factors

• Factors limiting recovery – fear of change, lack of motivation to change, ambivalence, social support, rigid/unhelpful therapeutic relationship, media

• Perceptions of treatment modalities – need to target psychological thinking

READ THIS ITS IMPORTANT

Implications

• Need to provide supportive autonomy in eating disorder treatment
  E.g. support people to make decisions to change
  This can be difficult in some cases
  Issues of control support maintenance of eating disorder

• Improve understanding of family and friends to help support recovery (adults)/family therapy for children and adolescents

• Need to use qualitative evidence to define recovery

• Importance of outpatient treatment for eating disorders