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PARENTAL EXPERIENCE OF PHASE ONE OF A MODIFIED MAUDSLEY  
TREATMENT APPROACH FOR THEIR ADOLESCENT WITH AN EATING  
DISORDER: A QUALITATIVE STUDY (246 pp.)

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Eating disorders traditionally develop during adolescence and have the highest mortality rate of any psychiatric illness. Rapid recognition, diagnosis, and subsequent treatment are essential components of an effective course of treatment. Parental involvement is a key aspect of treatment for adolescents with eating disorders, and is the distinguishing characteristic of the Maudsley approach, in which the parents assume all control. Several quantitative, longitudinal studies have shown that the Maudsley treatment process has effective outcomes. However, subjective parental experiences of a Maudsley-based treatment process are largely absent from scholarly literature.

This study utilized a phenomenological qualitative method, in which 11 parents of adolescents within a modified Maudsley treatment approach participated in two semi-structured interviews. The research question for this study was: What are the experiences of parents of adolescents with eating disorders who engage in Phase I of a modified Maudsley based treatment process?

Three distinctive themes emerged from this study: empowerment, all-consuming, and community. Themes were explored within the context of promoting further understanding of the process of Phase I of a modified Maudsley approach. The themes

were compared and contrasted with literature, implications for the eating disorder treatment community were suggested, and direction for future research was proposed.

The results of this study provide avenues to understand the experiences of parents within a modified Maudsley treatment approach and may encourage continued conversation and research within the clinical practice of the treatment of adolescents with eating disorders.