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Health Sciences


Hamilton Health Sciences

Research Study

Feasibility of Conducting a Randomized Controlled Trial Comparing Standard FBT and Guided Self-Help FBT for Adolescent Anorexia Nervosa

Principal Investigator: Dr. Jennifer Couturier

REB#: 4122

This Study has been reviewed by the Hamilton Integrated Research Ethics Board.

Families with a child with Anorexia Nervosa are invited to participate in a study comparing Family Based Therapy to Guided Self Help Family Based Therapy. Sessions for both treatments will be conducted through Telemedicine video calls. This study is being conducted at McMaster Children's Hospital in partnership with Stanford University.

Criteria for Participation:

- Families of adolescents 12-17 years of age with Anorexia Nervosa
- Adolescents deemed medically stable for outpatient care
- Access to a computer with internet
- Fluent in English Language

For more information please contact the Local Principal Investigator, Dr. Jennifer Couturier by phone at 905.521.2100 ext 76035, or by email at coutur@mcmaster.ca