

# The effectiveness of meaning-centered psychotherapy for eating disorders (MCP-ED) in adolescents with an eating disorder: a single-case experimental design

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<b>Ethical review</b>	Approved WMO
<b>Status</b>	Recruitment stopped
<b>Health condition type</b>	Eating disorders and disturbances
<b>Study type</b>	Interventional

## Summary

### ID

NL-OMON51333

### Source

ToetsingOnline

### Brief title

Meaning-centered psychotherapy for adolescents with an eating disorder

### Condition

- Eating disorders and disturbances

### Synonym

eating disorders

### Research involving

Human

## Sponsors and support

**Primary sponsor:** Rijksuniversiteit Groningen

**Source(s) of monetary or material Support:** Ministerie van OC&W

## Intervention

**Keyword:** Eating disorders, Meaning in life, single case experimental design

## Outcome measures

### Primary outcome

The primary outcome measures are meaning in life (specifically the three components of meaning: comprehension, purpose and matting) and eating disorder symptoms. Both are measured by means of a questionnaire, which is completed twice a week.

### Secondary outcome

There are no secondary outcome measures. However, for descriptive purposes and social validation we will also assess the following variables at baseline, post-treatment, and follow-ups: presence of meaning in life, meaning in life derived from the eating disorder, general distress, satisfaction with normative life domains and intolerance of uncertainty.

## Study description

### Background summary

Low meaning in life has been suggested as an important factor in the development and persistence of eating disorders. Previous findings suggest that targeting meaning might optimize treatment effectiveness. In line with this, a recent randomized controlled trial showed that meaning-centered psychotherapy for eating disorders (MCP-ED) increased life meaning and decreased eating disorder symptoms in women with high weight and shape concerns. The aim of the current study is to extend these findings by examining the effectiveness of

MCP-ED in adolescents with an eating disorder.

## **Study objective**

The primary objective of the current study is to investigate the effectiveness of MCP-ED in a clinical sample of adolescents with an ED. As a result, this study will provide critical information about the potential relevance of implementing MCP-ED as an add-on intervention to the current treatment of EDs.

Primary hypotheses:

- MCP-ED is effective in increasing the three components of meaning in life (i.e., comprehension, purpose, mattering)
- MCP-ED is effective in decreasing ED symptoms

## **Study design**

This study will use a replicated randomized single-case A-B design. In total, 10 adolescents with an eating disorder will participate in the current study. A baseline period in which participants follow their usual treatment (TAU) is compared to an intervention period in which participants also follow six individual, weekly sessions of MCP-ED (in addition to TAU). The moment of phase change is determined by randomization.

## **Intervention**

MCP-ED aims to sustain or enhance a sense of meaning. MCP-ED is a manualized 6-week intervention that makes use of theory, exercises, discussions, and homework assignments that focus on themes related to meaning in life and eating disorders. Participants follow six weekly one-hour individual sessions, with a personal trainer. During these sessions, one of the four themes is central: personal life story, dealing with life's limitations, creating your own life and experiences. The first two sessions are held at Accare, the other four sessions will be followed online.

## **Study burden and risks**

Participants complete a short online questionnaire (of 3 minutes) twice a week for 13 weeks in total, via their telephone or laptop. They will also complete a longer online questionnaire (of 20 minutes) times, via their telephone or laptop. In addition, participants follow six sessions of MCP-ED. This study will take place in addition to regular treatment, so participants' own treatment will be continued during the entire study. Participation in this study does not entail any risks.

## Contacts

### **Public**

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### **Scientific**

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## Trial sites

### Listed location countries

Netherlands

## Eligibility criteria

### **Age**

Adolescents (12-15 years)

Adolescents (16-17 years)

### **Inclusion criteria**

In treatment for an ED at the Department of Eating Disorders of Accare  
Have a current formal diagnosis of anorexia nervosa (typical or a-typical),  
bulimia nervosa, or other specified feeding and eating disorder (with  
characteristics of anorexia nervosa or bulimia nervosa) according to DSM-5  
criteria

Aged 14 years or older

Female gender

Being cognitively able to take part in the study, as judged by their therapist

## Exclusion criteria

Not being able to speak and read Dutch

Being medically unstable and/or admitted to the hospital

Being in an acute crisis (e.g., due to suicidality or substance abuse)

## Study design

### Design

**Study type:** Interventional

Masking: Open (masking not used)

Control: Uncontrolled

Primary purpose: Treatment

### Recruitment

NL

Recruitment status: Recruitment stopped

Start date (anticipated): 21-03-2023

Enrollment: 10

Type: Actual

## Ethics review

Approved WMO

Date: 03-03-2023

Application type: First submission

Review commission: METC Universitair Medisch Centrum Groningen (Groningen)

## Study registrations

### Followed up by the following (possibly more current) registration

No registrations found.

**Other (possibly less up-to-date) registrations in this register**

No registrations found.

**In other registers**

Register	ID
CCMO	NL83531.042.22