

Feasibility and Acceptability of Metacognitive Training for Eating Disorders in Adolescents With Anorexia Nervosa

NCT07435818

Status	RECRUITING
Phase	Not Applicable
Sponsor	University of Évora
Enrollment	14 participants

Key Eligibility Criteria

Inclusion (4)

- Adolescents aged 13 to 19 years;
- Diagnosis of Anorexia Nervosa or Atypical Anorexia Nervosa; confirmed by the treating child and adolescent psychiatrist according to DSM-5-TR or ICD-11 criteria;
- Currently followed in an Eating Disorder Outpatient Consultation;
- Fluent in Portuguese.

Exclusion (4)

- Acute suicidal ideation or behaviour requiring immediate clinical intervention;
- Imminent risk of hospitalization due to clinical deterioration;
- Current diagnosis of psychotic disorder, bipolar disorder, or substance dependence;
- Any clinical condition that, in the judgment of the treating clinician, would make participation in a videoconference-based intervention inappropriate.

Locations (1 total)

Hospital Beatriz Ângelo - Unidade Local de Saúde Loures-Odivelas, Child and Adolescent Psychiatry Service, Department of Psychiatry and Mental Health, Loures, Portugal, Loures, Portugal