



# **FAMILY TREATMENT STUDY FOR ADOLESCENTS WITH ANOREXIA NERVOSA**

**Stanford University & The University of California, San Francisco  
Eating Disorders Research Programs**

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Stanford University & UCSF are conducting a 5 year NIH sponsored study examining the efficacy of a modified family treatment for adolescent Anorexia Nervosa (AN).

## **Who can participate?**

- Adolescents (female and male) age 12 to 18
- Current diagnosis of anorexia nervosa
- Living with at least one parent
- Medically stable for outpatient treatment
- Able to speak and read English
- Willing to be randomized to either treatment condition
- Able to make a 1 year, 9 month commitment

## **Treatments:**

All participants will receive standard Family Based Treatment (FBT) for Anorexia Nervosa. If participants fail to show sufficient improvement by study parameters by session 4, they will be randomized to receive either FBT + Intensive Parental Coaching (IPC) or FBT as usual. If participants make expected milestones by session 4, they will continue FBT as usual.

## **How Can I Participate?**

If you are interested in participating, or would like further information, contact Kyra Citron at (650) 723-9182; [familytreatment@stanford.edu](mailto:familytreatment@stanford.edu)

For general information regarding questions, concerns, or complaints about research, research related injury, or the rights of research participants, please call (650) 723-5244 or toll-free 1-866-680-2906, or write to the Administrative Panel on Human Subjects in Medical Research, Administrative Panels Office, Stanford University, Stanford, CA 94305-5401.