

# Best Evidence Summaries of Topics in Mental Healthcare

**BEST** *in* **MH** *clinical question-answering service*

## Question

In in-patient adults of working age with eating disorders, how effective are nutrition education groups, compared to one-to-one sessions, for improving understanding of a balanced diet?

## Clarification of question using PICO structure

*Patients:* In-patient adults of working age with eating disorders  
*Intervention:* Nutrition education groups  
*Comparator:* One-to-one Sessions  
*Outcome:* Improved understanding of a balanced diet

## **Clinical and research implications**

No relevant high-quality evidence was identified.

## **What does the evidence say?**

*Number of included studies/reviews (number of participants)*

N/A

*Main Findings*

N/A

*Authors Conclusions*

N/A

*Reliability of conclusions/Strength of evidence*

N/A

## **What do guidelines say?**

**Date question received:** 07/06/2013

**Date searches conducted:** 13/06/2013

**Date answer completed:** 18/06/2013

## Search Details

Source	Search Strategy	Number of hits	Relevant evidence identified
<i>SRs and Guidelines</i>			
NICE	Eating disorder Group therapy	505	0
DARE	1 MeSH DESCRIPTOR Anorexia Nervosa EXPLODE ALL TREES 2 MeSH DESCRIPTOR Bulimia Nervosa EXPLODE ALL TREES 3 MeSH DESCRIPTOR Binge-Eating Disorder EXPLODE ALL TREES 4 MeSH DESCRIPTOR Bulimia EXPLODE ALL TREES 5 MeSH DESCRIPTOR Eating Disorders EXPLODE ALL TREES 6 (eating adj4 disorder) 7 (anorexia) 8 (bulimia) 9 (binge) 10 (ednos) 11 (overeat*) 12 (compulsive adj3 eat) 13 (compulsive adj3 eat*) 14 (BN) 15 (purge) 16 (purg*) 17 (pica) 18 (eating adj4 syndrome) 19 #1 OR #2 OR #3 OR #4 OR #5 OR #6 OR #7 OR #8 OR #9 OR #10 OR #11 OR #12 OR #13 OR #14 OR #15 OR #16 OR #17 OR #18 20 MeSH DESCRIPTOR Diet Therapy EXPLODE ALL TREES 21 MeSH DESCRIPTOR Food Habits EXPLODE ALL TREES	37	0

	<p>22 (dietetics)  23 MeSH DESCRIPTOR Dietetics EXPLODE ALL TREES  24 ((nutrition* OR diet* OR food* OR kalori*) AND (train* OR educati* OR group* OR session*))  25 #20 OR #21 OR #22 OR #23 OR #24  26 #19 AND #25</p>		
<b>Primary studies</b>			
CENTRAL	<p>#1 MeSH descriptor: [Eating Disorders] explode all trees  #2Enter terms for searcanorexia or bulmia  #3Enter terms for searcoveat*  #4Enter terms for searc"compulsive eat*"  #5Enter terms for searc"eating syndrome"  #6Enter terms for searcpurge  #7Enter terms for searc#1 or #2 or #3 or #4 or #5 or #62808  #8Enter terms for searc"nutrition education"  #9Enter terms for searc"nutrition information"  #10Enter terms for searc"nutrition knowledge"  #11Enter terms for searc"healthy eating"  #12Enter terms for searc"health education diet"1  #13Enter terms for searc#8 or #9 or #10 or #11 or #12912  #14Enter terms for searc#7 and #13  Central only</p>	10	0
PsycINFO	<p>1. PsycINFO; exp EATING DISORDERS/;  2. PsycINFO; (eating adj3 disorder*).ti,ab;  3. PsycINFO; (anorexia OR bulimia).ti,ab;.   4. PsycINFO; overeat*.ti,ab;  5. PsycINFO; "compulsive eat*".ti,ab;  6. PsycINFO; "eating syndrome".ti,ab;  7. PsycINFO; purg*.ti,ab;.   8. PsycINFO; 1 OR 2 OR 3 OR 4 OR 5 OR 6 OR 7;  9. PsycINFO; "nutrition education".ti,ab;.</p>	12	0

	<p>10. PsycINFO; "nutrition knowledge".ti,ab;</p> <p>11. PsycINFO; DIETS/ AND HEALTH EDUCATION/ AND NUTRITION/ AND EDUCATIONAL PROGRAMS/;</p> <p>12. PsycINFO; 9 OR 10 OR 11;</p> <p>13. PsycINFO; group.ti,ab;</p> <p>14. PsycINFO; personal.ti,ab;</p> <p>15. PsycINFO; "computer tailoring".ti,ab;</p> <p>16. PsycINFO; "web based".ti,ab;</p> <p>17. PsycINFO; individual.ti,ab;.</p> <p>18. PsycINFO; 13 OR 14 OR 15 OR 16;</p> <p>19. PsycINFO; 8 AND 11 AND 18;</p> <p>20. PsycINFO; 8 AND 11;.</p> <p>21. PsycINFO; 11 AND 18;</p> <p>22. PsycINFO; 8 AND 9;</p>		
Embase	<p>22. EMBASE; exp EATING DISORDERS/;</p> <p>23. EMBASE; (eating adj3 disorder*).ti,ab;</p> <p>24. EMBASE; (anorexia OR bulimia).ti,ab;</p> <p>25. EMBASE; overeat*.ti,ab;</p> <p>26. EMBASE; "compulsive eat*".ti,ab;</p> <p>27. EMBASE; "eating syndrome".ti,ab;</p> <p>28. EMBASE; purg*.ti,ab;</p> <p>29. EMBASE; 22 OR 23 OR 24 OR 25 OR 26 OR 27 OR 28;</p> <p>30. EMBASE; "nutrition education".ti,ab;</p>	4	0

