

Anorexia Nervosa. Treatment Review.

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ANOREXA NERVOSA. TREATMENT REVIEW.

INTRODUCTION:

Anorexia nervosa (AN) is a complex and severe psychiatric disorder. Currently, treatment has limited effectiveness.

METHOD:

Articles in Pubmed and TripDatabase, using 'anorexia nervosa and therapeutics'. Also activated filters: publication date from 2013/09/01 to 2014/09/31.

OBJETIVE:

The update of the latest publications on treatment of anorexia nervosa.

RESULTS:

We select six studies (two reviews and five clinical trial) because of the topic relation and the high level of evidence.

One review is about Neuromodulation effects and the other about Deep-brain stimulation on AN. Two of the clinical trials are about psychotherapy and two about pharmacological treatment.

CONCLUSION:

Psychotherapy is the treatment of choice, although in that moment we can find studies about alternative treatment for specific cases.

Neuromodulation tools have potential for reducing eating disorder symptomatology and related behaviours. Preliminary results about **Deep-brain stimulation** showed that may be is a option for weight restoration in otherwise-refractory and life-threatening cases. Both reviews required more research to evaluate the long-term outcomes in eating disorders.

Focal Psychodynamic therapy proved advantages in terms of recovery at 12-month follow up, and enhanced **Cognitive behaviour therapy** was more effective with respect to speed of weight gain and improvements in eating disorder psychopathology.

Cognitive Remediation therapy study confirms the feasibility for anorexia nervosa.

Relative to pharmacological treatment, **Dronabinol** in severe AN induce a small but significant weight gain. And **Lamotrigine** study show that maybe is useful in patients who binge eat and purge.