

Mindful Mirror Exposure in the Treatment of Eating Disordered Patients

Published: 03-06-2008

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Primary objective: to determine the effect of Mindful MirrorExposure in the treatment of eating disordered patients.

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

Summary

ID

NL-OMON31745

Source

ToetsingOnline

Brief title

Mindful Mirror Exposure in the Treatment of Eating Disordered Patients

Condition

- Eating disorders and disturbances

Synonym

anorexia, body image disturbance, bulimia, eating disorders

Research involving

Human

Sponsors and support

Primary sponsor: Emergis (Goes)

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

Intervention

Keyword: body image disturbance, eating disorders, mirror exposure

Outcome measures

Primary outcome

Eating disorder pathology as measured by questionnaires.

Secondary outcome

Body Mass Index (BMI), overall psychopathology (as measured by questionnaires), adverse events

Study description

Background summary

Eating disorders are generally viewed as severe psychiatric disorders that typically affect girls and young women, and tend to develop into chronic conditions. Body image disturbance is a core diagnostic feature, as well as a robust risk factor for the development of eating disorders and a predictor of relapse.

A specific treatment intervention targeting body image is body exposure by means of mirror confrontation. The results of a single (controlled) trial, concerning the outcome of mirror exposure treatment for a population of eating disordered patients, are promising. However, as some authors suggest, there may be a negative impact on mood and self-esteem. Therefore further studies on this subject are warranted. Especially in the case of anorexia nervosa, a disease still lacking a 'treatment of choice' due to weak evidence for efficacy of available treatments.

Study objective

Primary objective: to determine the effect of Mindful Mirror Exposure in the treatment of eating disordered patients.

Study design

RCT

Intervention

A group of patients receiving treatment as usual (TAU) for the duration of six months will be compared to an intervention group that receives TAU for six

months also, but with added Mindful MirrorExposure (MME) within the first three months.

MME involves 8, individual, weekly sessions during which the subject is placed in front of a full-length mirror, and is instructed to observe her body, to describe it, from head to toe, and to be nonjudgmental. The goal of the intervention is to reduce body-anxiety, and to promote body-acceptance.

Study burden and risks

Filling in short psychological questionnaires (3x50 min. in total) and measurements of length and weight will place a mild burden on patients. Weighing the available evidence it is most likely that patients will benefit from this intervention, with regards to body image, body anxiety and self-esteem. A negative impact on mood and self-esteem is conceivable, but expected to be mild to moderate (taking the specificity of the intervention into account) and well manageable within the context of a specialized eating disorders unit with well-trained staff. Considering that the disorder mostly affects girls and young women - the incidence of anorexia nervosa in the Netherlands appears to be increasing- it's of vital importance to include minors in the research population, making the results of the study as well as subsequent treatment recommendations applicable to this group of young patients, so they too may benefit.

Contacts

Public

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NL

Scientific

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Trial sites

Listed location countries

Netherlands

Eligibility criteria

Age

Adolescents (12-15 years)

Adolescents (16-17 years)

Adults (18-64 years)

Elderly (65 years and older)

Inclusion criteria

Eating disorder (DSM-IV-TR: anorexia nervosa, bulimia nervosa, eating disorder NOS)

Exclusion criteria

- Males
- Obesity (BMI>30)
- Cognitive disorders as in:
 - acute psychosis
 - substance dependence
 - brain trauma
 - mental retardation
- suicidal behavior or threats

Study design

Design

Study type:	Interventional
Intervention model:	Other
Allocation:	Randomized controlled trial
Masking:	Open (masking not used)
Control:	Active
Primary purpose:	Treatment

Recruitment

NL
Recruitment status: Recruitment stopped
Start date (anticipated): 03-06-2008
Enrollment: 60
Type: Actual

Ethics review

Approved WMO
Date: 03-06-2008
Application type: First submission
Review commission: TWOR: Toetsingscommissie Wetenschappelijk Onderzoek Rotterdam e.o. (Rotterdam)

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	NL19798.101.07