

SUPPORTING PARENTS OF CHILDREN AND ADOLESCENTS HOSPITALIZED WITH AN EATING DISORDER IN MENTAL HEALTH CARE SETTINGS - ADAPT, TEST AND EVALUATE A SUPPORT GROUP INTERVENTION

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BACKGROUND:

Numerous studies show that parents of children and adolescents with an eating disorder (ED) experience high levels of caregiver burden, including fear, guilt, shame, hopelessness, and grief.

Currently, there are no specific interventions developed or adapted to support parents in managing the significant caregiver burden they experience when their child is hospitalized with an ED.

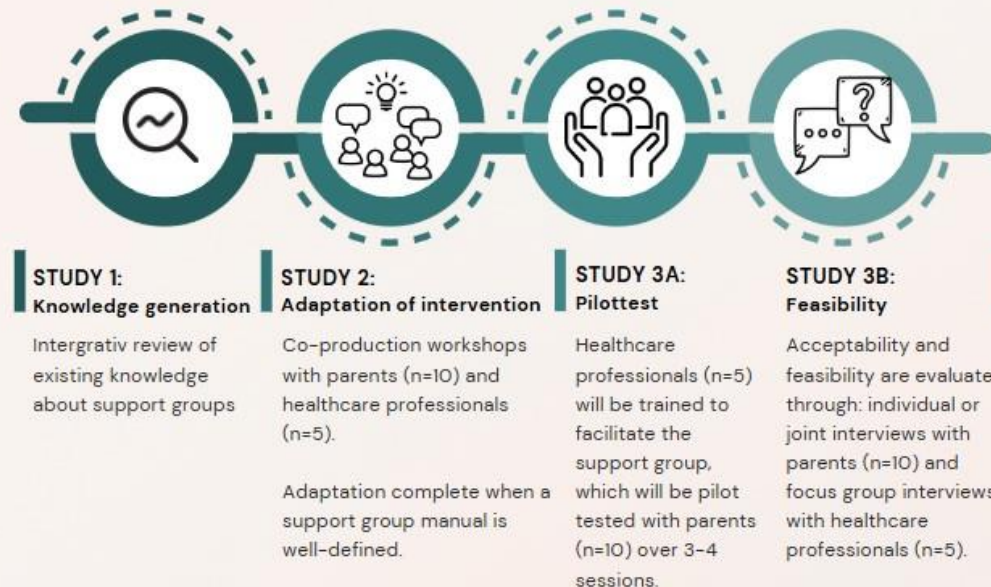
Parents request connections to support groups involving other parents with similar experiences.

AIM:

To adapt, test, and evaluate support groups for parents of children and adolescents hospitalized with an eating disorder in mental health care settings.

METHODS:

This project employs a qualitative design rooted in the phenomenological-hermeneutic tradition. The overall design is guided by **the Medical Research Council's framework** for developing/adaptation of complex interventions.



RESULTS:

The project is an upcoming PhD project. The project will result in an intervention as a support group specifically designed to support parents of children and adolescents hospitalized with an ED.

DISCUSSION:

- Support groups for parents has the potential to reduce caregiver burden, improve quality of life, and positively influence the recovery process of their child.
- Future perspectives will involve adjustments based on evaluation, implementation, and the measurement of the impact of participating in a support group.