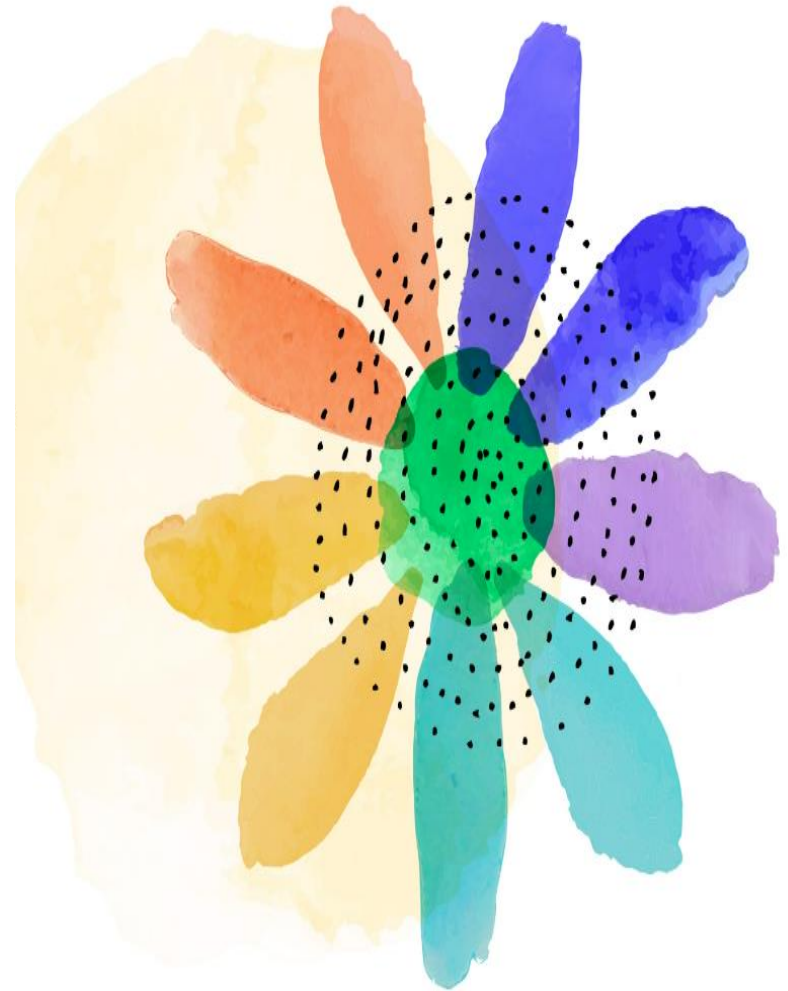


Maudsley Model of Anorexia Therapy for Adults (MANTRA) and Adolescents (MANTRa)

Ulrike Schmidt
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Professor of Eating Disorders
King's College London





Anorexia Nervosa (AN)

A puzzling disorder: Complex aetiology; difficult to treat

Psychotherapies = Treatment of choice

Family therapy (FT-AN) for adolescents

Individual therapies (e.g. CBT) for adults

What do patients experience as the key features of their disorder?

The Lived Experience of AN

A metasynthesis of 53 studies (1557 patients)

Bryant et al. 2022

Emotion as overwhelming: e.g. fear, sadness, loneliness

Internal conflict relating to AN: e.g. in control vs out-of-control

Interpersonal communication difficulties: e.g. difficulty verbalising distress

Corporality: e.g. need to disappear

AN as a tool: e.g. avoidance/numbing; guardian/protector

Identity: e.g. achievement/strength; Lost self



Another meta-synthesis of AN *treatment* experiences prominently highlighted identity struggles and development of a non-AN identity as key themes (Conti et al., 2020)

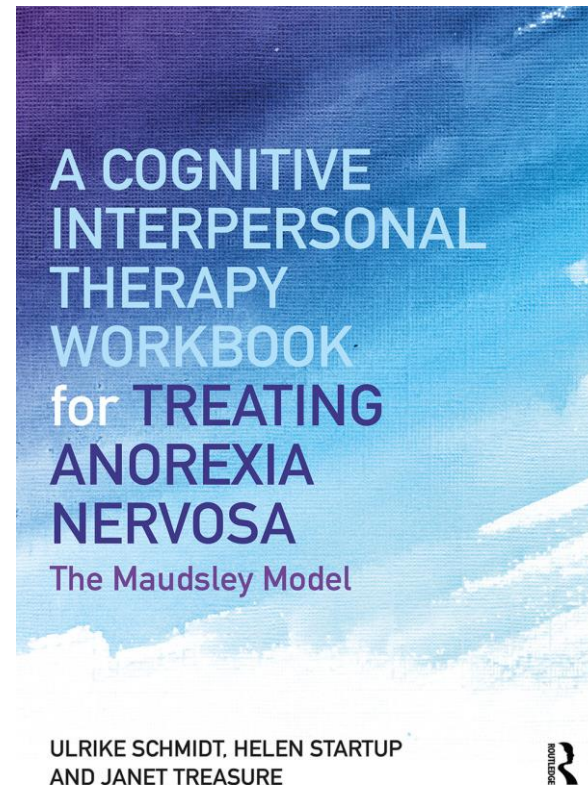
MANTRA Development & Aims

An individual therapy that is able to cater for people with a broad range of severities and complexity

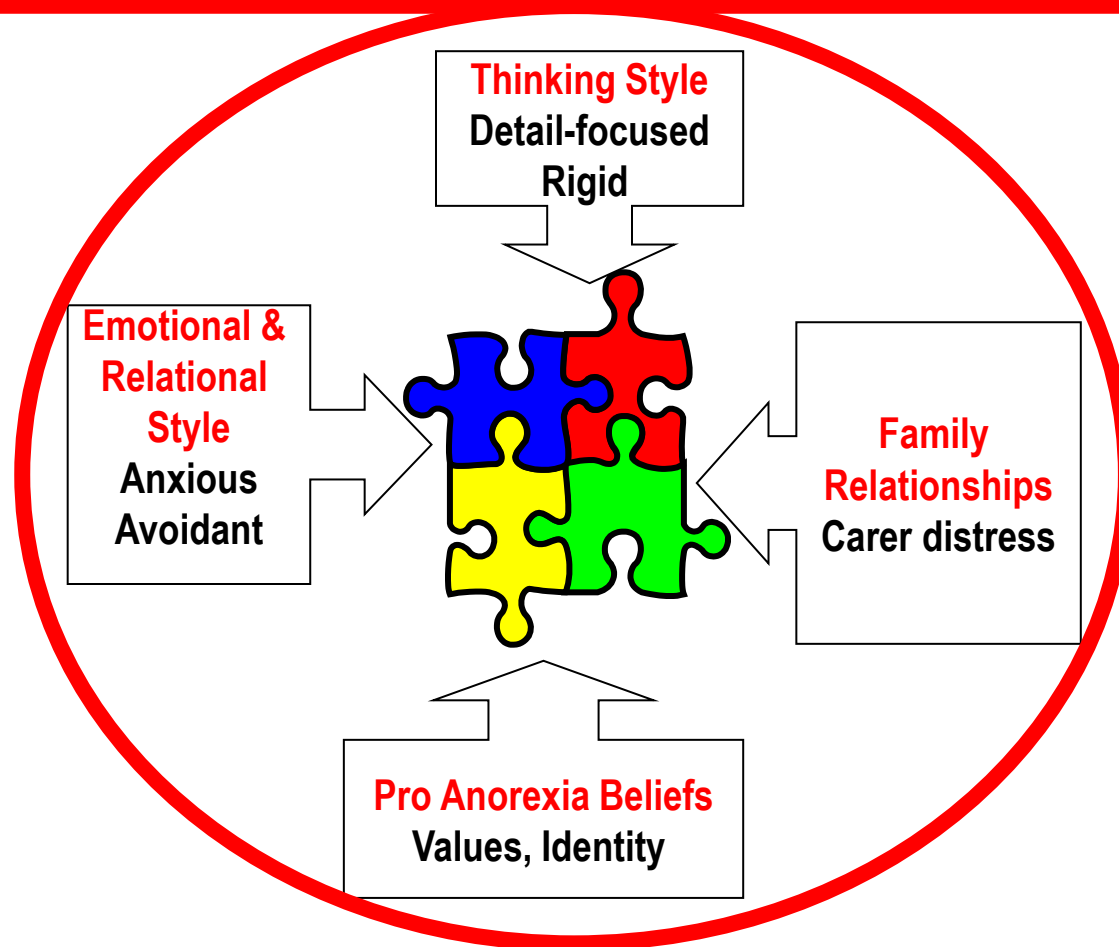
Aims to help people get 'a bigger life' i.e. get as close to recovery as possible.



**Iterative & ongoing
development process**



Personality traits: anxious, shy, sensitive, obsessional, perfectionist



Schmidt & Treasure, 2006; Treasure & Schmidt, 2013; Schmidt et al., 2014

MANTRA Unique Features. I

Individual treatment with carer involvement

- **An AN-specific psychobiological treatment that combines a focus on (a) maintaining factors and on (b) patients' traits**

Therapeutic tools

- **Patient & therapist writings** facilitate reflection, emotion processing, perspective shifting and change
- **Formulation: diagrams** (vicious/virtuous flower) & **letters**
- **Focus on thinking style**
- **Encourage adaptive expression/management of emotions and needs & build self-compassion**
- **Build a flourishing non-anorexic self**



MANTRA Unique Features. II

Individualised collaborative approach to improving nutrition & weight

Usually no food diary

Managing weight-, shape- & eating-concerns:

- Addressed in the context of broader issues (e.g. problematic thinking style)

