

# **Supporters of Individuals with Anorexia Nervosa and EDNOS (STAND)**

## **The impact of an online training package for supporters of individuals with anorexia nervosa**

### **About the research**

Carers, friends and relatives of people with anorexia nervosa often find they struggle to know how to offer the best type of support. This research study is looking at whether an online intervention for supporters of individuals with anorexia nervosa or similar eating problems is effective and useful for the supporter and whether this also has an impact on the individual with anorexia nervosa.

The package aims to help supporters by; giving them information, and helping them to develop their knowledge and increase their skills. Sessions include information and interactive activities on understanding the illness, communication, meal support, the role of health professionals and looking after your own needs. The package was developed by an experienced team at the University of Glasgow and the Institute of Psychiatry, London, and included psychiatrists, a family therapist, a trainee counsellor who herself has made a full recovery from anorexia and a mother who cared for her daughter with anorexia.

### **Who can take part?**

We are looking to recruit individuals over the age of 16 who are the main supporter or carer of someone with anorexia. You may be a parent, sibling, partner, friend or anyone else who fulfils this role.

### **Your involvement**

If the study is right for you and you agree to take part you would be given free access to the online package and also receive telephone and/or email support to help you use the approach. We would also ask you to complete 5 short questionnaires at three time points over a 16 week period. These questionnaires will ask about your experience of caregiving, the impact that supporting someone with anorexia has had on you, about how you feel and also what you know about anorexia. With your permission we may also ask the individual you are supporting if they would be willing to fill out some questionnaires to see if you using the package also has an impact on them.

### **What to do next**

You can find out more about the study and how to take part at [www.anorexiaresearch.co.uk](http://www.anorexiaresearch.co.uk) or contact Louise Ewan on the details listed below.

### **Contact details:**

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