

Table 1. Summary of Individual Difference Variables in AN and Respective Targeted Treatments.

Variable	Relevant Research Findings	Targeted Treatments*
Perfectionism	<p>ANs have higher perfectionism than non-psychiatric and psychiatric controls</p> <ul style="list-style-type: none"> <li>○ Bastiani, Rao, Weltzin, &amp; Kaye, 1995</li> <li>○ Halmi et al., 2000</li> <li>○ Cockell et al., 2002</li> <li>○ Bulik et al., 2003</li> <li>○ Sutandar Pinnock, Blake Woodside, Carter, Olmsted, &amp; Kaplan, 2003</li> <li>○ Castro-Fornieles et al., 2007</li> <li>○ Sassaroli et al., 2008</li> </ul> <p>ANs do not consistently have higher perfectionism than individuals with other EDs</p> <ul style="list-style-type: none"> <li>○ Davis, 1997</li> <li>○ Milos, Spindler, &amp; Schnyder, 2004</li> <li>○ Moor, Vartanian, Touyz, &amp; Beumont, 2011</li> </ul> <p>Associated with ED behaviors</p> <ul style="list-style-type: none"> <li>○ Pryor, Wiederman, &amp; McGilley, 1996</li> <li>○ Davis, Kaptein, Kaplan, Olmstead, &amp; Woodside, 1998</li> <li>○ Vohs, Bardone, Joiner, &amp; Abramson, 1999</li> <li>○ Bardone, Vohs, Abramson, Heatherton, &amp; Joiner, 2000</li> <li>○ Vohs et al., 2001</li> <li>○ Bardone-Cone, Abramson, Vohs, Heatherton, &amp; Joiner, 2006</li> <li>○ Forbush, Heatherton, &amp; Keel, 2006</li> <li>○ Bardone-Cone, 2007</li> <li>○ Steele, Corsini, &amp; Wade, 2007</li> </ul>	<p><b>Enhanced Cognitive Behavior Therapy (CBT-E)</b></p> <ul style="list-style-type: none"> <li>○ <b>Dalle Grave, Calugi, Doll, &amp; Fairburn, 2013:</b> in open trial, adolescents with AN treated with CBT-E showed significant weight gain and decreased in eating disorder pathology at end-of-treatment; gains were maintained during 60-week follow-up period</li> <li>○ <b>Fairburn et al., 2013:</b> in open trial, adults with AN treated with CBT-E showed significant weight gain and decreased in eating disorder pathology at end-of-treatment; gains were maintained during 60-week follow-up period</li> </ul> <p><b>Group interventions for AN</b></p> <ul style="list-style-type: none"> <li>○ <b>Goldstein, Peters, Thornton, &amp; Touyz, 2014:</b> treatment as usual plus a seven-session perfectionism-focused group produced no added benefit in terms of eating pathology or perfection compared to treatment as usual alone</li> <li>○ <b>Lloyd, Fleming, Schmidt, &amp; Tchanturia, 2014:</b> individuals participating in 6-week group-based intervention targeting perfectionism in AN showed significant decreases in perfectionism and small but significant increases in weight</li> </ul>

	<ul style="list-style-type: none"> <li>○ Anderluh, Tchanturia, Rabe-Hesketh, Collier, &amp; Treasure, 2008</li> <li>○ H. J. Watson, Steele, Bergin, Fursland, &amp; Wade, 2011</li> <li>○ Boone, Braet, Vandereycken, &amp; Claes, 2012</li> </ul> <p>Associated with comorbid diagnoses and behaviors</p> <ul style="list-style-type: none"> <li>○ Minarik &amp; Ahrens, 1996</li> <li>○ Kaye et al., 2004</li> <li>○ Halmi et al., 2005</li> <li>○ Steele, O'Shea, Murdock, &amp; Wade, 2010</li> <li>○ Claes, Soenens, Vansteenkiste, &amp; Vandereycken, 2011</li> </ul> <p>Prospectively predicts AN symptom onset</p> <ul style="list-style-type: none"> <li>○ Santonastaso, Friederici, &amp; Favaro, 1999</li> <li>○ Tyrka, Waldron, Graber, &amp; Brooks-Gunn, 2002</li> </ul> <p>Prospectively predicts worse course of AN</p> <ul style="list-style-type: none"> <li>○ Nilsson, Sundbom, &amp; Hägglöf, 2008</li> <li>○ Keski-Rahkonen et al., 2013</li> </ul> <p>Moderates treatment response</p> <ul style="list-style-type: none"> <li>○ Sutandar Pinnock et al., 2003</li> </ul> <p>Persists after resolution of AN symptoms</p> <ul style="list-style-type: none"> <li>○ Bastiani et al., 1995</li> <li>○ Srinivasagam et al., 1995</li> <li>○ Bardone-Cone, Sturm, Lawson, Robinson, &amp; Smith, 2009</li> </ul>	
Obsessionality	<p>Associated with compensatory behaviors</p> <ul style="list-style-type: none"> <li>○ Davis, Kaptein, Kaplan, Olmsted, &amp; Woodside, 1998</li> <li>○ Halmi et al., 2003</li> <li>○ Davis &amp; Kaptein, 2006</li> <li>○ Shroff et al., 2006</li> <li>○ Hoffman et al., 2012</li> </ul>	<p><b>Exposure with Response Prevention (ERP)</b></p> <ul style="list-style-type: none"> <li>○ <b>Steinglass et al., 2013:</b> increase in caloric intake between pre- to post-treatment laboratory meal in ERP group significantly greater than in control group</li> </ul> <p><b>Mirror Exposure (ME)</b></p> <ul style="list-style-type: none"> <li>○ <b>Key et al., 2002:</b> significant decreases in</li> </ul>

