationale: Community Setting

❖ Community support for ED:

- 1) Can serve as a “step-down” from more formal treatment, as well as supplement current treatment
- 2) Can help fill gaps in services and provide creative solutions to waitlists and other challenges of secondary and tertiary healthcare
- 3) Uses exclusion criteria that differs from hospital treatment programs to try and provide support to a broader range of people

Project Rationale: Group Format

- ❖ Group format helps alleviate caregiver isolation & increase social support
- ❖ Skill-based group approaches are designed to enhance self-efficacy via instructions & modelling by both the group leader & other group members

(Zucker et al, 2005)



Group Development

- ❖ An educational & skills-based group for parents of adolescents with either AN or BN
- ❖ 8-week group of up to 12 parents teaches skills associated with FBT model of treatment
- ❖ Facilitated by clinicians from TGH & Sickkids



Group Development

Goals of group include:

1. Help parents better understand EDs & FBT
2. help parents feel more equipped to fully adhere to treatment protocols
3. help parents to externalize the ED from their child
4. help parents prepare for challenges and develop coping strategies



Group Development

Topics include:

1. Introduction to FBT
2. Psychoeducational information on EDs & adolescent development
3. Externalization of the illness
4. Parenting an adolescent with AN/BN
5. Re-feeding your child
6. Treatment and support options

Study Design: Recruitment Strategy

- ❖ Advertised in the Sheena's Place program calendar; recruitment posters and an informational letter will be posted in the lobby
- ❖ Parents also recruited from Sickkids & other hospital programs across the LHINs



Parents and Caregivers!

Family-Based Treatment is the first-line intensive outpatient treatment where parents play an active role in the recovery of their adolescent with eating disorders.

Do you have an adolescent with an eating disorder? Are you wondering how you can help your adolescent recover from an eating disorder? Do you want to understand more about eating disorders? Do you want to learn about Family-Based Treatment and see if it is the right treatment for you and your family?

If you answered "YES" to any of these questions, join our Family-Based Treatment education group starting in the spring season at Sheena's Place.

Find out more information and register for the group online at www.sheenasplace.org or call 416-927-8900

When: Mondays beginning April 7th, 2014
Where: Sheena's Place, 87 Spadina Rd. Toronto
Time: 6:30-8pm
Registration Opens: March 17th, 2014



SHEENA'S PLACE
Support for eating disorders

Study Design: Methodology

- ❖ Using a grounded theory approach, 20 qualitative interviews will be conducted with parents of an adolescent with AN or BN following their participation in the 8-week FBT group



Study Design: Recruitment Challenges

- ❖ First two attempts at recruiting participants for Winter 2014 season and Spring 2014 resulted in the following challenges:
 - 1) did not recruit enough participants to run the group in Winter 2014
 - 2) multiple families recruited, however, a majority of the potential participants met various exclusion criteria

Hypothesis of the Study

- ❖ The study will use broad, qualitative questions to capture the unique challenges parents face in supporting and seeking FBT for an adolescent with AN or BN
- ❖ Interviews will be conducted after participation in the 8-week group to determine what, if any, aspects were most beneficial. Questions will further seek to identify the kind of support parents respond positively to.

Goals of the Study

- ❖ Knowledge gleaned from this study will be used to inform future efforts to implement and evaluate FBT.
- ❖ This study will provide evidence as to the potential of disseminating FBT theory & skills through a parental support group, as well as inform clinicians of caregivers' perspectives on FBT.



Conclusion

- ❖ This clinical research team demonstrates interprofessional collaboration in order to fill gaps both in health care services, & the ED literature
- ❖ Demonstrates professionals from both hospital & community settings, working together & working with families to try & achieve better health outcomes



Questions?

