

Family-Based Cognitive Remediation Therapy for Anorexia Nervosa

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There are several neuropsychological deficits found in anorexia nervosa (AN) patients. These include impairments of visuospatial ability and memory, set-shifting deficits, weak central coherence, and impaired decision making. Cognitive remediation therapy (CRT) for AN was devised to target these main cognitive impairments, especially the deficient set-shifting and weak central coherence. Utilizing our experience with CRT for AN inpatients and with multifamily therapy for eating disorders, we have developed a family-based cognitive remediation program for anorexia nervosa. Eight families participated in our pilot study, including parents and daughters with anorexia nervosa. Our aim was to assess feasibility and acceptability of the intervention. We describe the first results of quantitative and qualitative evaluation of the program, and suggest modifications for future use.