	<p>31. EMBASE; "nutrition information".ti,ab;</p> <p>32. EMBASE; "nutrition knowledge".ti,ab;</p> <p>33. EMBASE; "healthy eating education".ti,ab;</p> <p>34. EMBASE; ("healthy eating" adj3 education).ti,ab;</p> <p>35. EMBASE; ("health education" adj3 diet).ti,ab;</p> <p>36. EMBASE; 30 OR 31 OR 32 OR 33 OR 34 OR 35;</p> <p>37. EMBASE; 29 AND 36;</p> <p>38. EMBASE; group.ti,ab;</p> <p>39. EMBASE; (personal OR individual).ti,ab;</p> <p>43. EMBASE; (computer OR "web based").ti,ab;</p> <p>44. EMBASE; 38 AND 39;</p> <p>45. EMBASE; 37 AND 44;</p>		
Medline	<p>1. MEDLINE; exp EATING DISORDERS/;</p> <p>2. MEDLINE; (eating adj3 disorder*).ti,ab;</p> <p>3. MEDLINE; (anorexia OR bulimia).ti,ab;</p> <p>4. MEDLINE; overeat*.ti,ab;</p> <p>5. MEDLINE; "compulsive eat*".ti,ab;</p> <p>6. MEDLINE; "eating syndrome".ti,ab;</p>	19	0

	<p>7. MEDLINE; purg*.ti,ab; 6419 results.</p> <p>8. MEDLINE; 1 OR 2 OR 3 OR 4 OR 5 OR 6 OR 7; 44940 results.</p> <p>9. MEDLINE; "nutrition education".ti,ab; 3158 results.</p> <p>10. MEDLINE; "nutrition information".ti,ab; 510 results.</p> <p>11. MEDLINE; "nutrition knowledge".ti,ab; 572 results.</p> <p>12. MEDLINE; "healthy eating education".ti,ab; 4 results.</p> <p>13. MEDLINE; ("healthy eating" adj3 education).ti,ab; 29 results.</p> <p>14. MEDLINE; ("health education" adj3 diet).ti,ab; 22 results.</p> <p>15. MEDLINE; 9 OR 10 OR 11 OR 12 OR 13 OR 14; 3969 results.</p> <p>16. MEDLINE; 8 AND 15; 56 results.</p> <p>17. MEDLINE; group.ti,ab; 1673220 results.</p> <p>18. MEDLINE; (personal OR individual).ti,ab; 604438 results.</p> <p>19. MEDLINE; (computer OR " web bsaed").ti,ab; 158298 results.</p> <p>20. MEDLINE; 17 OR 18 OR 19; 2327072 results.</p> <p>21. MEDLINE; 16 AND 20; 19 results.</p>		
CINAHL	<p>1. CINAHL; exp EATING DISORDERS/; 7870 results.</p> <p>2. CINAHL; (eating adj3 disorder*).ti,ab; 4403 results.</p> <p>3. CINAHL; (anorexia OR bulimia).ti,ab; 3720 results.</p>	35	0

	<p>4. CINAHL; overeat*.ti,ab; 277 results.</p> <p>5. CINAHL; "compulsive eat*".ti,ab; 22 results.</p> <p>6. CINAHL; "eating syndrome".ti,ab; 45 results.</p> <p>7. CINAHL; purge.ti,ab; 110 results.</p> <p>8. CINAHL; 1 OR 2 OR 3 OR 4 OR 5 OR 6 OR 7; 9382 results.</p> <p>9. CINAHL; "nutrition education".ti,ab; 1202 results.</p> <p>10. CINAHL; "nutrition information".ti,ab; 252 results.</p> <p>11. CINAHL; "nutrition knowledge".ti,ab; 279 results.</p> <p>12. CINAHL; ("healthy eating" adj3 education).ti,ab; 29 results.</p> <p>13. CINAHL; 9 OR 10 OR 11 OR 12; 1632 results.</p> <p>14. CINAHL; 8 AND 13; 35 results.</p>		
<b>Summary</b>	<b>NA</b>	<b>NA</b>	

**Disclaimer**

BEST in MH answers to clinical questions are for information purposes only. BEST in MH does not make recommendations. Individual health care providers are responsible for assessing the applicability of BEST in MH answers to their clinical practice. BEST in MH is not responsible or liable for, directly or indirectly, any form of damage resulting from the use/misuse of information contained in or implied by these documents. Links to other sites are provided for information purposes only. BEST in MH cannot accept responsibility for the content of linked sites.