

ORAL PRESENTATION

Open Access

The next chapter in eating disorder prevention? Findings from a randomized controlled trial of a mindfulness-based intervention aimed at reducing risk for disordered eating

Melissa Atkinson*, Tracey Wade

From 2013 ANZAED Conference: Inspiring Change: Person and Context
Melbourne, Australia. 23-24 August 2013

The primary objective of this study was to evaluate a mindfulness-based prevention program against an established dissonance program with regard to reducing risk for disordered eating. Adolescent girls (N = 379, Mean age = 15.70, SD = 0.77) from four high schools were randomly allocated by class to receive either a mindfulness or dissonance-based program, delivered universally, or lessons as normal (assessment-only control). Standardised measures of eating disorder behaviours and related risk factors were completed at baseline, post-program, 1-month and 6-month follow-up. Controlling for baseline, results showed significant group differences over time for weight concerns ($F(6, 663) = 3.74, p = .001$), with both mindfulness and dissonance groups showing a greater reduction than control. No other variables demonstrated significant interactions, however main effects of time for dietary restraint, mindfulness, self-compassion, emotion dysregulation, negative affect, escape-avoidant coping, and media internalisation indicated overall improvement across groups. Improvements evident within the control group may suggest the presence of cross-contamination between classes or an impact of assessment. Further analysis is required to account for significant missing data across time points; however, these preliminary findings validate continued evaluation of mindfulness in this context.

This abstract was presented in the **Prevention** stream of the 2013 ANZAED Conference.

Published: 14 November 2013

* Correspondence: melissa.atkinson@flinders.edu.au
Flinders University, Australia

doi:10.1186/2050-2974-1-S1-O34

Cite this article as: Atkinson and Wade: The next chapter in eating disorder prevention? Findings from a randomized controlled trial of a mindfulness-based intervention aimed at reducing risk for disordered eating. *Journal of Eating Disorders* 2013 **1**(Suppl 1):O34.

Submit your next manuscript to BioMed Central
and take full advantage of:

- Convenient online submission
- Thorough peer review
- No space constraints or color figure charges
- Immediate publication on acceptance
- Inclusion in PubMed, CAS, Scopus and Google Scholar
- Research which is freely available for redistribution

Submit your manuscript at
www.biomedcentral.com/submit

