

Best Evidence Summaries of Topics in Mental Healthcare

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

Question: In people with learning difficulties what management and treatments are effective for Eating disorders?

Clarification of question using *PICO* structure

Population: Adults with Learning difficulties and any co-current Eating Disorder
Intervention: Any medical/therapeutic intervention
Comparator: Any other Intervention
Outcomes: Improvement in any patient outcomes

Clinical and research implications

No relevant systematic reviews or randomised controlled trials could be found for this question.

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 on best management/treatments for eating disorders in adults with learning disabilities.

Date question received: 30/12/15

Date searches conducted: 30/12/15

Date answer completed: 04/01/16

Search details

Source	Search Strategy	Number of hits	Relevant evidence identified
Guidelines			
NICE	eating disorder and learning disability	80	
SIGN	eating disorder and learning disability	14	
Systematic Reviews and Primary Studies			
MEDLINE (Systematic Reviews and Primary studies)	1 exp Learning Disorders/ 2 exp Developmental Disabilities/ 3 ((Learning or developmental) adj (disorder or disabilit* or difficult*)).ab,ti. 4 exp Eating Disorders/ 5 "eating disorder*".ab,ti. 6 anorexia.ab,ti. 7 bulimia.ab,ti. 8 binge eating.ab,ti. 9 exp Anorexia Nervosa/ or exp Anorexia/ 10 exp Bulimia Nervosa/ or exp Bulimia/ 11 exp Medication Therapy Management/ 12 exp Pharmaceutical Preparations/ 13 ((pharmacological or pharmaceutical, or drug or medication) adj3 (Treatment or intervention* or therap*)).ab,ti.	20125 16555 14853 24118 13940 24374 6270 3934 15608 6746 929 661946 136529	50 0

	<p>14 exp Psychotherapy, Rational-Emotive/ or exp Psychotherapy/ or exp Psychotherapy, Psychodynamic/ or exp Psychotherapy, Group/ or exp Psychotherapy, Brief/ or exp Psychotherapy, Multiple/</p> <p>15 exp Therapeutics/</p> <p>16 ((psycho* or therapeutic) adj3 (treatment or intervention or therap*)).ab,ti.</p> <p>17 1 or 2 or 3</p> <p>18 4 or 5 or 6 or 7 or 8 or 9 or 10</p> <p>19 17 and 18</p> <p>20 drug/ or exp drug therapy/</p> <p>21 11 or 12 or 13 or 20</p> <p>22 exp therapy/</p> <p>23 14 or 15 or 16 or 22</p> <p>24 21 or 23</p> <p>25 19 and 24</p>	<p>161017</p> <p>3642756</p> <p>734194</p> <p>44152</p> <p>45888</p> <p>178</p> <p>1142571</p> <p>1753208</p> <p>3642756</p> <p>4246141</p> <p>4709533</p> <p>50</p>		
EMBASE (Systematic Reviews only)	<p>1 exp Learning Disorders/</p> <p>2 exp Developmental Disabilities/</p> <p>3 ((Learning or developmental) adj (disorder or disabilit* or difficult*)).ab,ti.</p> <p>4 exp Eating Disorders/</p> <p>5 "eating disorder*".ab,ti.</p> <p>6 anorexia.ab,ti.</p> <p>7 bulimia.ab,ti.</p>	<p>27617</p> <p>29553</p> <p>19184</p> <p>39207</p> <p>18455</p> <p>30996</p> <p>8117</p>		0

8	binge eating.ab,ti.	4919		
9	exp Anorexia Nervosa/ or exp Anorexia/	62033		
10	exp Bulimia Nervosa/ or exp Bulimia/	11621		
11	exp Medication Therapy Management/	4775		
12	exp Pharmaceutical Preparations/	2198802		
13	((pharmacological or pharmaceutical, or drug or medication) adj3 (Treatment or intervention* or therap*)).ab,ti.	183177		
14	exp Psychotherapy, Rational-Emotive/ or exp Psychotherapy/ or exp Psychotherapy, Psychodynamic/ or exp Psychotherapy, Group/ or exp Psychotherapy, Brief/ or exp Psychotherapy, Multiple/	196207		
15	exp Therapeutics/	6683930		
16	((psycho* or therapeutic) adj3 (treatment or intervention or therap*)).ab,ti.	956109		
17	1 or 2 or 3	62451		
18	4 or 5 or 6 or 7 or 8 or 9 or 10	92310		
19	17 and 18	980		
20	drug/ or exp drug therapy/	1919337		
21	11 or 12 or 13 or 20	3955769		
22	exp therapy/	6683930		
23	14 or 15 or 16 or 22	7270294		
24	21 or 23	8975051		
25	19 and 24	669		

	26 - 55 56 25 and 55 57 limit 56 to yr="2005 -Current"	Systematic Review Filters applied	165413 121 102		
EMBASE (Primary Studies only)	1 exp Learning Disorders/ 2 exp Developmental Disabilities/ 3 ((Learning or developmental) adj (disorder or disabilit* or difficult*)).ab,ti. 4 exp Eating Disorders/ 5 "eating disorder*".ab,ti. 6 anorexia.ab,ti. 7 bulimia.ab,ti. 8 binge eating.ab,ti. 9 exp Anorexia Nervosa/ or exp Anorexia/ 10 exp Bulimia Nervosa/ or exp Bulimia/ 11 exp Medication Therapy Management/ 12 exp Pharmaceutical Preparations/ 13 ((pharmacological or pharmaceutical, or drug or medication) adj3 (Treatment or intervention* or therap*)).ab,ti. 14 exp Psychotherapy, Rational-Emotive/ or exp Psychotherapy/ or exp Psychotherapy, Psychodynamic/ or exp Psychotherapy, Group/ or exp Psychotherapy, Brief/ or exp Psychotherapy, Multiple/		27617 29553 19184 39207 18455 30996 8117 4919 62033 11621 4775 2198802 183177 196207	60	0

