

D1 - Paper Presentations: Adult Treatment II

D1a: More than Motivation: Fear of Self-Compassion Promotes Readiness for Change

Readiness for change is central to eating disorder treatment engagement, remaining a key objective of inpatient care. However, enhancing motivation in this population remains challenging, underscoring the need to identify factors that promote readiness. Fear of self-compassion (FOC-S), defined as discomfort or resistance toward being kind to oneself, has recently emerged as a barrier to treatment. This study examined whether baseline FOC-S and baseline readiness differentially predicted post-treatment readiness. Individuals (n = 273) receiving inpatient treatment completed the Readiness and Motivation Questionnaire (RMQ) and the Fear of Compassion for Self-Scale at admission and discharge. Hierarchical regression analyses tested the unique contributions of FOC-S and readiness across four RMQ subscales: precontemplation, action, confidence and internality. Across all subscales, FOC-S explained additional variance in post-treatment readiness and was a stronger predictor for all subscales except precontemplation. Findings highlight FOC-S as a powerful, underrecognized factor shaping readiness for change during inpatient treatment.

Presenter: Avarna Fernandes

D1b: Qualitative Study: Need for Control and Losing Control of Eating

ED theories have long centred need for control, and this view continues to influence clinical practice and public opinion. However, need for control has rarely been connected to binge eating, despite loss of control over eating being key to binge eating. This presentation describes a qualitative research project that examined the relationship between need for control and binge eating in 13 women with binge-type eating disorders (EDs; 7 with bulimia nervosa, 6 with binge ED).

Thematic analysis of qualitative interviews identified five themes: “Definition of Control”, “Highly Valuing Control”, “ED Behaviours as a Means of Control”, “The ED is in Control, Not Me” and “Self-Criticism and Social Comparison Over Perceived Low Self-Control.” Results suggest that control is highly valued by those with binge-type EDs, and that ED behaviours can create a sense of control. High valuation of control appears to contribute to distress and self-criticism during binge eating episodes.

Presenter: Laura Lapadat

D1c: Evaluating Group-Based and Individual CBT-T for Eating Disorders: A Non-Randomized Trial and Implementation Study

Cognitive behavioural therapy-ten (CBT-T) is a brief, less resource-intensive version of the gold-standard treatment for non-underweight eating disorders (ED). This study evaluates the feasibility, acceptability, and preliminary effectiveness of a group-based version of CBT-T (i.e., CBT-Tg) compared to individual CBT-T in a non-randomized trial and implementation study at the Central Zone Eating Disorder Program in Nova Scotia. Patients (N=X) with a DSM-5 ED diagnosis, BMI =17.5, and age >17 were enrolled between May 2022 and 2024. Participants chose either CBT-T (10 individual sessions) or CBT-Tg (10 group sessions, up to 10 patients). Outcomes included ED psychopathology (EDE-Q), attitudes/behaviours (ED-15), psychosocial impairment (CIA), depression (PHQ-9), anxiety (GAD-7), and client satisfaction (CSQ). Feasibility was assessed via drop-out rates, clinician hours, and demand. Data collection is ongoing; results will be presented at the conference. Findings will inform CBT-Tg implementation to enhance the accessibility and effectiveness of ED treatment.

Presenter: Laura Dixon

D1d: Exploring Positive Sexuality in Women with Eating Disorder Symptoms: Dispositions, Motivations and Pleasure

Although sexuality is associated with general and mental health and relationship satisfaction, it has mostly been studied using a pathological lens, among women with an eating disorder (ED). As relationship functioning is tied to ED episodes, better understanding of the sphere of sexuality could lead to the identification of protective factors that could be targeted in treatment. The objective of the study was to explore the positive sexuality of women with an ED. Participants were 476 adult women reporting frequent and sustained ED symptoms in the past 5 years, and 423 adult women without such symptoms. Results show that compared to controls, women with ED symptoms have a weaker sexual self-concept, a greater tendency to engage in sexual activities to feel valued, alleviate negative feelings and for instrumental reasons, a more restricted sexual repertoire and lower sexual functioning and pleasure. Recommendations for integration of positive sexuality in treatment are provided.

Presenter: Genevieve Martin and Marie-Pierre Gagnon-Girouard