UCSF Eating Disorders Program

Overview

The UCSF Eating Disorders Program, formally established in 2007, is a comprehensive, evidence-based program that provides outstanding clinical care for individuals with eating disorders (up to age 25) and their families. Our program is a collaboration between Child and Adolescent Services in the Department of Psychiatry and the Division of Adolescent and Young Adult Medicine in the Department of Pediatrics. We are unique in our ability to provide both inpatient and outpatient services, depending on medical and/or psychiatric need. Our services include comprehensive medical/psychiatric evaluations, as well as ongoing medical management, evidence-based individual and family therapies, and medication management.

History

UCSF has a long history of treating young people with eating disorders. Our team has been providing medical care, psychiatric and psychological services, and nutrition therapy to individuals with eating disorders and their families for well over 30 years.

About Eating Disorders [1]
Eating disorders are severe disturbances in attitudes and behaviors around eating, weight, shape, and body image. Eating disorders include anorexia nervosa [2], avoidant/restrictive food intake disorder [3], bulimia nervosa [4], binge eating disorder [5], and other eating disorders [6].

New Adaptive Family Based Treatment (FBT) Study [7]

UCSF and Stanford have teamed up in a new study, examining the efficacy of adaptive family based treatment for adolescent anorexia! If you have, or know, an adolescent (12-18 years old) whose family may be interested in pursuing treatment with us, please direct them to our clinical research coordinator, Simar Singh, at 415-476-0622, or simar.singh@ucsf.edu [8], for information about study eligibility and enrollment. Please see below for more details about the study, eligibility criteria, and contact information!
Do you have an adolescent with Anorexia Nervosa (AN)?

Adolescents ages 12 to 18 with a diagnosis of Anorexia Nervosa (AN) and their families are invited to participate in a Family Based Treatment research study through UCSF’s Eating Disorder Program. By participating in this study participants receive FBT, an evidence-based treatment, free of charge and $50 upon completion of the study.

Who can participate:
- Adolescents ages 12 to 18
- Current diagnosis of AN
- Able to speak English
- Living with at least one parent
- Medically stable for continued treatment
- Able to make a 1-year treatment commitment

To sign up:
Email Simar Singh at simar.singh@ucsf.edu or call 415-476-4242.