

A1 - Paper Presentations: Adult Treatment I

A1a: Examining Real-World Outcomes of a Large Scale CBT-T Training Program

Cognitive Behavioral Therapy-Ten (CBT-T) is a 10-session manualized treatment for nonunderweight eating disorders. The Nova Scotia Eating Disorder Provincial Service trained 36 clinicians over 10 months and implemented CBT-T provincially. A retrospective chart review of adult patients who began CBT-T between July 2022 and March 2024 was completed. This study examined changes in ED psychopathology, binge eating, compensatory behaviors, anxiety, and depression in a transdiagnostic cohort of 267 patients receiving CBT-T. Predictors of treatment outcome were explored. Mixed-effects models revealed significant reductions across all outcomes, with large to very large effect sizes. Early improvement in ED psychopathology predicted better overall outcomes, while diagnoses of anorexia nervosa, atypical anorexia and avoidant restrictive food intake disorder were associated with higher dropout rates. Findings indicate CBT-T is an effective, scalable treatment for nonunderweight eating disorders, and adaptations may improve retention for weight suppressed patients.

Presenter: Laura Dixon

A1b: Short-Term Effects of Social Media Detox on Body Dissatisfaction

Use of social media (SM) platforms (e.g., Instagram, TikTok) that feature thin-ideal imagery is associated with negative body image, particularly among young women. This study tested the effects of taking a one-week break from SM on young women's appearance (AD) and weight (WD) dissatisfaction. A sample of female undergraduate students volunteered to take a 7-day break from SM (n=41), after which they could choose whether to return to using it. AD and WD were measured at baseline (T1), after 7 days (T2), and after another week (T3). Average weekly time on SM dropped significantly from T1 to T2, and increased from T2 to T3, with time spent on SM at T3 approximately half of what it was at T1. The one-week break led to reduced AD and WD, and decreases were sustained even after participants could return to SM. Clinical and research implications of these findings will be discussed.

Presenter: Jennifer S. Mills

A1c: Integrating Compassion Through Indigenous Approaches to Disordered Eating

Disordered eating can impact an individual's emotional, physical, cognitive, and spiritual well-being. Therefore, it is imperative that clinicians are well-equipped to support their clients with a variety of approaches. Although research has explored Western and Indigenous approaches to client well-being, researchers have not yet explored how the two approaches may be connected through a common element: compassion. This theoretical presentation weaves data from Plante's original research on understanding Indigenous

Focus Oriented Therapy when working with clients struggling with eating disorders through self-compassion. This work will draw connections between Indigenous and Western approaches to compassion when working with people struggling with disordered eating. In using the Grandfather Teachings and Cree Natural Law, connections can be made to components of compassion as we understand it through Western based knowledge. This presentation aims to expand our understanding of compassion in a strengths-based, holistic way.

Presenter: Maureen Plante

A1d: "It's Never Too Late to Be a Work in Progress"

My workshop focuses on eating disorders in midlife including characteristics of eating disorders in this age group, how they differ from eating disorders in younger people, common triggers in midlife as well as treatment barriers. I also share my own story from my 2021 memoir, "The Longest Match: Rallying to Defeat an Eating Disorder in Midlife". Finally I discuss the power of lived experience and how peer support through mentorship and groups is especially helpful for this age group

Presenter: Betsy Brenner