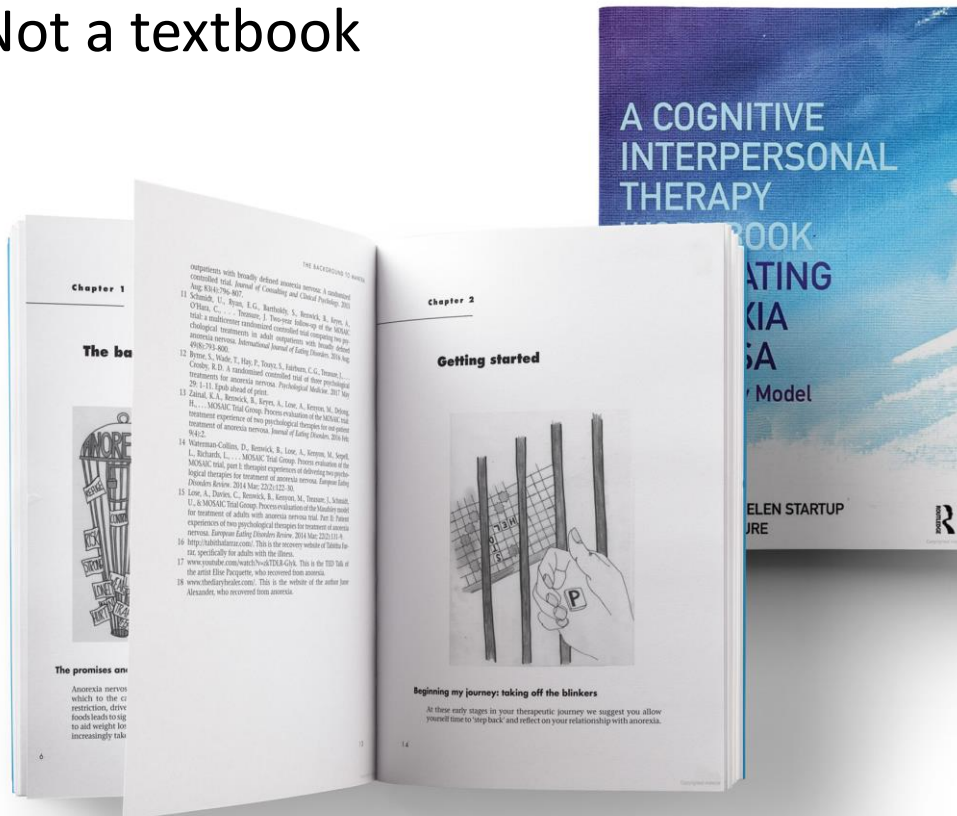
MANTRA is Playful



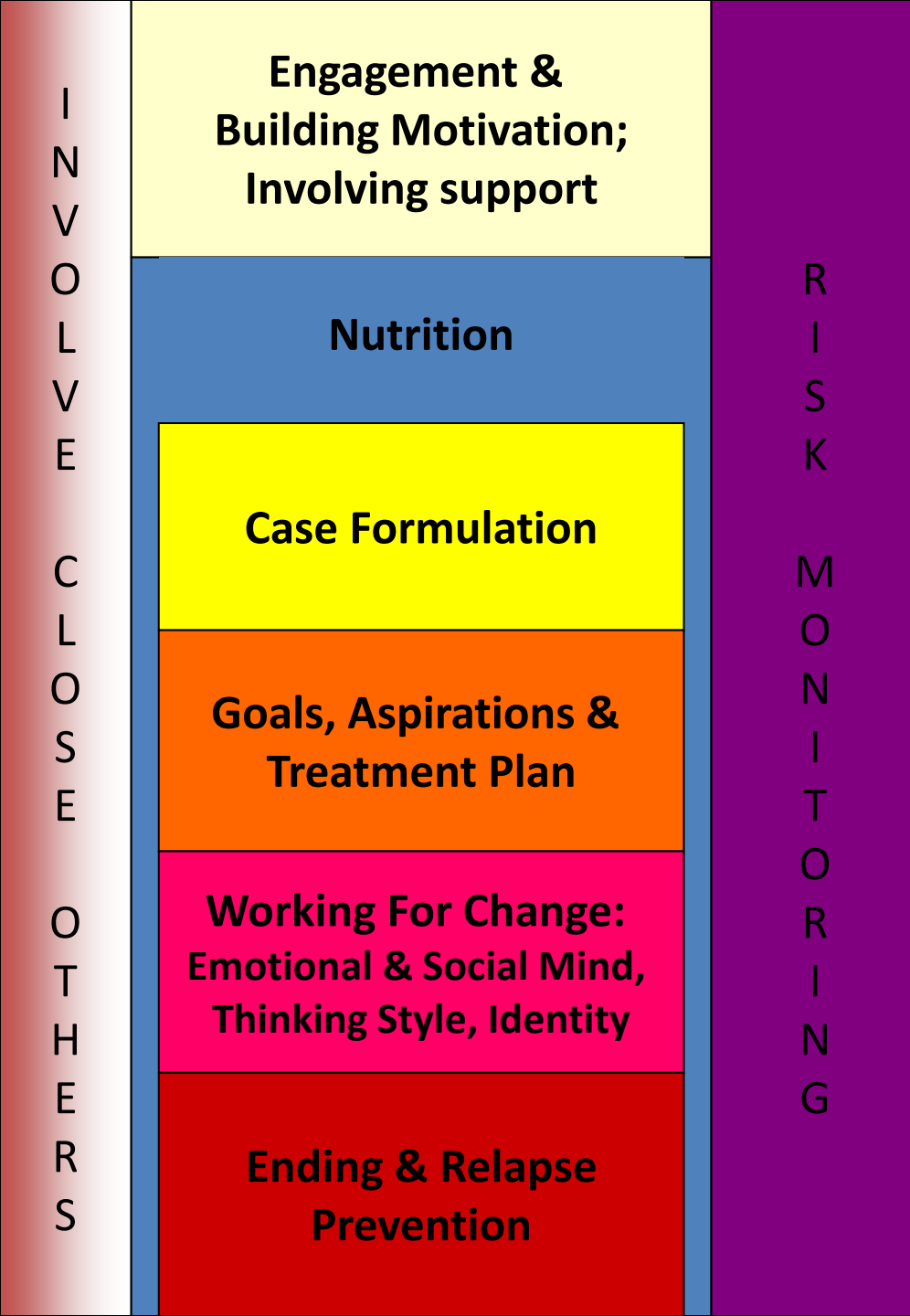
Current MANTRA workbook

- Used flexibly within & between sessions
- Not a textbook

"I genuinely did find it (manual) helpful, it did have some really pertinent stuff in it."



"I felt it was very good working with my therapist in terms of adapting it to make it suitable for me"



Overview of Treatment Phases

- 20-30 sessions + follow-up
- Carer sessions as needed
- Risk monitoring: weighing at the start of each session, bloods & vital signs as needed
- Regular home tasks between sessions

Therapist as a Guide & Coach with a Motivational Stance

- Warm, empathic, respectful, collaborative and strategic
- Draw out the patient's ideas
- Give advice & teach skills, if permission given
- No persuading, nagging or threatening

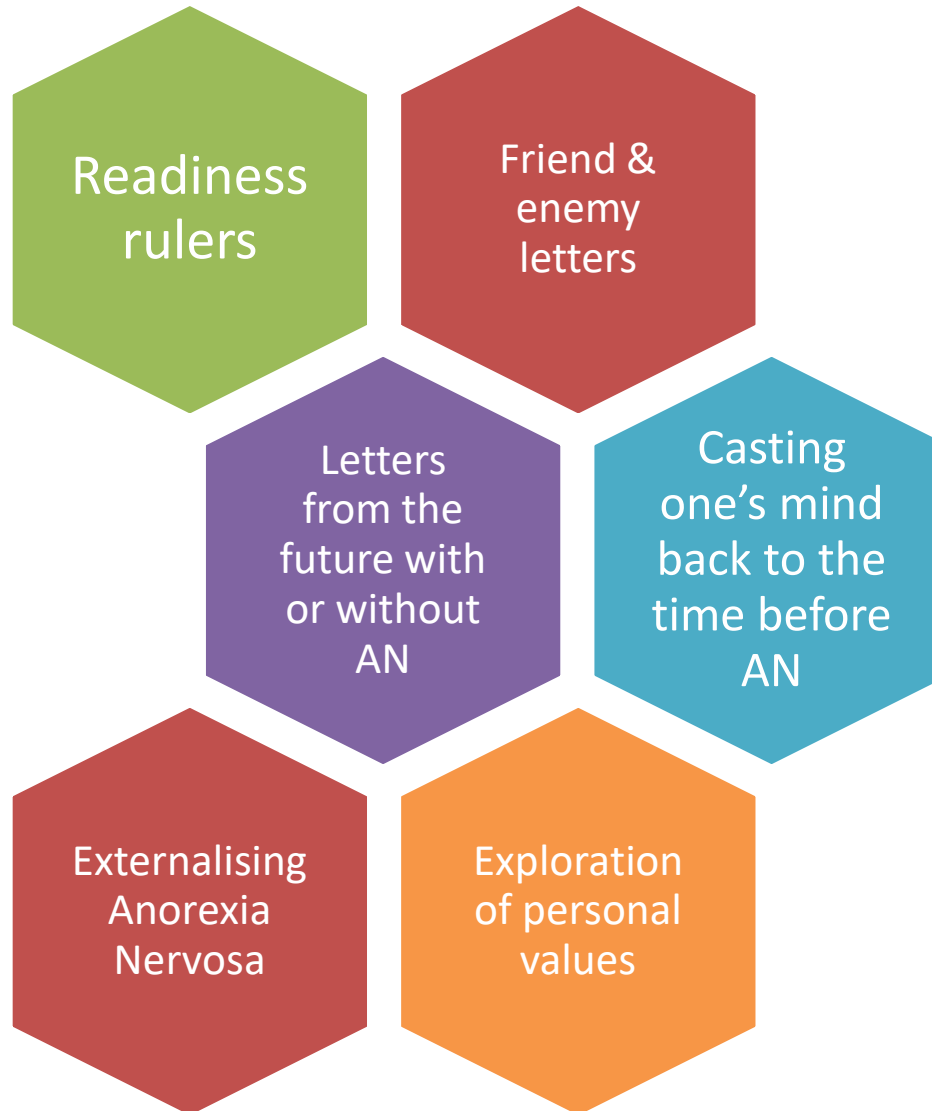


“She (therapist) empathises with things which is really helpful and we can laugh about stuff too.”

‘What was really nice was, with my therapist, I trusted that she did know her shit, I felt confident in that, and that’s quite important to me.’

