

Treatment Effectiveness at the Rogers Eating Disorder Center

At our residential Eating Disorder Center, individuals receiving treatment are asked to routinely complete several instruments that assess the severity of eating disorder symptoms as well as co-occurring problems. These measures help us:

- Create individualized treatment plans addressing each person's unique concerns
- Assess each person's progress in treatment
- Evaluate the overall effectiveness of our program

Using three accepted instruments for measuring symptom severity, depression and quality of life, Rogers obtained self-reported outcomes from 246 adults receiving treatment between 2012 and 2015 at the Eating Disorder Center. For each study, respondents reported statistically significant improvement.

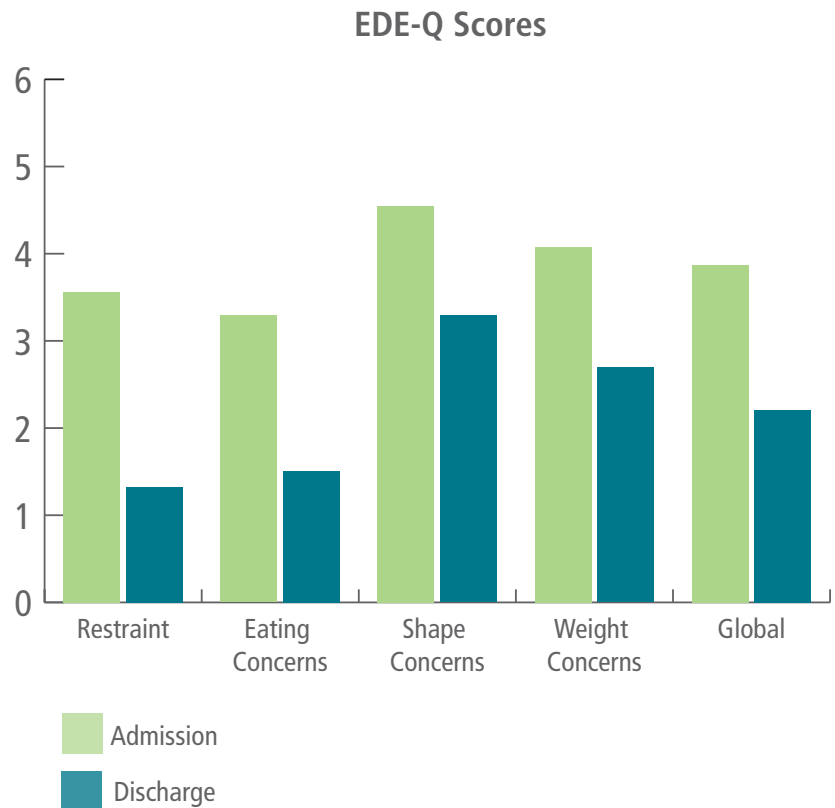
Lessening the Severity of Eating Disorders Symptoms

The Eating Disorder Examination-Questionnaire (EDE-Q) is a widely-used instrument that assesses the overall severity of eating disorder symptoms. There are four categories that assess unique eating disorder features:

- Restraint
- Eating Concern
- Shape Concern
- Weight Concern

Combining scores on these four categories produces a global scale, which indicates the overall severity of the eating disorder. Each score is on a scale from 0 to 6, with higher scores indicating greater eating disorder severity. As illustrated, on average, adults receiving treatment experienced significant reductions in the severity of their eating disorder.

As part of a follow-up study, we were able to contact 102 of these 246 individuals one year after discharge to complete the EDE-Q again. Results showed individuals maintained their progress for the first year after discharge, with no significant differences between EDE-Q scores at discharge vs. the one-year follow-up.

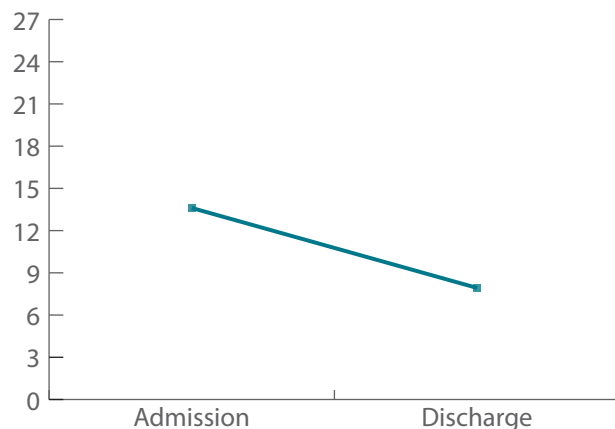


Reducing Severity of Depression

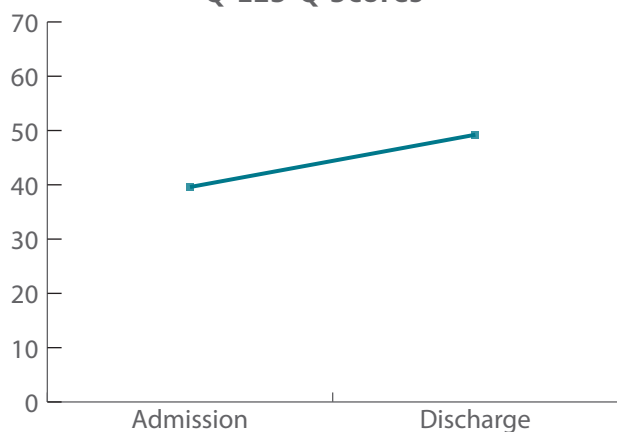
The Quick Inventory of Depressive Symptomatology (QIDS) measures the overall severity of depression symptoms. Many individuals diagnosed with an eating disorder also struggle with depression. We treat depression at the same time that an individual receives treatment for their eating disorder because it is proven to be more effective than treating the disorders separately.

Scores on the QIDS can range from 0 to 27, with higher scores indicating greater severity of depression. As illustrated, adults receiving treatment for both disorders experienced an approximate 50% reduction in the severity of depression symptoms.

QIDS Scores



Q-LES-Q Scores



Improving Quality of Life

The Quality of Life Enjoyment and Satisfaction Questionnaire (Q-LES-Q) measures the overall enjoyment and satisfaction an individual experiences across a number of life domains (e.g., family relationships, work, hobbies, etc.). Eating disorders often decrease a person's overall quality of life. Our goal is to improve the quality of life for those we treat.

Scores on the Q-LES-Q can range from 0 to 70, with higher scores indicating greater quality of life. As shown, adults receiving treatment reported significant improvement in their overall quality of life.



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Rogers Behavioral Health represents Wisconsin-based Rogers Behavioral Health System, Rogers Memorial Hospital and its regional network of specialty outpatient programming.



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