Research Study
Feasibility of Conducting a Randomized Controlled Trial Comparing Standard FBT and Guided Self-Help FBT for Adolescent Anorexia Nervosa

Principal Investigator: Dr. Jennifer Couturier
REB#: 4122
This Study has been reviewed by the Hamilton Integrated Research Ethics Board.

Families with a child with Anorexia Nervosa are invited to participate in a study comparing Family Based Therapy to an Online Guided Self Help Family Based Therapy using Telemedicine. This study is being conducted at McMaster Children’s Hospital in partnership with Stanford University.

Criteria for Participation:
• Families of adolescents 12-17 years of age with Anorexia Nervosa
• Adolescents deemed medically stable for outpatient care
• Access to a computer with internet
• Fluent in English Language

For more information please contact the Local Principal Investigator, Dr. Jennifer Couturier by phone at 905.521.2100 ext 76035, or by email at coutur@mcmaster.ca