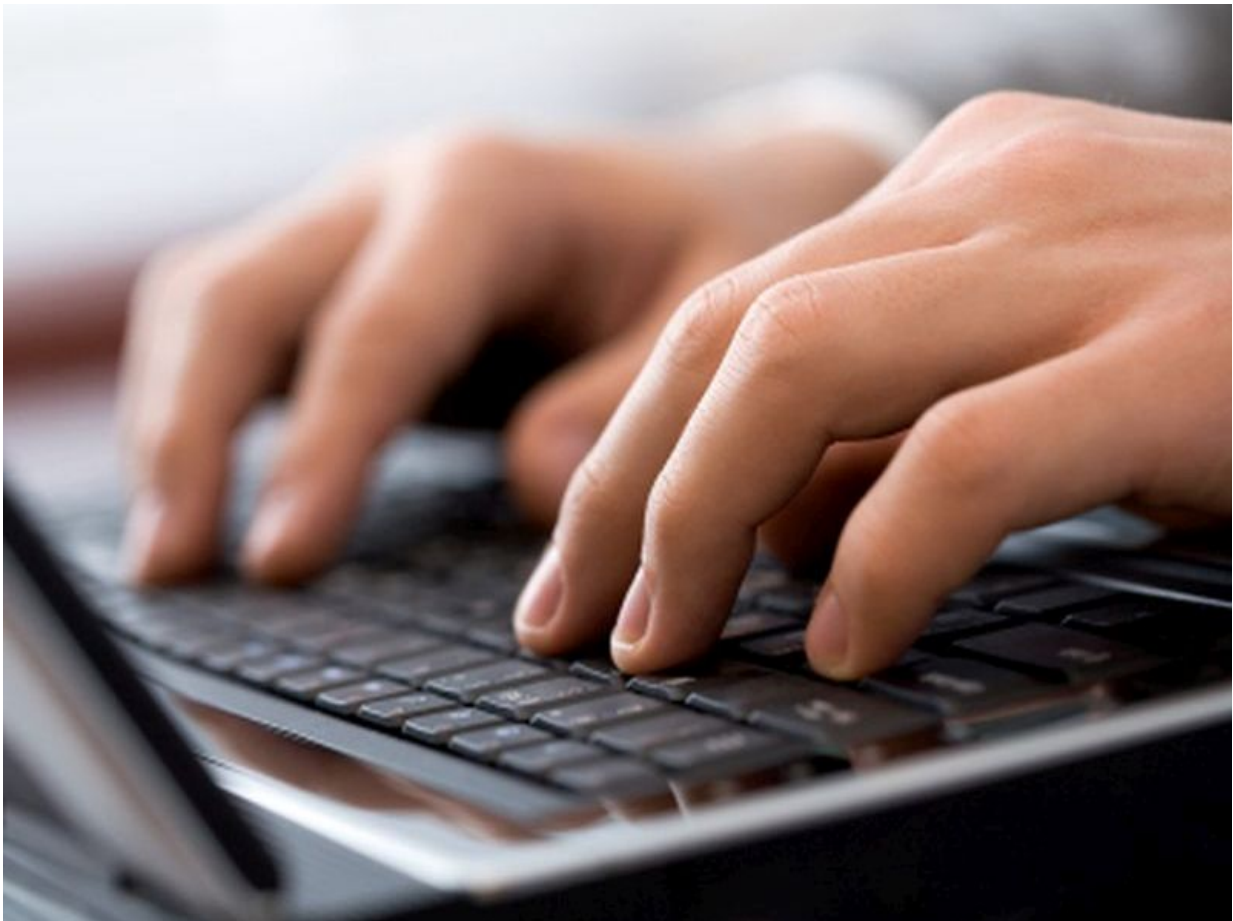


Telehealth feasible for family-based anorexia treatment

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(HealthDay)—Telehealth-enabled family-based treatment (FBT) for

adolescents with anorexia nervosa is both feasible and effective, according to a study published online Aug. 11 in the *International Journal of Eating Disorders*.

Kristen E. Anderson, M.S.W., from the Chicago Center for Evidence Based Treatment, and colleagues evaluated FBT via telehealth for 10 [adolescents](#) (mean age 16) diagnosed with anorexia nervosa.

The researchers found that all participants were retained for the course of treatment. Percent median body mass index improved significantly from baseline to the end of treatment ($P = 0.013$) and from baseline to the six-month follow-up ($P = 0.032$). The eating disorder examination global scores similarly improved ($P = 0.002$ and 0.001 , respectively).

"These findings provide preliminary evidence that it is feasible to deliver FBT via telehealth and that satisfactory clinical outcomes are achievable," the authors write.

More information: [Abstract](#)
[Full Text \(subscription or payment may be required\)](#)

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