Box 1

Psychological treatment of eating disorders, adapted from NICE NG69[5]

Anorexia nervosa

First-line

Anorexia nervosa-focused family therapy:
18-20 sessions over 1 year

Second line
a) or b) depending on which seems most suitable

a) CBT for eating disorders:*
40 sessions over 40 weeks

b) Adolescent-focused psychotherapy for anorexia nervosa:*
32-40 sessions over 12-18 months

*Both include 8-12 additional family sessions with the patient and their parents or carers

Bulimia nervosa

First-line

Bulimia nervosa-focused family therapy: 18-20 sessions over 6 months

Second line

CBT for eating disorders:
18 sessions over 6 months
Includes up to 4 additional sessions with parents or carers