

NATIONAL CLINICAL GUIDELINE FOR THE TREATMENT OF MODERATE AND SEVERE BULIMIA

Quick guide

Psychotherapy for adults	
↑↑	Use cognitive behavioural therapy (CBT-BN) as first choice in the treatment of adults with moderate and severe bulimia (⊕⊕○○).
↑	Individual psychotherapy and group psychotherapy may both be considered for the treatment of adults with moderate and severe bulimia. There is no documentation indicating any difference in the effect of these types of treatment (⊕⊕○○).
Psychotherapy for children and adolescents	
↑	Consider individual CBT-BN for children and adolescents with moderate and severe bulimia (⊕⊕○○).
↑	Consider family-based eating disorder treatment (FBT-BN) for children and resident adolescents with moderate and severe bulimia (⊕⊕○○).
Type and intensity of treatment	
√	It is good practice to reconsider the type and intensity of the treatment in case of insufficient effect in patients with moderate and severe bulimia.
Pharmacological treatment	
↓	In the beginning of treatment, SSRI should only be used in the treatment of bulimic behavioral symptoms upon due consideration (⊕⊕○○).
Nutritional and motivation-promoting intervention	
√	It is good practice to offer individualised or standardised nutritional intervention to patients with moderate and severe bulimia.
↓	An intervention aimed at motivational enhancement prior to initiating psychotherapeutic treatment of adults with moderate and severe bulimia should only be offered upon due consideration (⊕⊕○○).
Monitoring and relapse prevention	
√	It is good practice to evaluate the effect of the treatment by systematically monitoring the eating disorder symptoms in the bulimia patients at specified time points during the treatment course.
√	It is good practice to offer a stabilising treatment course to the patients for the purpose of relapse prevention when the eating disorder behaviour has stopped.

About the quick guide

This quick guide contains the key recommendations from the national clinical guideline for the treatment of moderate and severe bulimia. The guideline was prepared by the Danish Health Authority (DHA).

The guideline concerns the treatment of children, adolescents and adults with moderate and severe bulimia. However, some of the guideline recommendations only apply to adults, whereas others only apply to children and adolescents. It is specified in a recommendation when it does not apply to all age groups.

Thus, the guideline contains recommendations for selected parts of the field and therefore must be seen alongside the other guidelines, process descriptions etc. within this field.

The recommendations are preceded by the following indications of their strength:

- ↑↑ = a strong recommendation for
- ↓↓ = a strong recommendation against
- ↑ = a weak/conditional recommendation for
- ↓ = a weak/conditional recommendation against

The symbol (√) stands for good practice. This symbol is used in case of lack of evidence, when the working group wants to emphasise particular aspects of the established clinical practice.

The recommendations are followed by the symbols mentioned below which indicate the strength of the underlying evidence – from high to very low:

- (⊕⊕⊕⊕) = high
- (⊕⊕⊕○) = moderate
- (⊕⊕○○) = low
- (⊕○○○) = very low

In case of lack of evidence, a recommendation is not followed by a symbol. This applies to the good practice recommendations.

Further information at sundhedsstyrelsen.dk

At sundhedsstyrelsen.dk, a full-length version of the national clinical guideline is available, including a detailed review of the underlying evidence for the recommendations.

About the national clinical guidelines

The national clinical guideline is one of the 47 national clinical guidelines to be prepared by the DHA during the period 2013-2016.

Further information about the choice of subjects, method and process is available at sundhedsstyrelsen.dk.
