

Autonomy-enhancing therapy for inpatient eating disorder care

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Primary Objective: To evaluate the feasibility and acceptability of AET in the inpatient treatment of AN through qualitative feedback from patients and clinicians. Secondary Objective(s): To identify autonomy-related interventions currently already...

Ethical review	Approved WMO
Status	Pending
Health condition type	Eating disorders and disturbances
Study type	Observational non invasive

Summary

ID

NL-OMON57410

Source

ToetsingOnline

Brief title

AET for inpatient AN

Condition

- Eating disorders and disturbances

Synonym

Anorexia Nervosa, Eating Disorder

Research involving

Human

Sponsors and support

Primary sponsor: Vrije Universiteit

Source(s) of monetary or material Support: GGZ Oost Brabant

Intervention

Keyword: Anorexia Nervosa, Autonomy-Connectedness, Eating Disorder, Inpatient

Outcome measures

Primary outcome

In a qualitative study focusing on acceptability and feasibility, the main study parameters are the key themes and sub-themes that emerge from the interview data. These themes reflect participants' perceptions and experiences of AET, and any identified barriers or facilitators related to the acceptability and feasibility of the intervention.

Secondary outcome

Not applicable

Study description

Background summary

The treatment of anorexia nervosa (AN) in inpatient settings faces significant challenges, particularly due to patients' initial low intrinsic motivation to recover. Enhancing autonomous motivation, where patients actively choose recovery, is crucial for long-term success.

Autonomy-enhancing therapy (AET) and the concept of autonomy-connectedness (AC) may address these issues. AC encompasses self-awareness, sensitivity to others, and the ability to manage new situations, and AET strengthens a healthy autonomy. By helping patients develop a stronger sense of self and explore their personal values, AET could encourage greater autonomy and engagement in treatment.

Despite AET's potential benefits, its use in the inpatient setting may seem to be at odds with the need to adhere to mandatory treatment protocols and treatment non-negotiables (Conti et al., 2020). However, reframing this adherence as a healthy, autonomous request for help may provide a more acceptable start of treatment. So, although AET may be a promising addition to AN-treatment, its suitability for the inpatient setting remains to be determined.

Study objective

Primary Objective: To evaluate the feasibility and acceptability of AET in the inpatient treatment of AN through qualitative feedback from patients and clinicians.

Secondary Objective(s): To identify autonomy-related interventions currently already in use within the clinic and translate these into autonomy-connectedness terms.

Study design

Qualitative acceptability and feasibility study, using semi-structured interviews

Study burden and risks

Participants are already residing in the clinic, and the sessions will replace regular treatment sessions, resulting in a low burden. Since this involves a standard and evidence-based treatment method that has only not yet been tested in this specific patient context, the risk is also low.

Contacts

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Trial sites

Listed location countries

Netherlands

Eligibility criteria

Age

Adults (18-64 years)

Inclusion criteria

Patients: speaking Dutch, being an inpatient at GGZ Oost Brabant, being 18 years or older

Healthy participants: working in inpatient ED care at GGZ Oost Brabant.

Exclusion criteria

Not speaking Dutch

Any on-going crisis

Study design

Design

Study type: Observational non invasive

Masking: Open (masking not used)

Control: Uncontrolled

Primary purpose: Treatment

Recruitment

NL

Recruitment status: Pending

Start date (anticipated): 01-03-2025

Enrollment: 22

Type: Anticipated

Medical products/devices used

Registration: No

Ethics review

Approved WMO

Date: 10-03-2025

Application type: First submission

Review commission: METC Brabant (Tilburg)

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	NL88077.028.24