



Exploring the experiences of those living with longstanding anorexia nervosa

What is the research about?

We are looking for volunteers to take part in a qualitative study exploring the interpersonal experiences (that means your relationships) and the intrapsychic experiences (that means your internal psychological processes) of those who have lived with anorexia nervosa for 7 years or more. This research is interested in understanding how these experiences may relate to the persistence of anorexia nervosa over time in relation to potential barriers or resistance to change or recovery from anorexia nervosa.

We are interested in hearing from those living with anorexia nervosa continuously for 7 years or longer, over the age of 18, who have experienced at least one form of psychological treatment for anorexia nervosa and do not currently consider themselves recovered. The study is interested in your personal views and experiences—there are no right or wrong answers. This research project is important because it will listen to your experiences, and the outcomes of this project will contribute to a growing body of research seeking to improve how psychologists and other mental health professionals work with individuals with longstanding anorexia nervosa in the future.

Can I take part?

- ✓ Are you 18 years or older?
- ✓ Have you received a formal diagnosis of anorexia nervosa?
- ✓ Do you currently identify as experiencing anorexia nervosa?
- ✓ Have you experienced anorexia nervosa continuously for 7 years or more apart from temporary period of remission (e.g. 3-6 months of weight restoration)?
- ✓ Have you experienced at least one psychological intervention for anorexia nervosa?

For your safety and comfort we will be unable to accept participants who:

- Are currently at risk of suicide or self-harm
- Are currently experiencing symptoms of psychosis, mania, alcohol or substance abuse or dependence
- Are currently engaged in any inpatient treatment for example for medical stabilisation including day patient/day hospital programmes
- Are currently experiencing significant medical or neurological illness such as pronounced oedema, severe electrolyte disturbance, hypoglycaemia or seizure disorder
- Have an expressive language disorder or difficulty

How do I take part?

If you would like to take part, please contact the primary researcher, Bríd Blackburn at bblackbu@tcd.ie. The research team will provide all those who would like to take part with an information sheet which provides further details of the study. We will also answer any questions you have.

This research study has received ethical approval from the School of Psychology, Trinity College Dublin.