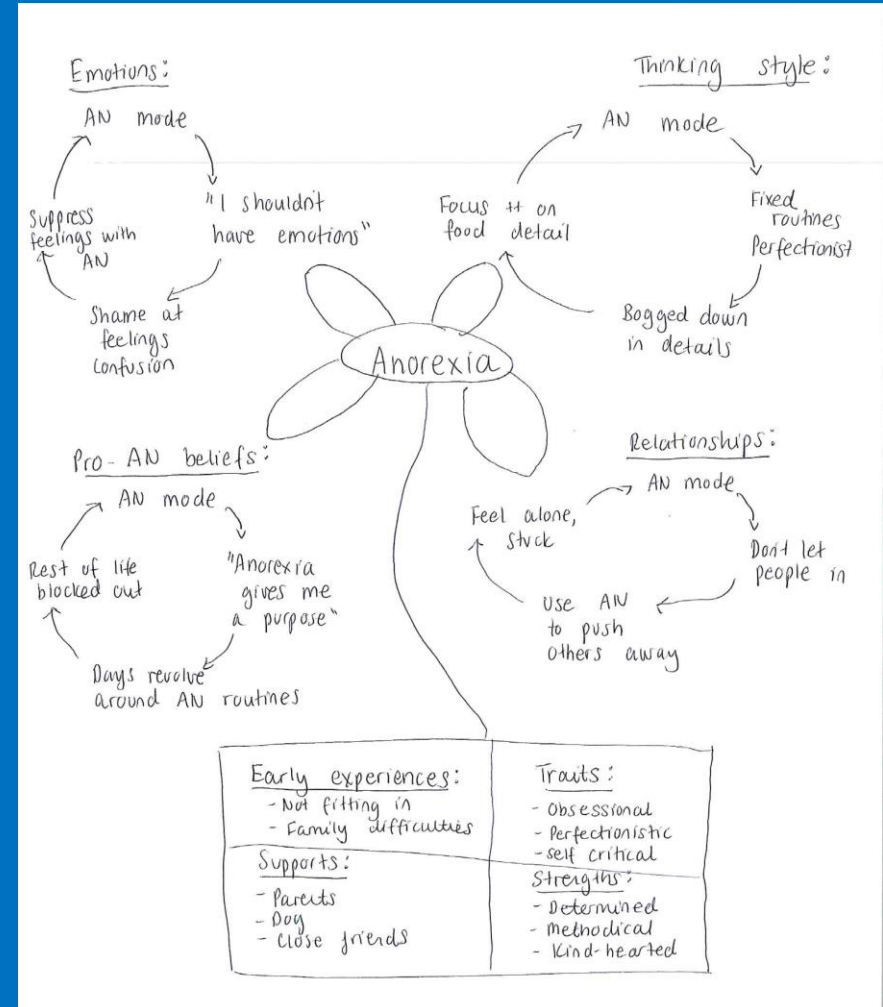
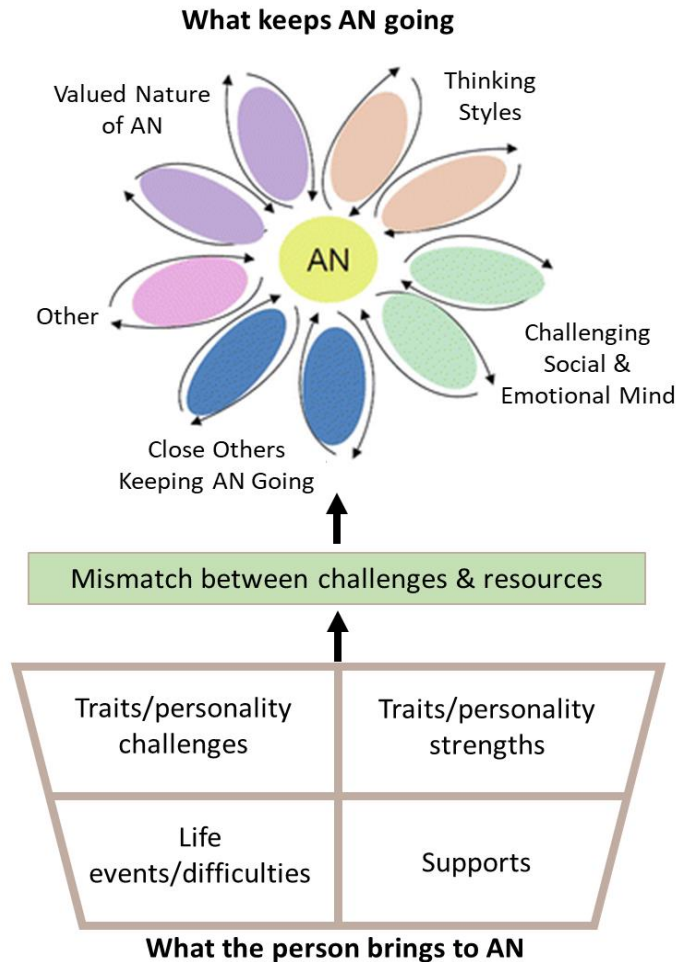
‘Getting Started’ Chapter

Engagement and Building Motivation



Amy Letter Writing

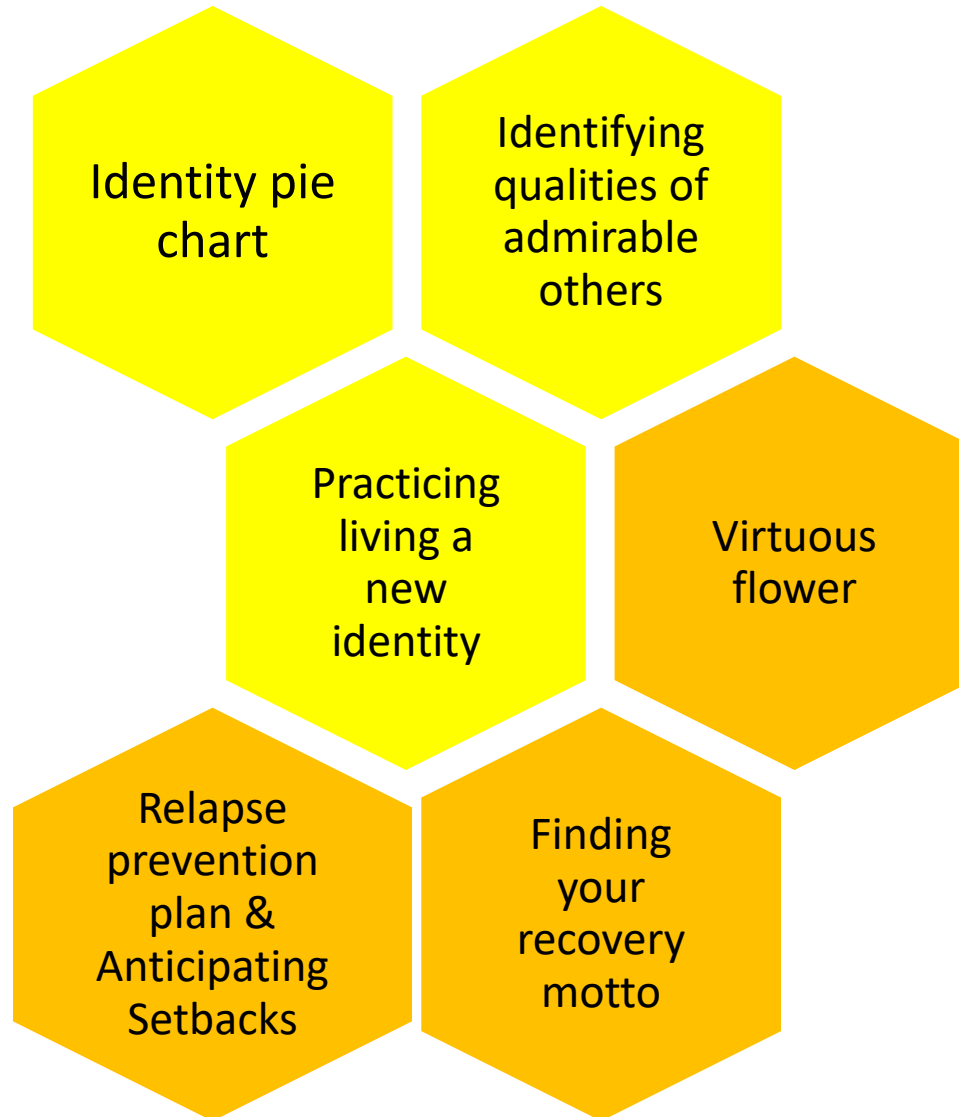
Vicious Flower Formulation



Supplemented with a formulation letter

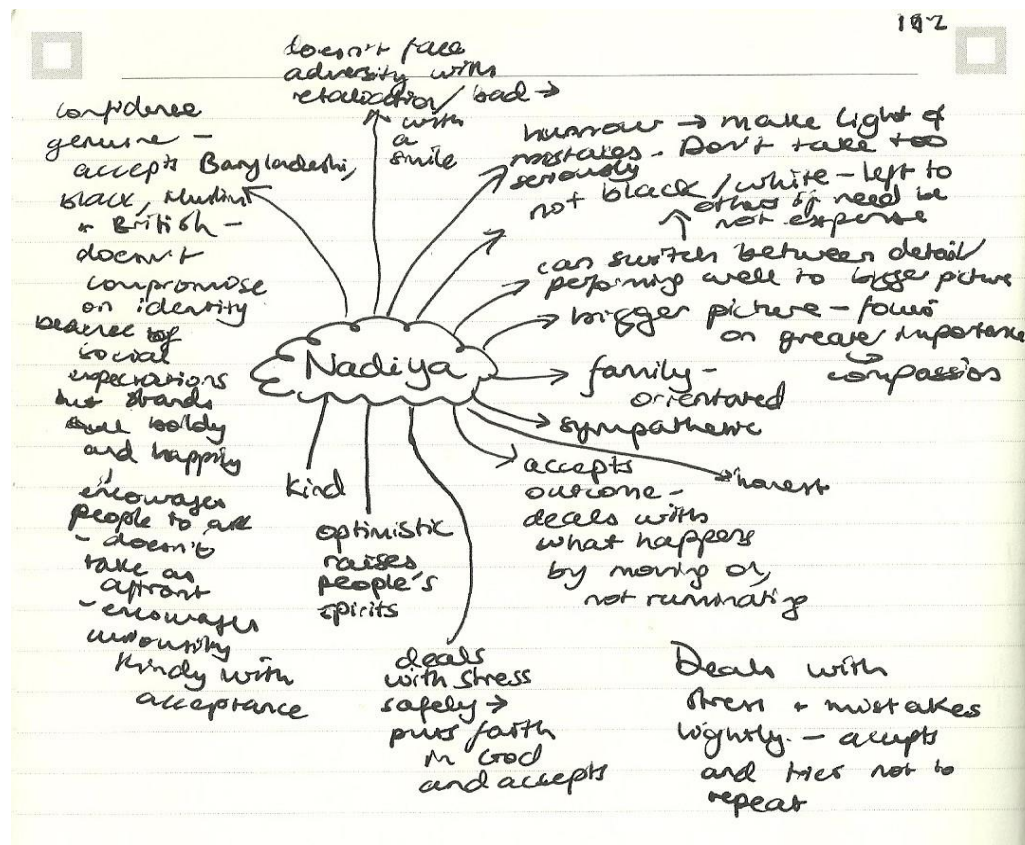
Identity Chapter:

Building a flourishing self and moving beyond therapy



Developing a New Identity

"The Identity Chapter... helped me to finally make up my mind that recovery was what I truly wanted and life became 'good' again. I started by reflecting on who I wanted to be... then thought about some inspirational individuals and explored why one in particular inspired me – Nadiya Hussain from the Great British Bake Off."

