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Health Sciences



Hamilton Health Sciences

## Research Study

Feasibility of Conducting a Randomized Controlled Trial Comparing Standard FBT and Guided Self-Help FBT for Adolescent Anorexia Nervosa

Principal Investigator: Dr. Jennifer Couturier

REB#: 4122

This Study has been reviewed by the Hamilton Integrated Research Ethics Board.

Families with a child with Anorexia Nervosa are invited to participate in a study comparing Family Based Therapy to an Online Guided Self Help Family Based Therapy using Telemedicine. This study is being conducted at McMaster Children's Hospital in partnership with Stanford University.

### Criteria for Participation:

- Families of adolescents 12-17 years of age with Anorexia Nervosa
- Adolescents deemed medically stable for outpatient care
- Access to a computer with internet
- Fluent in English Language

For more information please contact the Local Principal Investigator, Dr. Jennifer Couturier by phone at 905.521.2100 ext 76035, or by email at [coutur@mcmaster.ca](mailto:coutur@mcmaster.ca)