

ORAL PRESENTATION

Open Access

Improving treatment outcomes with an eating disorder symptom-specific feedback tool

Prudence Hepple^{1*}, Sue Byrne^{1,2}, Karina Allen¹

From 2015 ANZAED Conference: Riding the Waves to Recovery
Surfers Paradise, Australia. 21-22 August 2015

Statistical methods of clinical decision making are necessary in our practice - clinical judgment alone is error-prone and often inaccurate. Using a database of female eating disorder (ED) outcome data (n=550) from the Centre for Clinical Interventions, trajectories of ED symptom change (using a validated 8-item version of the EDE-Q) were developed with linear mixed model analyses in MPlus for clients who did and did not achieve remission over the course of treatment. These symptom trajectories are able to be utilised as a clinical decision making tool to compare individual patients' weekly progress with expected progress, to assist clinicians in detecting patients who are at risk for a poor treatment outcome. From this, there is also scope to create a symptom-based feedback tool with reliable change indices to determine whether a client has achieved clinically significant improvement, experienced no change, or has deteriorated. The feedback tool developed in this study will be implemented into a randomised controlled trial to examine whether ED symptom feedback can improve therapeutic outcomes more so than feedback regarding client functioning more generally. The clinical implications of such a feedback tool, based on a questionnaire that is already routinely administered to our clients, are promising.

Authors' details

¹University of Western Australia, Australia. ²Centre for Clinical Interventions, Australia.

Published: 23 November 2015

doi:10.1186/2050-2974-3-S1-O41

Cite this article as: Hepple *et al.*: Improving treatment outcomes with an eating disorder symptom-specific feedback tool. *Journal of Eating Disorders* 2015 **3**(Suppl 1):O41.

* Correspondence: prudence.hepple@research.uwa.edu.au

¹University of Western Australia, Australia

Full list of author information is available at the end of the article

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