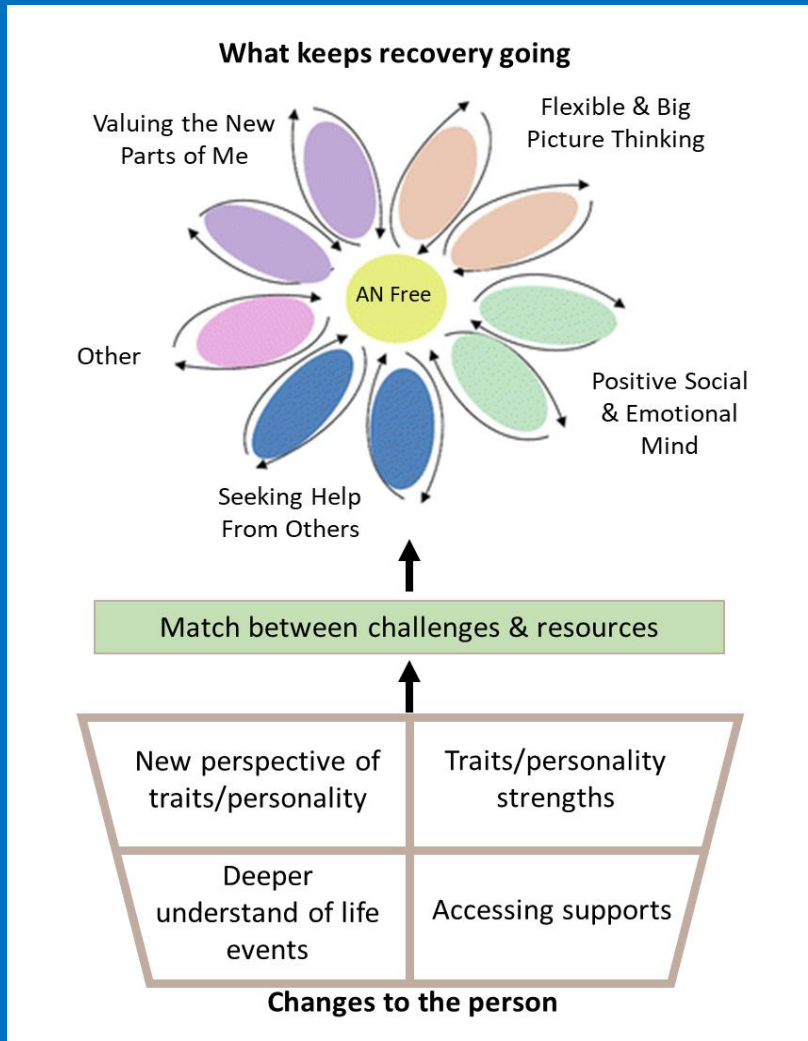


"For a week, with the support of my therapist, I conducted a 'Nadiya experiment' – living like Nadiya for a week..."

This taught me that there is more than one way to live life and I could choose what kind of life that would be."

Koskina et al. 2017

Virtuous Flower Formulation



Research into MANTRA

(1) Efficacy studies in Adults

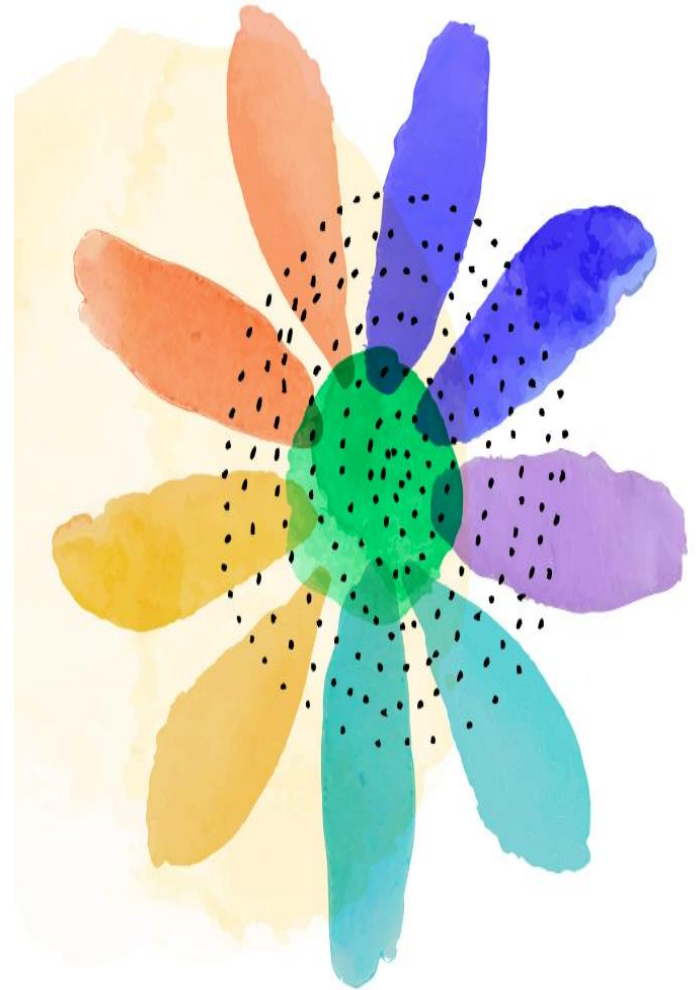
MOSAIC trial: MANTRA versus Specialist Supportive Clinical Management (SSCM)
(Schmidt et al., 2015,2016)

SWAN trial: CBT-E vs SSCM vs MANTRA
(Byrne et al., 2017)

(2) Moderators and Predictors of Treatment Outcome

(3) Efficacy Studies in Adolescents

MANTR-a (Wittek et al., 2022; 2023)



