

## FRENCH ADAPTATION OF COGNITIVE REMEDIATION THERAPY FOR ANOREXIA NERVOSA: STUDY DESIGN AND PRELIMINARY FINDINGS OF A MULTICENTER RANDOMIZED CLINICAL TRIAL IN ADOLESCENTS AND YOUNG ADULTS

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**Objective:** Individual Cognitive Remediation Therapy (CRT) for AN has been found to improve patients' neuropsychological functioning and short term outcome. No French speaking country has tested its effectiveness. Moreover, the question whether it is similarly efficient for both restrictive and binge-purging AN remains unanswered. We thus designed a randomized clinical trial on the effectiveness of individual CRT in AN adolescents or young adults.

**Method:** 120 female AN [16-35 years old] (60 AN-R; 60 AN-BP) from three specialized care units (P.Brousse, IMM, Cochin-MDA). Patients of each AN type are randomly allocated to one of the two treatment arms: CRT or Sham Therapy (ST). The Sham therapy (ST) has been designed to match the CRT format: an individual manualised therapist-led 10-sessions long program (2 sessions/week). ST sessions have been designed so as to avoid set-shifting and central coherence training and rather tap 3 domains: soft physical activity, emotional expression and recognition and interpersonal functioning. Primary outcomes are neurocognitive improvement at the end of therapy (TMT, WSCT performances) and better clinical status (GOAS) at the end of therapy and at follow-up (6 months, 1 year). Secondary outcomes are changes in BMI, central coherence, self-reported eating disorders symptoms and cognitive flexibility, and motivation to change.

**Results:** Inclusions started in September 2012. Preliminary findings (at least 15 participants in each arm are expected by then) on short term CRT effectiveness will be presented.