

# Ten year follow-up of Anorexia Nervosa patients: a course and outcome study.

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1. To determine the 10 year course and outcome of Anorexia Nervosa. 2. To explore predictors of outcome in Anorexia Nervosa.

<b>Ethical review</b>	Approved WMO
<b>Status</b>	Recruitment stopped
<b>Health condition type</b>	Appetite and general nutritional disorders
<b>Study type</b>	Observational invasive

## Summary

### ID

NL-OMON34824

### Source

ToetsingOnline

### Brief title

Ten year follow-up of Anorexia Nervosa patients

### Condition

- Appetite and general nutritional disorders

### Synonym

Anorexia, Anorexia Nervosa

### Research involving

Human

### Sponsors and support

**Primary sponsor:** Universitair Medisch Centrum Utrecht

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

### Intervention

**Keyword:** Anorexia Nervosa, Course & Outcome, follow-up

## Outcome measures

### Primary outcome

- 1) Serum concentrations of hormones involved in body composition and menstrual cycle.
- 2) Status Praesens

### Secondary outcome

Subject characteristics:

- Anthropometric measures (age, length, weight, % body fat)
- psychosocial functioning/ quality of life/ disability

## Study description

### Background summary

Anorexia Nervosa (AN) is a severe psychiatric disorder with a chronic course and the highest mortality of all psychiatric disorders. The mean duration of illness is estimated at 7 years. Not much is known about the psychosocial and biological factors influencing course and outcome.

Almost ten years ago a group of young adults with AN have been studied during the first year of their treatment. During this study several biological and psychological characteristics have been measured in order to assess and predict recovery.

The long mean duration of illness renders it is essential to perform a follow-up of this group after more than 7 years, in order to assess the definite predictive value of aberrant biological and psychological characteristics at onset.

Furthermore, to date no follow-up has been performed among this population and it is essential to study the long-term follow-up of AN patients that have been treated for their disorder.

### Study objective

1. To determine the 10 year course and outcome of Anorexia Nervosa.
2. To explore predictors of outcome in Anorexia Nervosa.

## Study design

In this observational study participants will be asked to fill in questionnaires and engage in a semi-structured interview with a psychiatrist, specialized in eating disorders. Furthermore, a single bloodsample will be drawn and height and weight will be measured.

## Study burden and risks

The participants are very familiar with the questionnaires used for this study. These questionnaires are part of regular diagnostic assessment in every new eating disorder patient entering the treatment centre. The questionnaires have all been validated and provide for a complete assessment of comorbidities related to anorexia nervosa.

On the studyday participants will engage in a semi-structured interview with the principal investigator, who is an expert in the field of eating disorders. Finally, a single bloodsample will be drawn and height and weight will be assessed.

In conclusion, the burden is low and the risks are assumed to be negligible.

## Contacts

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### Scientific

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## Trial sites

### Listed location countries

Netherlands

## Eligibility criteria

### Age

Adults (18-64 years)

Elderly (65 years and older)

### Inclusion criteria

women who have previously entered a 1 year course and outcome study on Anorexia Nervosa

### Exclusion criteria

none

## Study design

### Design

**Study type:** Observational invasive

Masking: Open (masking not used)

Control: Uncontrolled

Primary purpose: Other

### Recruitment

NL

Recruitment status: Recruitment stopped

Start date (anticipated): 22-06-2010

Enrollment: 61

Type: Actual

## Ethics review

Approved WMO

Date: 19-05-2010

Application type: First submission  
Review commission: METC NedMec

## 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	NL29808.041.09