MOSAIC Trial: Consort Diagram

Multi-centre study

4 Specialist ED services (London & Oxford)

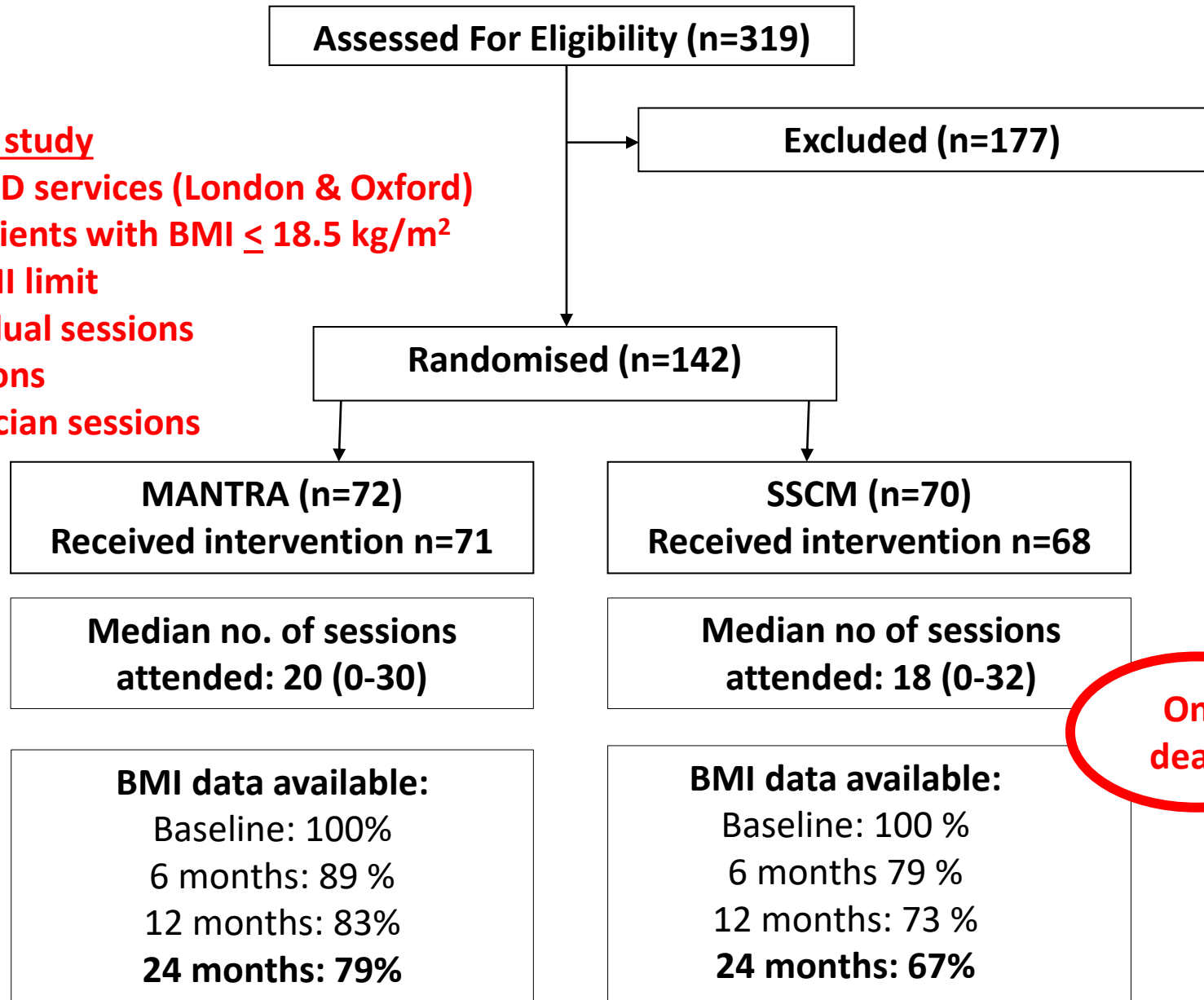
Adult outpatients with BMI ≤ 18.5 kg/m²

No lower BMI limit

20-30 individual sessions

2 carer sessions

Up to 4 dietician sessions

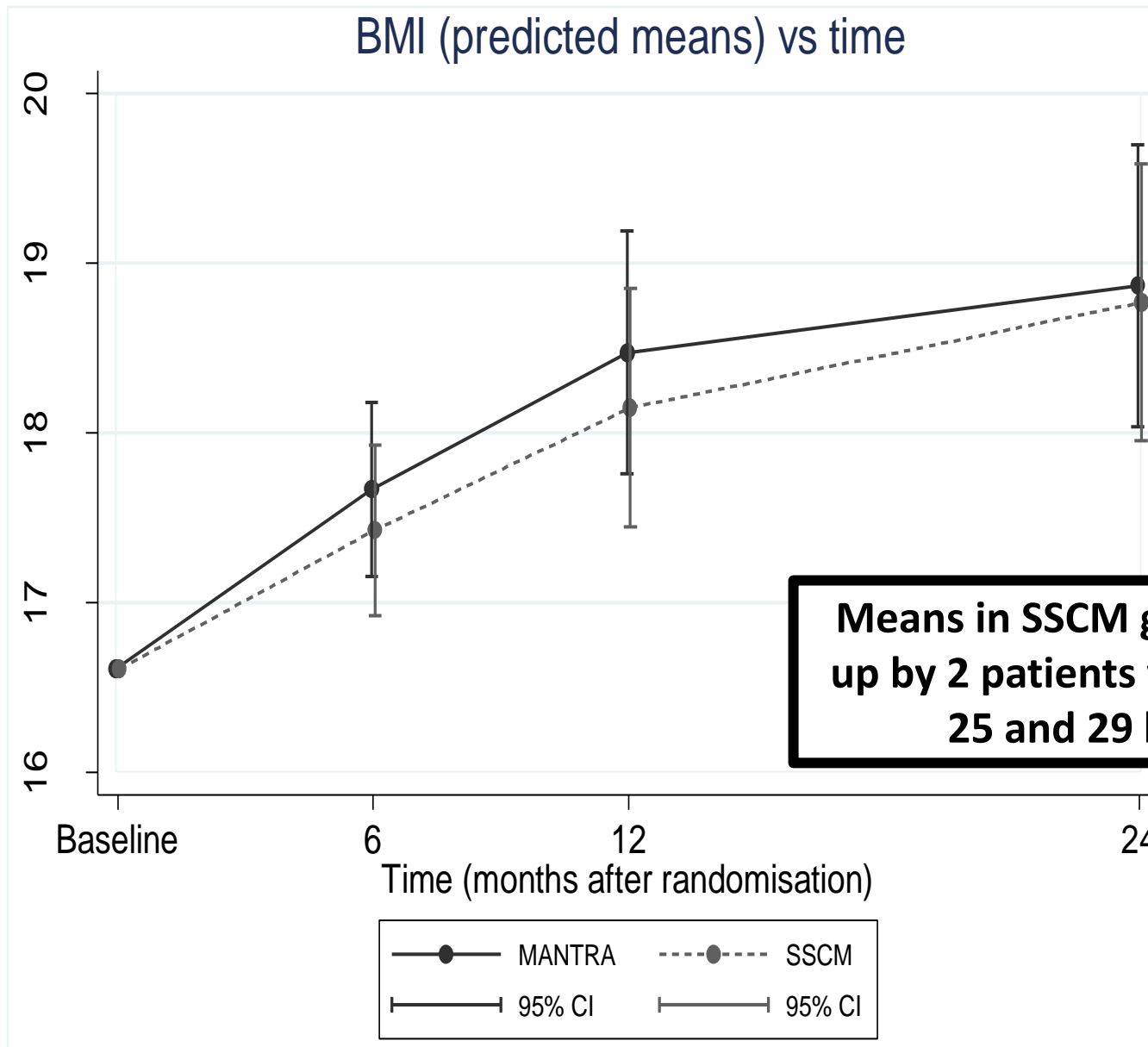


One death

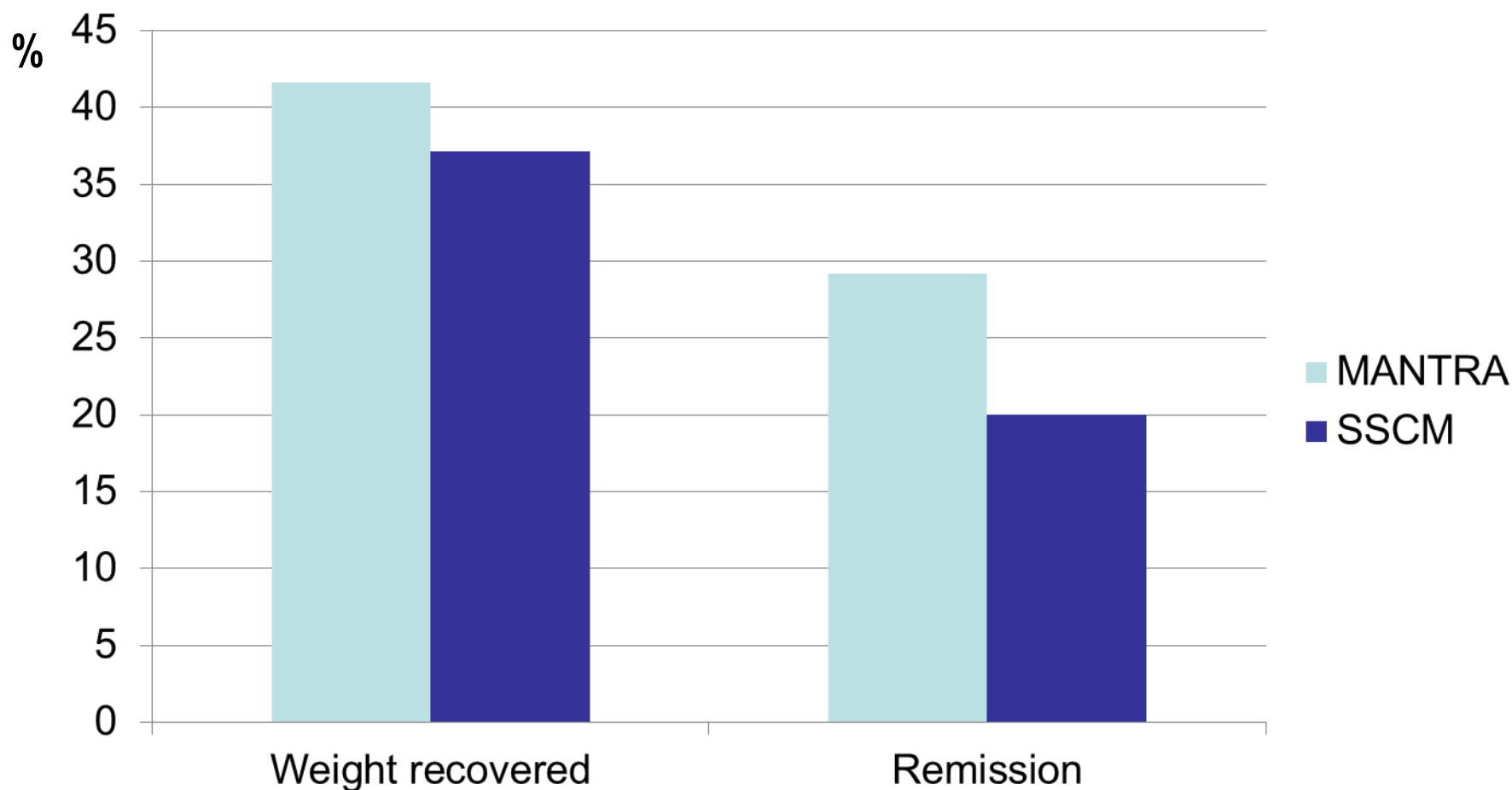
MOSAIC Trial Baseline Characteristics

	MANTRA	SSCM
Age	27.5 (8.1)	25.9 (7.1)
Diagnosis		
AN-R	48.6%	40%
AN-BN	30.6%	31.4%
OSFED	20.8%	28.6%
Duration of illness	9.3 (7.9)	7.2 (6.5)
BMI	16.6 (1.2)	16.6 (1.3)
Past treatment	56.9%	55.7%

Main Outcome

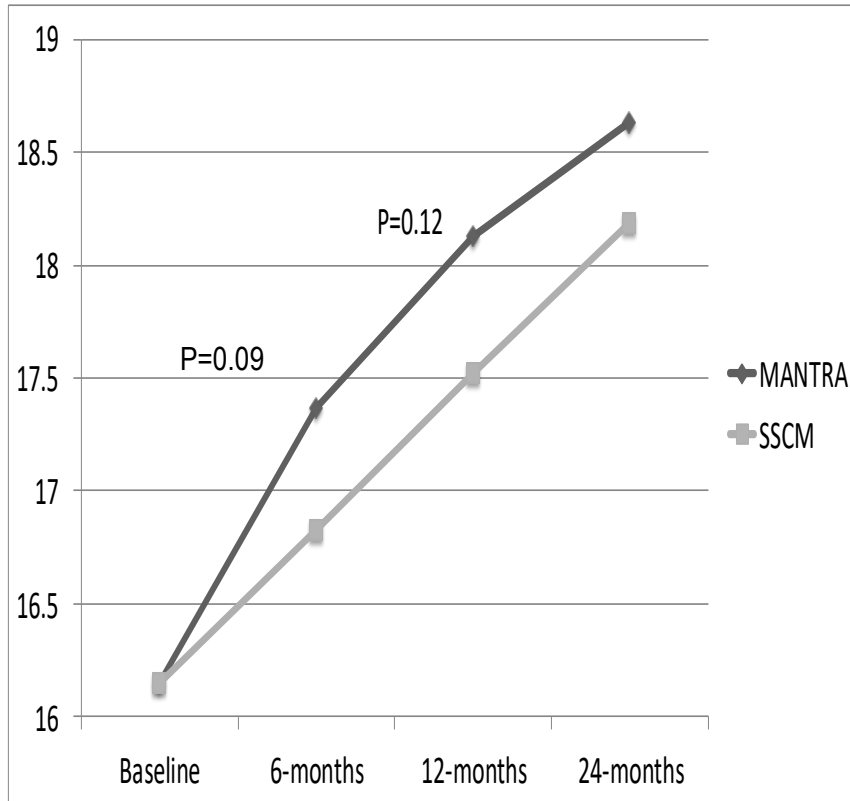


MOSAIC Trial: Weight Recovery and Full Remission at 24 Months

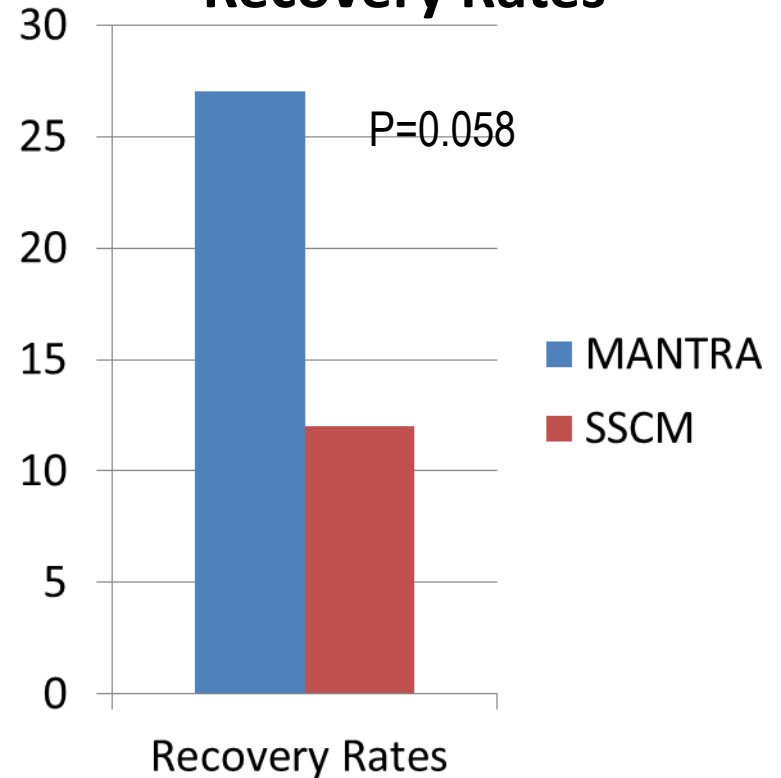


MOSAIC Trial: Outcomes in Patients with a Baseline BMI of $< 17.5 \text{ kg/m}^2$ (n=109)

