

Metasynthesis of Anorexia Nervosa Treatment During Adolescence: Perspectives From Adolescents, Parents and Health Care Professionals

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Anorexia nervosa (AN) is a severe disease with often chronic courses, relapses and drop-outs. Recently, there has been a growing interest for qualitative research in eating disorders since this methodology gained some recognition as a reliable source of new insights and therapeutic implications. There is indeed an increasing qualitative literature about AN during adolescence but yet difficult to gather and synthesize. Therefore, we decided to perform a metasynthesis, *i.e.* a review of qualitative studies and a transversal analysis of all the studies, about AN treatment during adolescence. In order to obtain an integrated description of this topic, we included qualitative papers with perspectives from the adolescents, their parents or the healthcare professionals.

This meta-synthesis is based on a procedure adapted from meta-ethnography. From five data base (Medline, PsycINFO, CINAHL, EMBASE, SSCI), we did a systematic review for papers in English published between 1990 and 2014 using solely qualitative methodology and exploring the issue of treatment in adolescent AN. In total, 1140 papers were found and 27 were selected. We used the Critical Appraisal Skill Program – Qualitative research check-list to assess the quality of the studies.

We found three main themes: (1) to cure AN, (2) to care for the adolescent and the family, and (3) the therapeutic alliance as the main treatment challenge. We will discuss the lack of shared representations about treatment and especially the transversal issue concerning the dialectic 'having AN/Being Anorectic'.