

RESEARCH PROJECT

Consensus about eating disorder recovery



How can we find **the** best treatment options for patients, if there is no consensus on how to define and measure recovery?

INTRODUCTION

There is a general lack of agreement about how to define and operationalize recovery from an eating disorder. This has far reaching implications for research and therapy. In research practices this has led to the use of many different recovery definitions and measures. As a result recovery rates vary between 3 and 96% depending on the used definition. Comparisons between outcome studies are invalidated by these different definitions. Also, used definitions are often narrow and do not reflect the patients' view of what recovery is. The eating disorder field needs to establish a recovery definition and standardized measures. Researchers, clinicians and (ex-) patients need to collaborate on this important topic and find consensus.

AIM

Working on finding consensus on the definition of recovery and how to measure recovery.

WHY IS THIS SO IMPORTANT?

Without consensus about a recovery definition and how to measure this, outcomes of research and treatment programs cannot be compared. In other words, there is no way to engage in benchmark and feedback processes and therefore provide patients with the best treatment options.

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METHOD

International survey among all stakeholders (clinicians, recovered patients, family members, researchers) and workshops, discussions on eating disorder conferences. The first discussion will be at the ICED (AED conference) on May 2016 in San Francisco: ED Recovery: Bridging the Research Practice Gap

RESULTS

We're currently preparing the dissemination of the questionnaire. In May 2015 on the ICED (eating disorder conference) in San Francisco there will be a panel discussion on this topic.

RESEARCHERS

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CONTACT & COOPERATION

We're currently seeking people from other European countries to cooperate on this project.

For further information, please contact Sander de Vos (s.devos@humanconcern.nl).

REFERENCES

Not yet available.

