

Research in the Neurobiology of and Treatment for Anorexia Nervosa

Researchers at the Toronto General Hospital and the Centre for Addiction and Mental Health (CAMH) are examining the underlying neurobiologic disturbances in anorexia nervosa and exploring new and innovative treatment methods for anorexia nervosa in order to improve outcome for people suffering from this disorder.

There are 3 current studies underway that are now accepting participants.

Who is qualified to participate in a study?

Qualified participants have:

- A diagnosis of Anorexia Nervosa – amenorrhea criterion not strictly applied
- A BMI between 14 and 18.5
- Are between 18 and 55 years of age

******* If you do not currently have anorexia nervosa but struggled with it in the past, you may be eligible to participate in Study #3 *******

All studies are conducted under the supervision of Dr. Allan Kaplan, MD and have received full approval from the Toronto General Hospital and CAMH Research Ethics Boards and from Health Canada.

Study #1

This randomized clinical trial is investigating a new outpatient medication treatment option that may be helpful for people with anorexia nervosa, particularly with unstable mood states and high levels of anxiety.

This study may serve as an important supplemental therapy and participants are able to continue to receive other medications and/or psychotherapeutic interventions while in the trial.

Participants are asked to come for weekly check ups with a psychiatrist for 16 weeks, who is also committed to helping participants find appropriate follow up support at the completion of the study.

**Compensation is provided to participants.*

Study # 2

This study is looking at a new mode of treatment called repetitive transcranial magnetic stimulation (rTMS). rTMS is an outpatient intervention that has been shown to be helpful in the treatment of depression and related conditions.

Have you had rTMS before?

It's important to note this form of rTMS differs from other rTMS you may have received before because it targets deeper areas of the brain known to play a role in anorexia nervosa which were unattainable with the previously available technology.

**TTC tokens will be provided for study visits.*

Study # 3

Researchers in this study are interested in learning more about the brain of people with anorexia nervosa by comparing the structural integrity of brain fibers within several circuits and functional impairments that may be important in the development and/or worsening of the disorder.

Eligible participants include women with a current diagnosis or a history of anorexia nervosa, as well as their female siblings.

Researchers hope this study will lead to the identification of biomarkers which may assist with future diagnosis and treatment.

Participants will be asked to come into CAMH for a screening visit (60 min). If eligible participants will return for a Magnetic Resonance Imaging (MRI) scan (30 min) which is a painless scan of the brain using magnetic fields and not x-rays or radiation. During the scan, a diffusion tensor protocol will be implemented, allowing for 3D reconstruction of functional circuits.

**Compensation is provided to participants.*

For more information about any of these studies:

- * Please get in touch with research coordinator Laura MacKew directly by phone (416) 535-8501 ext. 33877 or by email at laura.mackew@camh.ca.