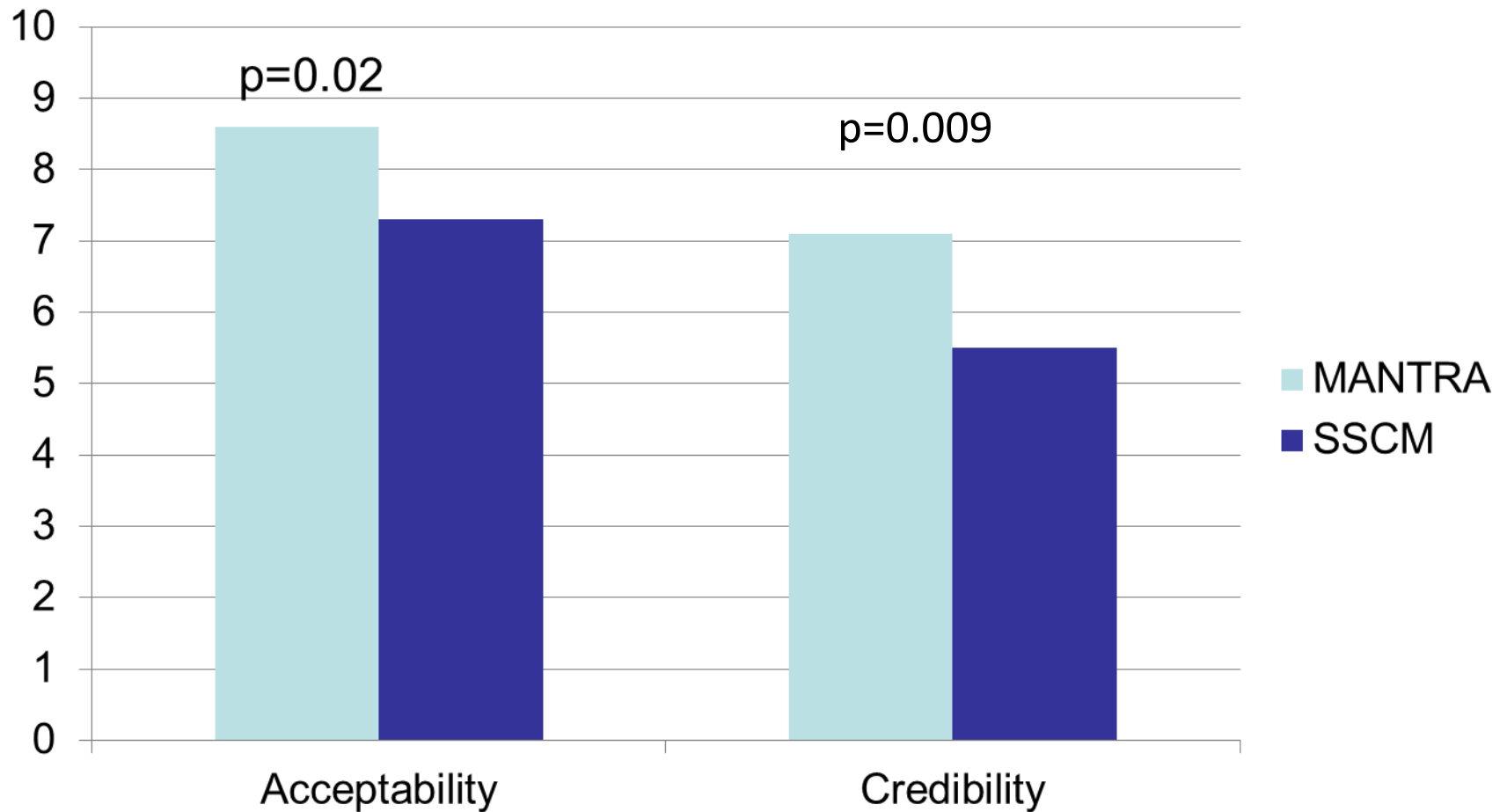
BMI



Recovery Rates



MOSAIC Trial: Patients' Views on Treatment Acceptability & Credibility



What Do Patients Think of MANTRA?

"It (therapy) was almost tailor made to me brilliantly, so it was very good".

"I have learned a lot,if I am having a bad day and feeling you know, not that great, then I can think "oh what did she say about that" and look at the manual, I think that's good".

"The two letters she (therapist) wrote me that was incredibly, incredibly helpful."

"If I'd been ...at the very beginning where I was so mentally and physically fragile, I think having things really simply put [...] and put on paper would have been really helpful....."

What do Therapists Think about MANTRA?

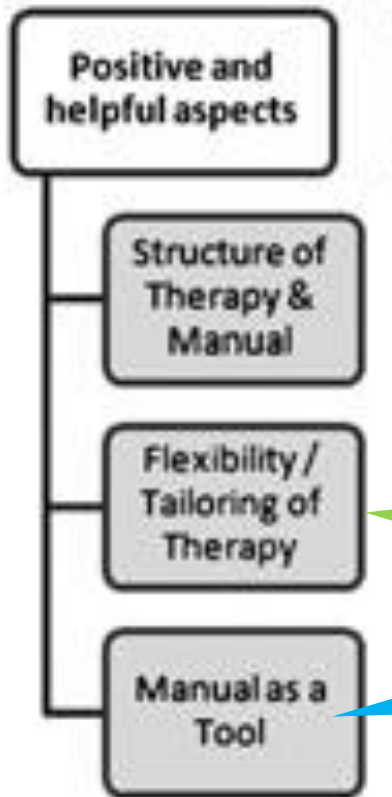
A Qualitative Study

Manual is brilliant, I think it gives a very good frame-work and I love it.

It makes sense, it moves logically

...You really can tailor it, more than any other therapy, because there's just so much.

It gives a really good basis for someone to learn what's important and relevant when treating someone with AN...



What Do Therapists Think About MANTRA?

A Qualitative Study

At first it felt overwhelming because it was this huge manual and I've never done anything manual based before, ..., but now that I got used to it and I know what's coming next and the structure of it, it doesn't feel quite so intimidating and... it's excellent really.

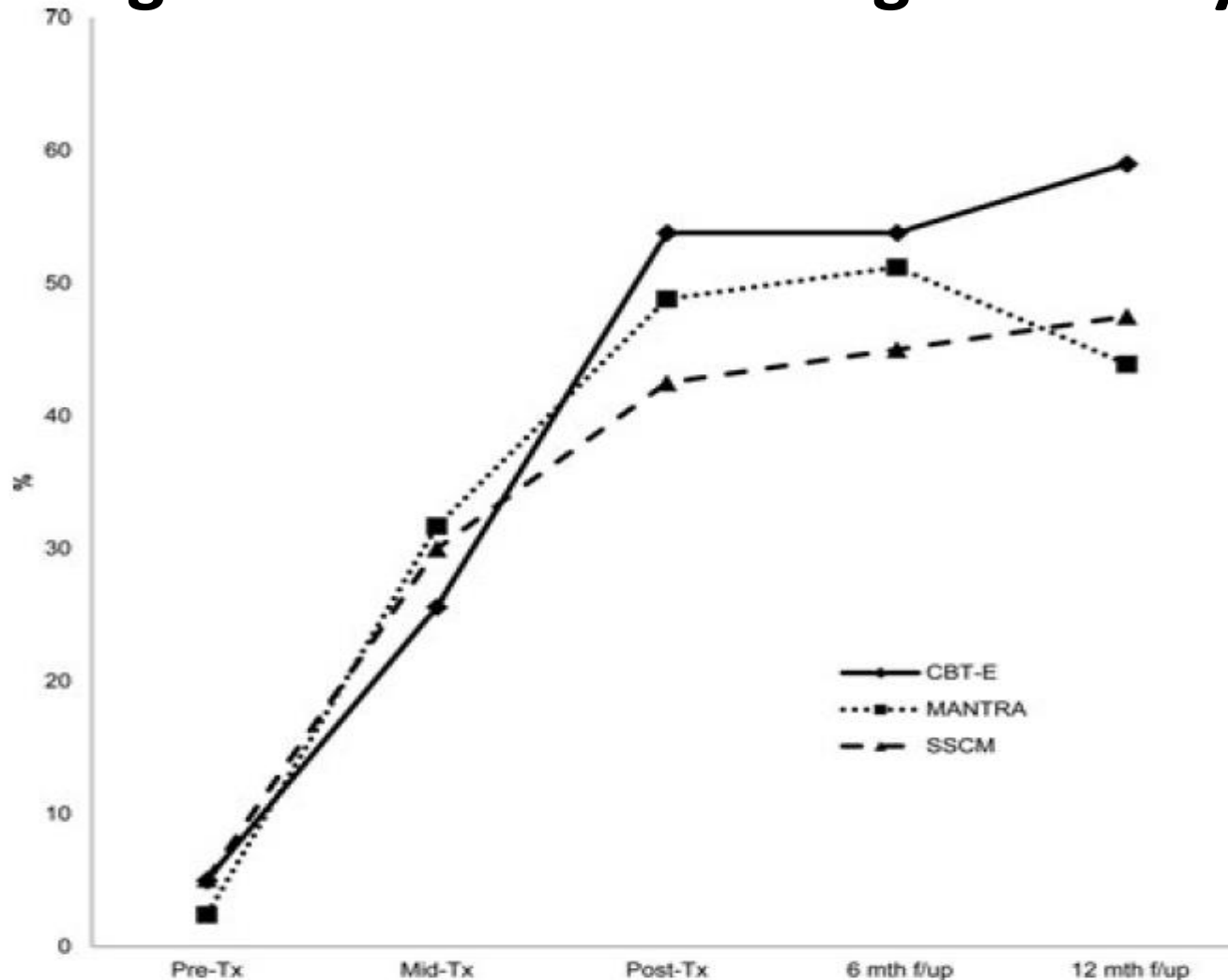
It's always a bit irritating to find room for writing these letters, but once you've done it you actually know your patient much better because it means you really force yourself to reflect much more on a particular patient.



The person-centeredness, flexibility, always asking if it's okay and what to do, working things out together about how to do it, I find has really helped strengthen the relationship

Can cover a broader range of patients..... whatever's going on for each of them I think MANTRA can cover that

SWAN Trial: Comparing CBT-E, MANTRA & SSCM: Percentage of Patients achieving a Healthy Weight



Research into MANTRA

(1) Efficacy studies in Adults

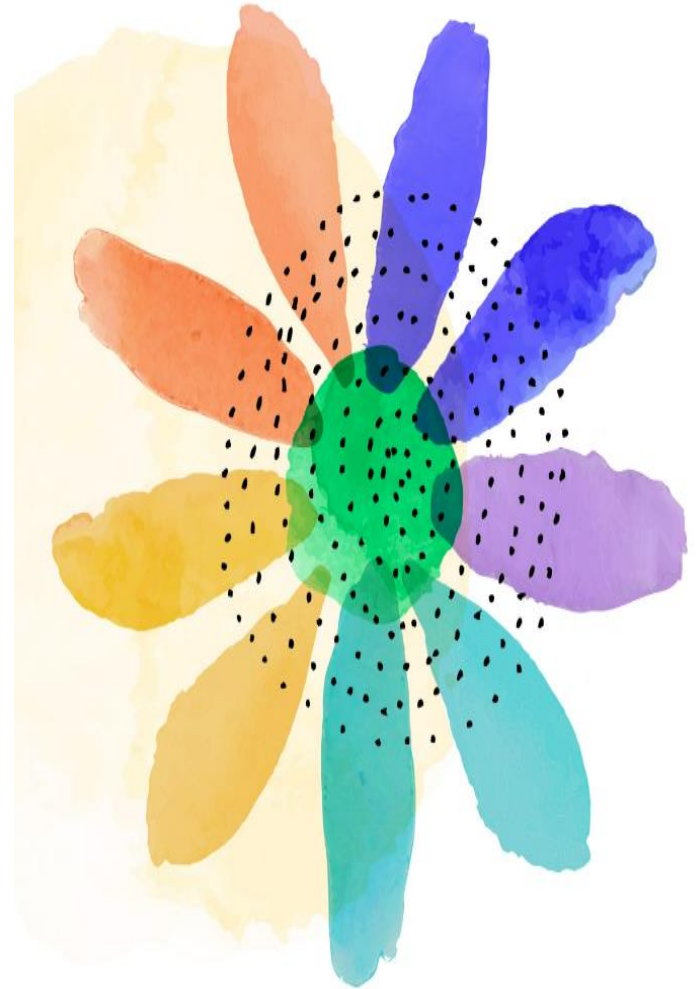
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SWAN trial: CBT-E vs SSCM vs MANTRA
(Byrne et al., 2017)

