

Cognitive Behavioural Therapy for Avoidant/Restrictive Food Intake Disorder (CBT-AR): An Evaluation

ACTRN12624000686505

Status	RECRUITING
Sponsor	Orygen Youth Mental Health
Enrollment	21 participants

Plain Language Summary

Avoidant/Restrictive Food Intake Disorder (ARFID) is an eating disorder where individuals severely limit the types or amounts of food they eat — not due to body image concerns, but because of strong aversions to textures, smells, or fear of choking or being sick. It can lead to significant nutritional problems and impact daily life. This study from Orygen is evaluating a cognitive behavioural therapy program (CBT-AR) specifically adapted for ARFID.

The program works by gradually helping individuals engage with avoided foods through structured exercises, while addressing the underlying fears and avoidance patterns. Researchers will assess whether CBT-AR is feasible, acceptable, and effective in reducing ARFID symptoms in patients aged 12–25 who are being treated at the Orygen eating disorders program.

You may be eligible if you are aged 12–25, have a primary diagnosis of ARFID according to DSM-5 criteria, and are currently presenting for treatment at the Orygen Specialist Program. People who are currently tube-fed or who have more urgent clinical issues (such as high suicidal ideation) that need to be addressed first are not eligible.

Key Eligibility Criteria

Inclusion (3)

- Current primary diagnosis of ARFID according to DSM-5 criteria as determined by the treating team (the eating disorders Orygen Specialist Program)
- Presenting for treatment in the eating disorders Orygen Specialist Program
- If 16 but underweight (BMI <18.5) and living with their parents/guardian, a parent/guardian should be involved in the treatment.

Exclusion (2)

- Current tube feeding
- Inappropriateness for CBT-AR as determined by the clinicians (e.g. if there are more urgent issues to first manage such as high suicidal ideation, if participants do not have adequate comprehension capability, etc).

Locations (2 total)

Orygen Youth Health - Parkville - Parkville, VIC, Australia
Orygen Youth Health - Sunshine - Sunshine, VIC, Australia

<https://www.anzctr.org.au/Trial/Registration/TrialReview.aspx?ACTRN=ACTRN12624000686505>

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