

Best Evidence Summaries of Topics in Mental Healthcare

BEST in MH *clinical question-answering service*

Question

“For patients with anorexia nervosa, how effective is mindfulness (including mindfulness-based interventions in which mindfulness is a component), for improving patient outcomes?”

Clarification of question using PICO structure

Patients: Adults with anorexia nervosa
Intervention: Mindfulness (including mindfulness-based interventions)
Comparator: Any
Outcome: Any

Clinical and research implications

No relevant evidence, such as systematic reviews and randomised controlled trials, were available to answer this question. Therefore, this is a clinically relevant area in which high-quality research is needed.

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?

Neither National Institute for Health and Care Excellence (NICE) nor Scottish Intercollegiate Guidelines Network (SIGN) guidelines comment upon the use of mindfulness for patients with anorexia nervosa.

Date question received: 22/10/2014

Date searches conducted: 04/11/2014

Date answer completed: 03/12/2014

Search Details

| Source | Search Strategy | Number of hits | Relevant evidence identified |
|----------------------------------|--|----------------|------------------------------|
| <i>SRs and Guidelines</i> | | | |
| NICE | mindfulness anorexia | 0 | 0 |
| DARE | 1 (mindful* or meditat*) IN DARE 126 Delete 2 MeSH DESCRIPTOR Mindfulness EXPLODE ALL TREES 7 Delete 3 #1 OR #2 126 Delete | 126 | 0 |
| <i>Primary studies</i> | | | |
| CENTRAL | ID Search Hits #1 MeSH descriptor: [Mindfulness] explode all trees 22 #2 MeSH descriptor: [Anorexia Nervosa] explode all trees 308 #3 #1 and #2 0 #4 MeSH descriptor: [Eating Disorders] explode all trees 830 #5 #1 and #4 0 | 0 | 0 |
| PsycINFO | 1. PsycINFO; MINDFULNESS/; 3635 results. 2. PsycINFO; mindful*.ti,ab; 6345 results. 3. PsycINFO; ANOREXIA NERVOSA/ OR EATING DISORDERS/; 19113 results. 4. PsycINFO; 1 OR 2; 6487 results. 5. PsycINFO; 3 AND 4; 67 results. | 67 | 0 |
| Embase | 16. EMBASE; MINDFULNESS/; 724 results. 17. EMBASE; mindful*.ti,ab; 4310 results. 18. EMBASE; ANOREXIA NERVOSA/ OR EATING DISORDERS/; | 76 | 0 |

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|----------------|--|-----------|---|
| | 28077 results. 19. EMBASE; 16 OR 17; 4416 results. 20. EMBASE; 18 AND 19; 76 results. | | |
| Cinahl | 11. CINAHL; MINDFULNESS/; 265 results. 12. CINAHL; mindful*.ti,ab; 1597 results. 13. CINAHL; ANOREXIA NERVOSA/ OR EATING DISORDERS/; 6572 results. 14. CINAHL; 11 OR 12; 1685 results. 15. CINAHL; 13 AND 14; 27 results. | 27 | 0 |
| Medline | 6. MEDLINE; MINDFULNESS/; 249 results. 7. MEDLINE; mindful*.ti,ab; 3246 results. 8. MEDLINE; ANOREXIA NERVOSA/ OR EATING DISORDERS/; 21091 results. 9. MEDLINE; 6 OR 7; 3277 results. 10. MEDLINE; 8 AND 9; 44 results. | 44 | 0 |
| Summary | NA | NA | |

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