

# **Best treatment for adults with Bulimia Nervosa Cognitive Behaviour treatment versus antidepressants**

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## **Abstract**

Bulimia is a preoccupation with body weight and image. It can have a great impact on the physical and psychological well-being of the person and their families. It affects both female and male populations however it can be difficult to diagnose as there can be some overlap with other eating disorders. The aim of this study was to explore best treatment for Bulimia

The research question was formulated using the PICO framework refers. P refers to the population of adults, I is the intervention of cognitive behavioural therapy, C is the comparison of antidepressants and O is the outcome of treatment with less bulimic episodes

A literature search was conducted using various data bases which were guided by inclusion and exclusion criteria. Nine studies were selected which were then critically appraised using the Critical Appraisal Skills Programme

Findings show that Cognitive Behavioural Therapy was more effective for treatment however further research is needed in particular within the local context. Recommendations for dissemination of findings are presented in this study

**KEYWORDS: Adults, Bulimia Nervosa, Antidepressants, Cognitive Behavioural Therapy, Counselling**