Eating disorders are extremely complex in cause as well as in the medical and psychological consequences that can ensue. Although the field has come a long way in recent years, we still have a lot to learn about how best to successfully prevent and treat these disorders in all patients. UCSF is known internationally for the expertise of its faculty in the biomedical and behavioral sciences. Our goal is to conduct research that will inform the design and dissemination of more effective prevention and treatment so we can bring better care to more individuals who either have an eating disorder or who are at risk for developing eating disorders.

Our team has been at the forefront of developing effective treatments for eating disorders. Dr. Le Grange co-wrote the manual for family-based treatment for anorexia nervosa and bulimia nervosa, and he has been a principal investigator in treatment trials for adolescents with anorexia nervosa and bulimia nervosa. In addition, Drs. Garber and Buckelew are leaders in examining effective refeeding protocols for adolescents with anorexia nervosa during inpatient hospitalizations. Dr. Accurso brings a unique background in children’s mental health services to the treatment of eating disorders; her research seeks to improve the quality of care for youth with eating disorders in the community.
Ongoing research studies include:
Examining the Efficacy/Mechanism of Adaptive Family
FAMILY TREATMENT STUDY OF ADOLESCENTS WITH ANOREXIA NERVOSA
Stanford University & The University of California, San Francisco
Eating Disorders Research Program

James D. Lock, MD, Ph.D.; Daniel LeGrange, PhD

Stanford University & UCSF are conducting a 5 year study examining the efficacy of a modified family treatment for adolescents with Anorexia Nervosa (AN).

Who can participate:
- Adolescents (female and male) age 12-18 years
- Current diagnosis of anorexia nervosa
- Living with at least one parent
- Medically stable for outpatient treatment
- Able to speak and read English
- Willing to be randomized to either treatment arm
- Able to make a 1 year, 9 month commitment

Treatments:
All participants will receive standard Family Based Treatment (FBT) for Anorexia Nervosa. If participants fail to show sufficient improvement by the end of session 4, they will be randomized to receive either FBT + Nutritional Therapy or FBT alone and will be evaluated at the end of the year.