

The Renfrew Center Publishes Five Years of Patient Outcome Data in Prestigious Journal, *Frontiers in Psychiatry*

Renfrew's Research and Training Departments have published another ground-breaking article in a highly prestigious, peer-reviewed journal. "The Renfrew Unified Treatment for Eating Disorders and Comorbidity: Long-Term Effects of an Evidence-Based Practice Implementation in Residential Treatment" is published in *Frontiers in Psychiatry*, an international, open access journal.

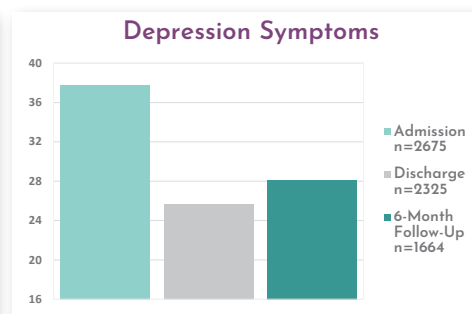
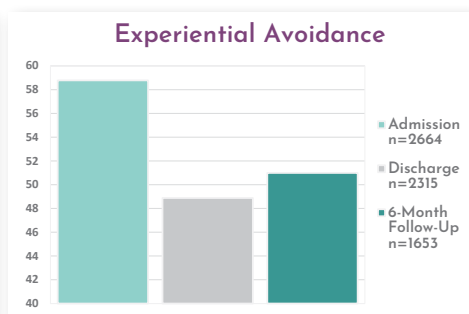
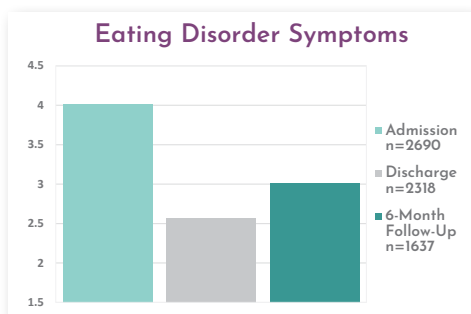
This article examines five years of outcomes for over 3,000 patients treated before and after the implementation of The Renfrew Center Unified Treatment Model (UT) for Eating Disorders®, an innovative evidence-based approach for eating disorders. The UT addresses eating disorder symptoms as well as co-occurring emotional issues that contribute to the development and maintenance of eating disorders using a unified set of evidence-based interventions.

Renfrew's published patient outcome research describes:

- The enhanced effectiveness of an evidence-based protocol uniquely adapted for the residential level of care.
- The process for maintaining and improving competence and adherence to the new model using evidence-based training and supervision.
- The measurement of change at 3 time points—intake, discharge and 6-month follow-up.
- Change in eating disorder symptoms, depression, and the emotional functioning variables that the new treatment (UT) was intended to address.

Results show:

- The full sample of patients showed better outcomes in the years after the UT implementation across the three assessment timepoints in measures of depression, emotion avoidance, anxiety sensitivity, and mindfulness.
- The group of patients who had high levels of emotional avoidance—who also had higher eating disorder symptom scores—showed better eating disorder outcomes after the UT implementation.
- The effect of the UT did not decrease several years after the implementation, but remained stable or continued to grow. Large improvement in outcomes over multiple post-implementation years were particularly observed for emotion avoidance, anxiety sensitivity, and mindfulness.



Thompson-Brenner, H., Singh, S., Gardner, T. Brooks, G., Smith, M., Lowe, M., & Boswell, J. (2021). The Renfrew Unified Treatment for Eating Disorders and Comorbidity: Long-term effects of an evidence-based practice implementation in residential treatment. *Frontiers in Psychiatry*, section on Psychosomatic Medicine. doi: 10.3389/fpsy.2021.641601



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