



UNIVERSITY OF BATH  
EATING DISORDERS &  
BODY IMAGE RESEARCH



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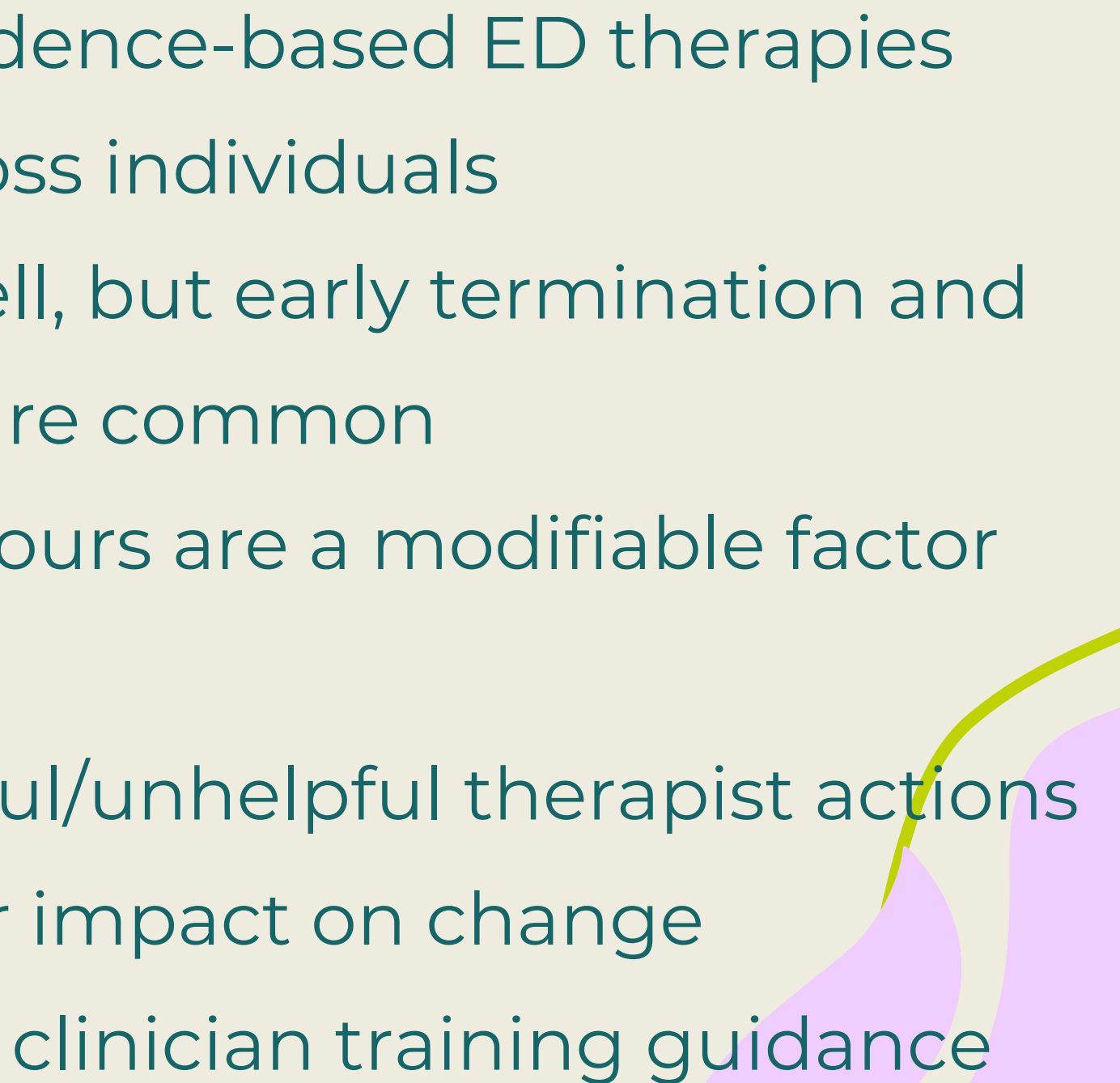
Current Project:

# Helpful and unhelpful therapist behaviours in psychological therapies for eating disorders

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# Background and Aims

- Outcomes in evidence-based ED therapies vary widely across individuals
  - Some do very well, but early termination and poor outcomes are common
  - Therapist behaviours are a modifiable factor
  - Aims:
    - Identify helpful/unhelpful therapist actions
    - Theorise their impact on change
    - Use to create clinician training guidance
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# Current study

## Interview study

- 20-25 participants with lived experience of ED therapy
- Semi-structured interviews about therapist behaviours and their effects
- Constructivist grounded theory analysis

## Survey

- Aim for 30 participants with lived experience of ED therapy
- Online survey asks about therapist factors indentified as helpful/unhelpful in previous research
- Asks if therapist did this, specific examples, and was it important

# Planned next steps

Co-produce therapist checklist/ guidance

- Plan for workshops with clinicians and people with lived experience
- Use data from studies and literature review
- Turn into useable guidance and tools

Test guidance

- Implement guidance and see if it impacts on:
  - Therapists behaviours
  - Early therapy outcomes

# Help needed!

- Take part in interview/ survey if you:
  - Have had any kind of psychological therapy for ED in last three years
  - At least four sessions with same therapist, with any outcome
- Share information about study with people who could take part.
- More diverse voices particularly needed!
- Join co-production workshops early next year- clinicians and people with lived experience of ED therapies
- Email me for more information: [jld63@bath.ac.uk](mailto:jld63@bath.ac.uk)



Any Questions?





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# Thank you!

## Interview study



<https://uniofbath.questionpro.eu/EDtherapyinterviews>

## Survey study



<https://uniofbath.questionpro.eu/edtherapysurvey>

## Contact me!

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