

# Cognitive Behavioural Therapy for Avoidant/Restrictive Food Intake Disorder (CBT-AR)

NCT06463470

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Status	RECRUITING
Phase	Not Applicable
Sponsor	Orygen
Enrollment	20 participants

## Key Eligibility Criteria

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### 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  $\leq 16$ yo, or  $> 16$  but underweight (BMI  $\leq 18.5$ ) 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)

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Orygen Youth Health - Sunshine - Sunshine, Melbourne, Victoria, Australia  
Orygen Youth Health - Parkville - Parkville, Melbourne, Victoria, Australia