15 exp Therapeutics/	6683930		
16 ((psycho* or therapeutic) adj3 (treatment or intervention or therap*)).ab,ti.	956109		
17 1 or 2 or 3	62451		
18 4 or 5 or 6 or 7 or 8 or 9 or 10	92310		
19 17 and 18	980		
20 drug/ or exp drug therapy/	1919337		
21 11 or 12 or 13 or 20	3955769		
22 exp therapy/	6683930		
23 14 or 15 or 16 or 22	7270294		
24 21 or 23	8975051		
25 19 and 24	669		
26 (random\$ or placebo\$ or single blind\$ or double blind\$ or triple blind\$).ti,ab.	1130782		
27 RETRACTED ARTICLE/	7807		
28 26 or 27	1138400		
29 (animal\$ not human\$).sh,hw.	3845176		
30 (book or conference paper or editorial or letter or review).pt. not exp randomized controlled trial/	4240618		
31 (random sampl\$ or random digit\$ or random effect\$ or random survey or random regression).ti,ab. not exp randomized controlled trial/	67230		
32 28 not (29 or 30 or 31)	874491		
33 25 and 32	60		

PsycINFO (Systematic Reviews and primary studies)	1 exp Learning Disorders/	22147	0
	2 exp Developmental Disabilities/	11789	
	3 ((Learning or developmental) adj (disorder or disabilit* or difficult*)).ab,ti.	24211	
	4 exp Eating Disorders/	22946	
	5 "eating disorder*".ab,ti.	18446	
	6 anorexia.ab,ti.	10588	
	7 bulimia.ab,ti.	7847	
	8 binge eating.ab,ti.	4228	
	9 exp Anorexia Nervosa/ or exp Anorexia/	8130	
	10 exp Bulimia Nervosa/ or exp Bulimia/	6421	
	11 ((pharmacological or pharmaceutical, or drug or medication) adj3 (Treatment or intervention* or therap*)).ab,ti.	28638	
	12 exp Psychotherapy, Rational-Emotive/ or exp Psychotherapy/ or exp Psychotherapy, Psychodynamic/ or exp Psychotherapy, Group/ or exp Psychotherapy, Brief/ or exp Psychotherapy, Multiple/	148112	
	13 ((psycho* or therapeutic) adj3 (treatment or intervention or therap*)).ab,ti.	126174	
	14 exp therapy/	531402	
	15 exp Pharmacology/	18183	
	16 exp Drug Therapy/	108135	
	17 1 or 2 or 3	40871	
	18 4 or 5 or 6 or 8 or 9 or 10	29188	
	19 17 and 18	150	

	20 11 or 15 or 16	137010		
	21 12 or 13 or 14	578043		
	22 19 and 20 and 21	12		
CENTRAL (Primary Studies only)	<p>#1 MeSH descriptor: [Learning Disorders] explode all trees 463</p> <p>#2 MeSH descriptor: [Developmental Disabilities] explode all trees 478</p> <p>#3 ((Learning or developmental) adj (disorder or disabilit* or difficult*)) 450</p> <p>#4 MeSH descriptor: [Eating Disorders] explode all trees 859</p> <p>#5 MeSH descriptor: [Anorexia] explode all trees 199</p> <p>#6 MeSH descriptor: [Anorexia Nervosa] explode all trees 320</p> <p>#7 MeSH descriptor: [Bulimia] explode all trees 359</p> <p>#8 MeSH descriptor: [Bulimia Nervosa] explode all trees 157</p> <p>#9 MeSH descriptor: [Binge-Eating Disorder] explode all trees 62</p> <p>#10 eating adj disorder* 204</p> <p>#11 anorexia 3537</p> <p>#12 bulimia 953</p> <p>#13 binge adj eating 27</p> <p>#14 MeSH descriptor: [Pharmacology] explode all trees 1704</p> <p>#15 MeSH descriptor: [Drug Therapy] explode all trees 119541</p> <p>#16 ((pharmacological or pharmaceutical, or drug or medication) adj3 (Treatment or intervention* or therap*)) 1847</p> <p>#17 MeSH descriptor: [Therapeutics] explode all trees 248051</p> <p>#18 MeSH descriptor: [Psychological Techniques] explode all trees 6282</p> <p>#19 MeSH descriptor: [Psychotherapy] explode all trees 16473</p> <p>#20 ((psycho* or therapeutic) adj3 (treatment or intervention or therap*)) 1498</p> <p>#21 #1 or #2 or #3 1374</p> <p>#22 #4 or #5 or #6 or #7 or #8 or #9 or #10 or #11 or #12 or #13 4757</p> <p>#23 #21 and #22 112</p> <p>#24 #14 or #15 or #16 122205</p> <p>#25 #17 or #18 or #19 or #20 261208</p>	63	0	

	#26	#23 and #24 and #25 in Trials	63		
--	-----	-------------------------------	----	--	--

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.

© Best Evidence Summaries of Topics in Mental Health 2015