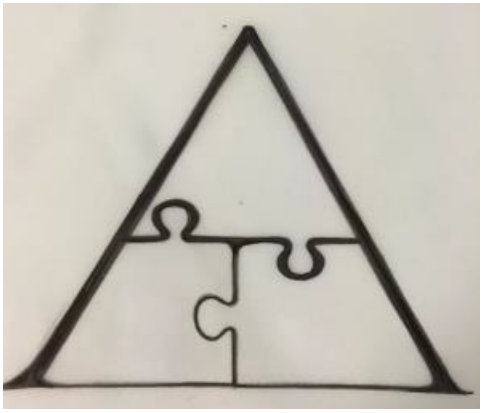
Transition Care in Anorexia Nervosa Through Guidance Online from Peer and Carer Expertise (TRIANGLE)



Synopsis

TRIANGLE is a multi-centre study which investigates transitions from intensive hospital treatment for anorexia nervosa (inpatient or day care) to home, so that in the future we can make these difficult periods less stressful for both patients and carers. The research aims to examine which level of information and support may be helpful to patients and their carers during treatment and following discharge. The TRIANGLE trial is funded by the National Institute for Health Research, Health Technology Assessment (NIHR HTA) programme (project ref number 14/68/09).

Who can take part?

To take part patients must be:

- Adults aged 17 or over.
- DSM-5 diagnosis of Anorexia Nervosa or subclinical/atypical Anorexia Nervosa, with a body mass index (BMI) of < 18.5 kg/m2.
- Admitted to an inpatient unit or attending day-care for a minimum of 4 days/week.
- Carer (family member or friend) willing to participate willing and able to provide some aftercare support.
- Consent within 2 months from admission to hospital.
- Access to an electronic device (e.g. mobile phone, computer, laptop, tablet) and the internet in order to use the study's website.

Eligibility will be fully assessed by the hospital team.

What does the study involve?

If you decide to take part, your involvement in the project will last **18 months from when you are first recruited**. A chance-related system will determine your study group allocation and you will be asked to complete some questionnaires throughout the 18 months. You will receive access to a self-monitoring tool and depending on which group you are allocated to you will also receive access to some information/materials, whilst still receiving support from your clinical team. At the end of the study all participants will have access to the study materials.

How can you take part?

If you are interested in taking part (as an individual or as clinical service), contact the research team: katie.rowlands@kcl.ac.uk or viviana.aya@kcl.ac.uk

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Key Researchers and Clinical Team of TRIANGLE:

- Professor Janet Treasure (Principal Investigator, Grant Holder)
- Dr Valentina Cardi (Co-applicant and Project Coordinator)
- Professor Sabine Landau (Co-applicant)
- Professor Ulrike Schmidt (Co-applicant)
- Professor Jon Arcelus (Co-applicant)
- Professor Jennifer Beecham (Health Economist)
- Dr Suman Ambwani (Co-applicant)
- Dr Pamela MacDonald (Co-applicant and Study Facilitator)
- Emily Robinson (Trial Statistician)
- Ms Gill Todd (Clinical Supervisor and Trainer)
- Helen Williams (BEAT Facilitator, Trainer and Supervisor)
- Mrs Viviana Aya Shepherd (Research Assistant)
- Katie Rowlands (Research Assistant)

Participating centres taking part in the TRIANGLE study across the UK:

- South London and Maudsley NHS Foundation Trust
- Cheshire and Wirral Partnership NHS Foundation Trust
- South Staffordshire and Shropshire Healthcare NHS Foundation Trust
- Avon and Wiltshire Mental Health Partnership NHS Trust
- Dorset Healthcare University NHS Foundation Trust
- Central and North West London Foundation Trust
- Barnet, Enfield and Haringey Mental Health NHS Trust
- Leicestershire Partnership NHS Trust
- Northumberland, Tyne and Wear NHS Foundation Trust
- Royal Cornhill Hospital
- South East Scotland Regional Eating Disorders Unit
- South West London and St George's Mental Health NHS Trust

- North Essex NHS Foundation Trust
- 2Gether NHS Foundation Trust
- Berkshire Healthcare NHS Foundation Trust
- Oxford Health NHS Foundation Trust
- Ellern Mede Centre for Eating Disorders
- The Priory Hospital Roehampton
- The Priory Hospital Southampton
- The Priory Hospital Altrincham
- The Priory Hospital Cheadle Royal
- Surrey and Borders Partnership NHS Foundation Trust
- Devon Partnership NHS Trust