(2) Moderators and Predictors of Treatment Outcome

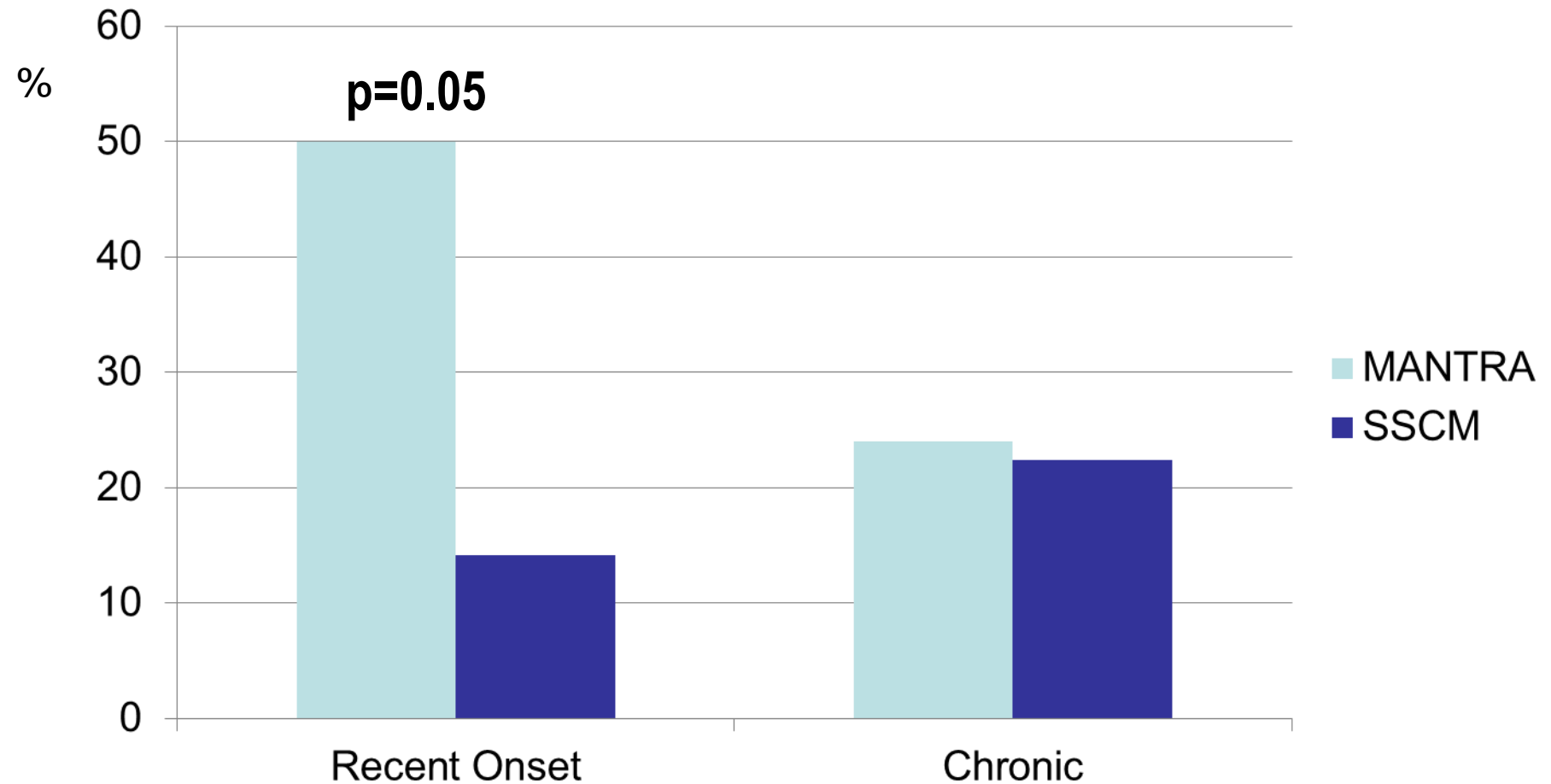
(3) Efficacy Studies in Adolescents

MANTR-a (Wittek et al., 2022; 2023)



Recent onset first episode illness (n=35) as a moderator of treatment outcome in MOSAIC

Recovery Rates at 24 months



Recent Onset First Episode Illness = < 3 years illness duration

Within Treatment Predictors of Acceptability and Outcome: Quality of Therapists' Letters



- **Formulation letters** that attend to the patient's story predict higher treatment acceptability ratings ($p=.002$).
- More reflective & respectful formulation letters predict greater reductions in EDE scores ($p=.003$).
- **Good-bye letters** that have higher quality and are more affirmative predict higher BMI at follow-up.

Within Treatment Predictors of Outcome: Interpersonal Synchrony Takes Many Forms....



- This is important in building attachment and relationships
- A correlate of empathy
- Relevant to psychotherapy

Within-Treatment Predictors of Outcome: Language Style Matching in MANTRA

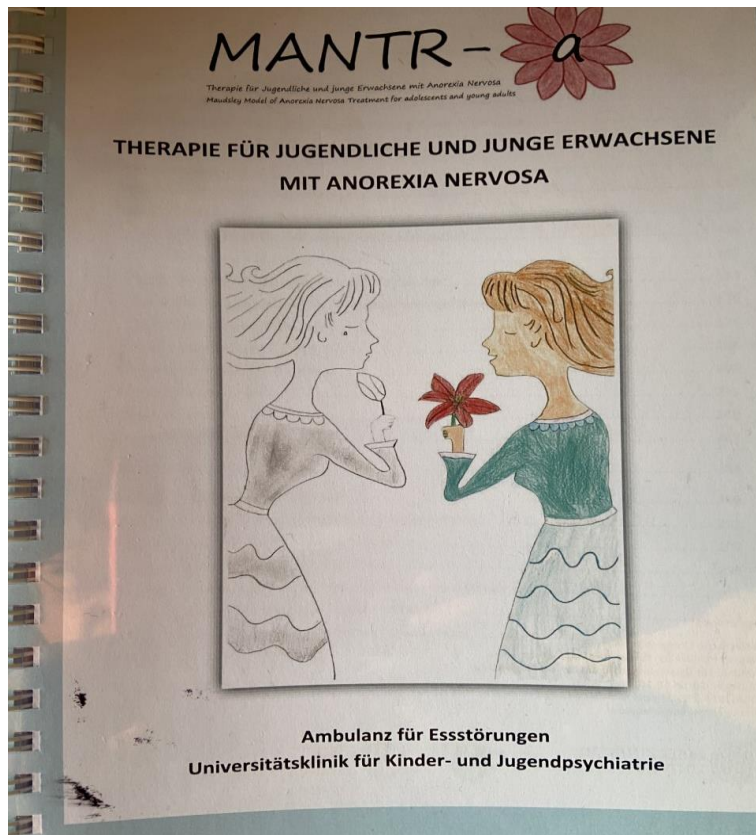


- In MANTRA, higher language style matching was associated with lower eating disorder psychopathology (accounting for 11% of the variance) and higher recovery rates (accounting for 28% of variance) at follow-up.
- Not clear whether this is specific to MANTRA

MANTRA as a Treatment for Adolescents

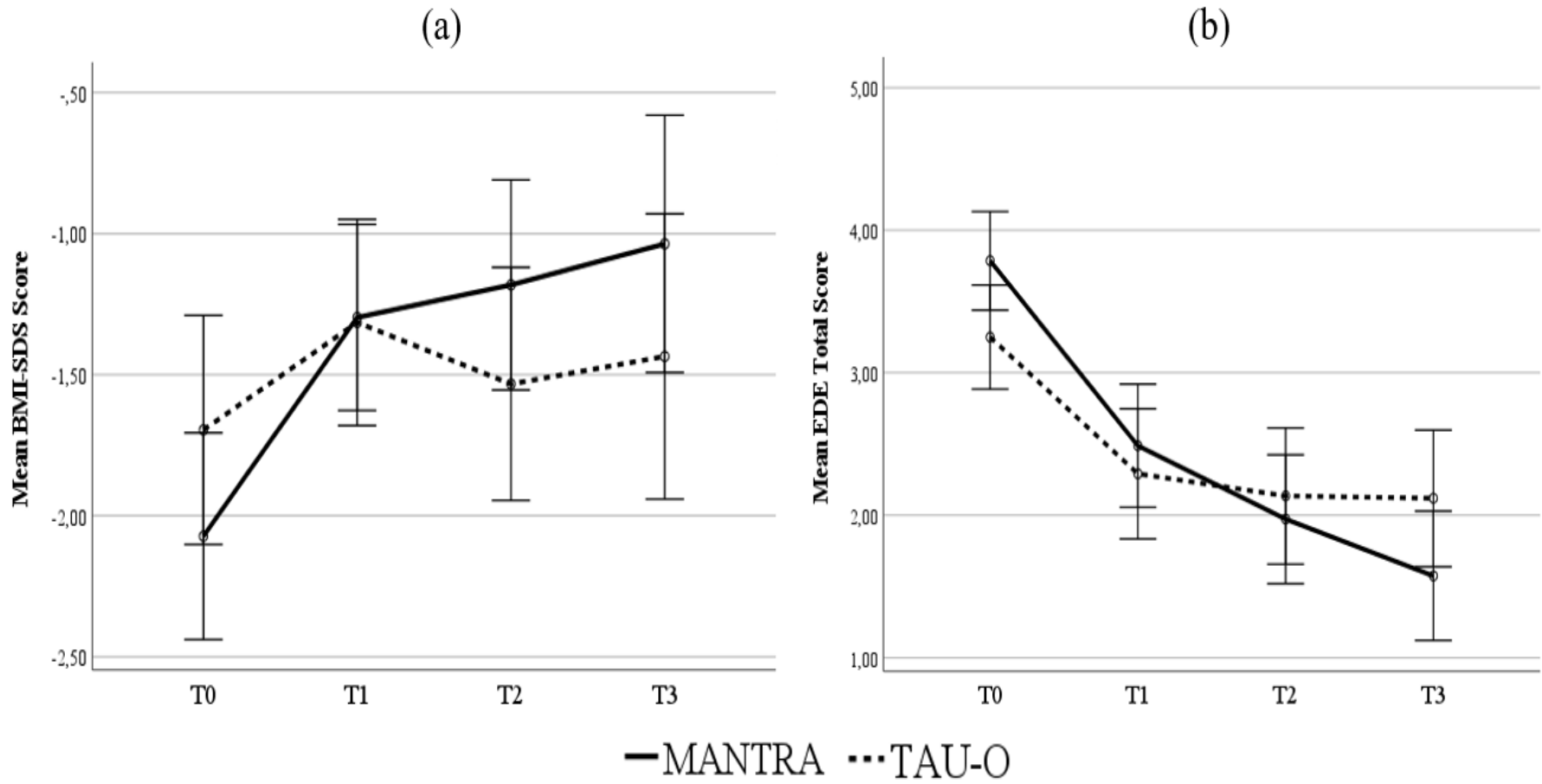
A non-randomised comparison between MANTRA or optimised treatment as usual (TAU-O)

- 92 participants (age 13-21) : ~ age 16 yrs, mean BMI ~ 16.6kg/m²; ~ 50% had previous inpatient treatment, illness duration: ~ 1.5 yrs
- TAU-O: Family therapy: n=11; CBT: n=12; Psychodynamic therapy: n=11; Humanistic therapy: n=12; unknown n=1



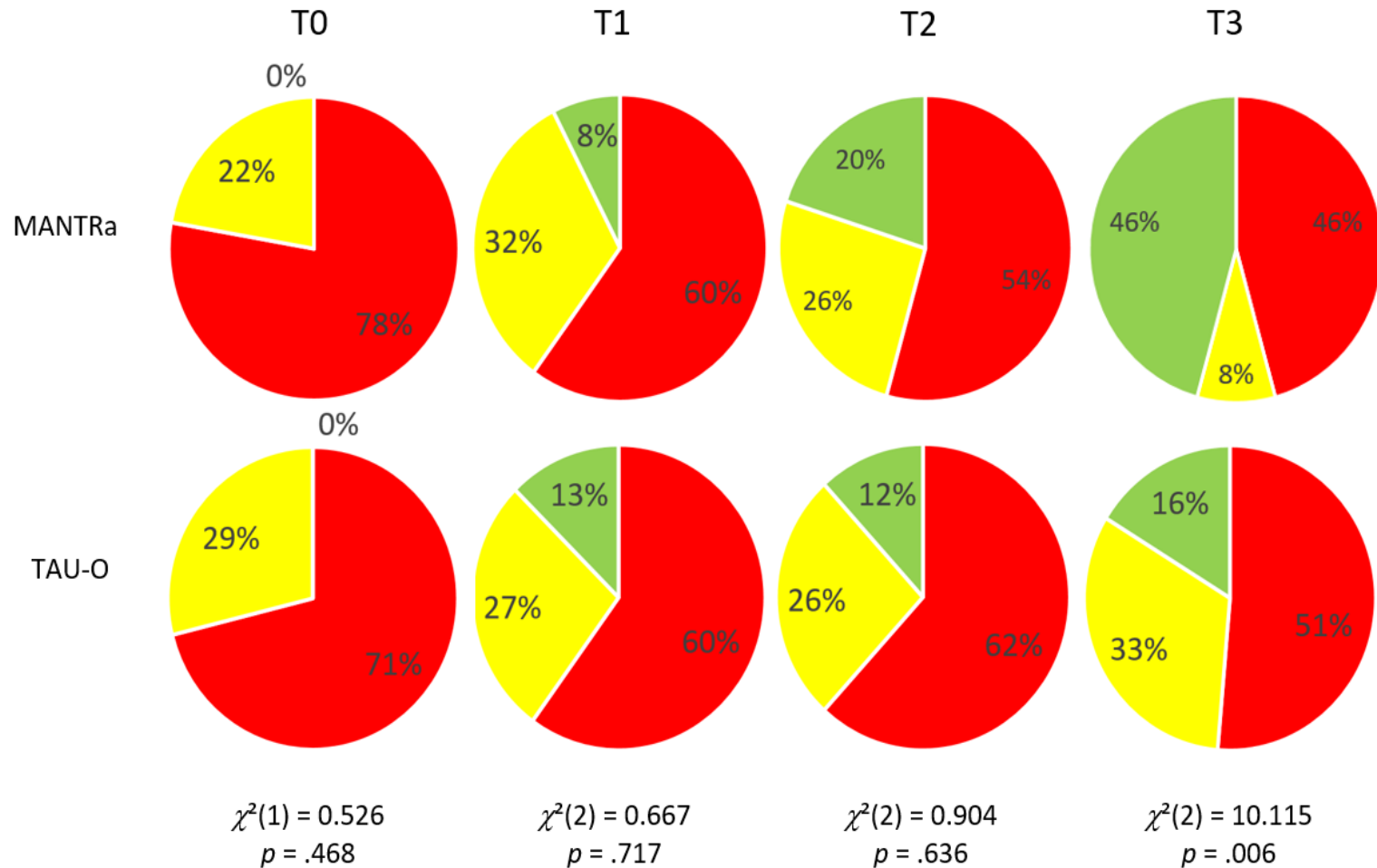
Wittek, et al. 2021; Wittek et al., 2023

Changes in mean (a) BMI-SDS and (b) EDE total score in the MANTRa- and TAU-O group



DSM-5 Remission Rates

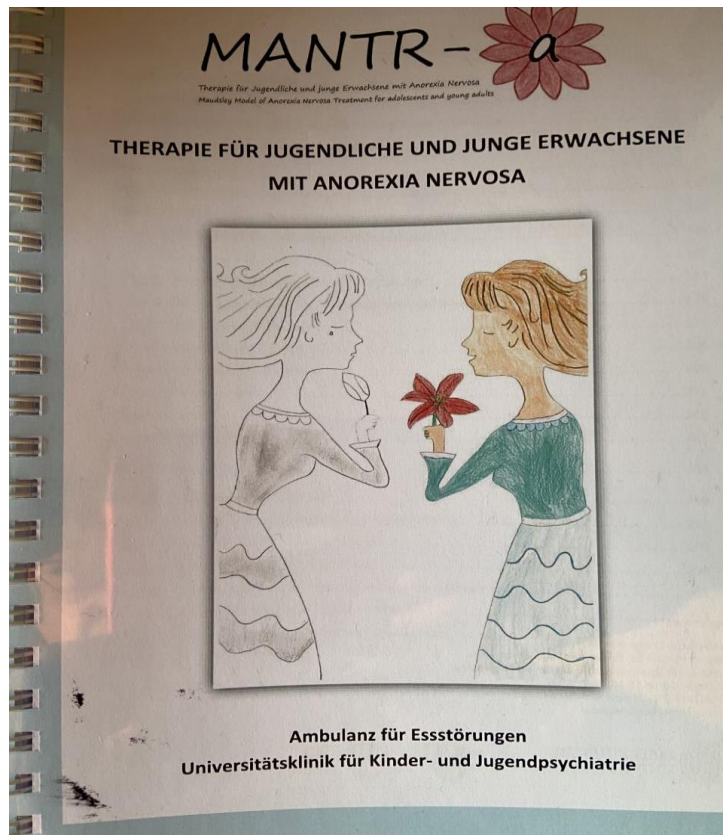
■ No Remission ■ Partial Remission ■ Full Remission



MANTRA as a Treatment for Adolescents

Results:

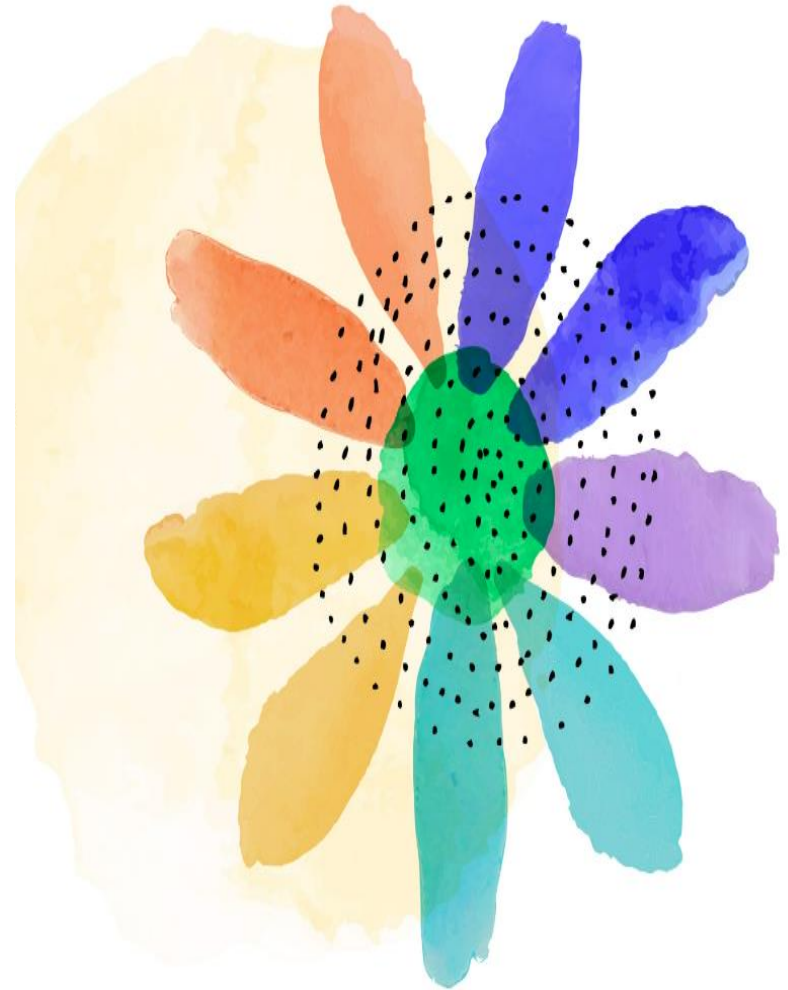
- At 18 months, MANTRA patients had significantly greater BMI gains, EDE-global reductions and higher remission rates (45% vs 16%) than optimised TAU
- Treatment satisfaction in both treatment groups was high
- Need for hospitalisation was ~ 15 % in both groups during the study period
- One TAU-O patient died



Wittek, et al. 2021; Wittek et al., 2023

Conclusions & Future Directions

- MANTRA works well in adults and in adolescents
- Useful alternative to FT-AN and CBT-E
- Highly acceptable to patients
- More work is needed to improve outcomes, e.g. through adding an experiential 'emotion lab' –
(MANTRA-group; Startup et al., 2022; Chair work, Pugh, 2019)



The logo for MANTRA, featuring the word in a bold, white, sans-serif font. In the top right corner of the image, there is a white hamburger menu icon consisting of three horizontal lines.

MANTRA

Brighter lives beyond anorexia

MANTRA is a highly effective evidence-based outpatient therapy for adults with anorexia nervosa, recommended by NICE (2017) as a first line of treatment. It promotes change at an emotional level to support personal growth and wellbeing alongside managing the struggles of anorexia.

www.mantraweb.co.uk