	<ul style="list-style-type: none"> <li>○ Young, Rhodes, Touyz, &amp; Hay, 2013</li> </ul> <p>May also be elevated in individuals with other EDs</p> <ul style="list-style-type: none"> <li>○ Thornton &amp; Russell, 1997</li> <li>○ Anderluh, Tchanturia, Rabe-Hesketh, &amp; Treasure, 2003</li> <li>○ Halmi et al., 2005</li> </ul> <p>Predates diagnosis of AN</p> <ul style="list-style-type: none"> <li>○ Råstam, 1992</li> <li>○ I. C. Gillberg, Råstam, &amp; Gillberg, 1995</li> <li>○ Bulik, Sullivan, Fear, &amp; Joyce, 1997</li> <li>○ Thornton &amp; Russell, 1997</li> <li>○ Nilsson, Gillberg, Gillberg, &amp; Stam, 1999</li> <li>○ Anderluh et al., 2003</li> <li>○ Wentz, Gillberg, Anckarsater, Gillberg, &amp; Råstam, 2009</li> <li>○ Micali et al., 2011</li> </ul> <p>Elevated in relatives of those with AN</p> <ul style="list-style-type: none"> <li>○ Lilenfeld et al., 1998</li> <li>○ Strober, Freeman, Lampert, &amp; Diamond, 2007</li> <li>○ Degortes, Zanetti, Tenconi, Santonastaso, &amp; Favaro, 2014</li> </ul> <p>May have share common genetic mechanisms</p> <ul style="list-style-type: none"> <li>○ Mas et al., 2013</li> </ul> <p>Prospectively predicts worse course of AN</p> <ul style="list-style-type: none"> <li>○ Crane, Roberts, &amp; Treasure, 2007</li> <li>○ Wentz et al., 2009</li> </ul> <p>Moderates treatment response</p> <ul style="list-style-type: none"> <li>○ Lock, Agras, Bryson, &amp; Kraemer, 2005</li> </ul> <p>Persists after resolution of AN symptoms</p> <ul style="list-style-type: none"> <li>○ Holtkamp, Müller, Heussen, Remschmidt, &amp; Herpertz-Dahlmann, 2005</li> </ul>	<p>body dissatisfaction at end of treatment and 6-month follow-up in individuals receiving ME</p>
--	--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------	---------------------------------------------------------------------------------------------------

<p>Experiential avoidance</p>	<p>Associated with ED behaviors</p> <ul style="list-style-type: none"> <li>○ Rawal, Park, &amp; Williams, 2010</li> <li>○ Cowdrey &amp; Park, 2012</li> </ul> <p>Elevated in ANs as compared to healthy and psychiatric controls</p> <ul style="list-style-type: none"> <li>○ Forbush &amp; Watson, 2006</li> <li>○ Wildes, Ringham, &amp; Marcus, 2010</li> <li>○ Hambrook et al., 2011</li> </ul> <p>Mediates the relationship between depressive/anxious symptoms and ED pathology</p> <ul style="list-style-type: none"> <li>○ Wildes et al., 2010</li> <li>○ Fulton et al., 2012</li> </ul>	<p><b>Emotion Acceptance Behavior Therapy (EABT)</b></p> <ul style="list-style-type: none"> <li>○ <b>Wildes, Marcus, Cheng, McCabe, &amp; Gaskill, 2014:</b> in open trial, adults treated with EABT demonstrated significant increases in weight and reductions in eating pathology over the course of treatment; gains were maintained at 6-month follow-up</li> </ul>
<p>Impulsivity</p>	<ul style="list-style-type: none"> <li>• ANs comparable or less than BNs <ul style="list-style-type: none"> <li>○ Claes, Vandereycken, &amp; Vertommen, 2002</li> <li>○ Claes, Vandereycken, &amp; Vertommen, 2005</li> <li>○ Claes, Nederkoorn, Vandereycken, Guerrieri, &amp; Vertommen, 2006</li> <li>○ Rosval et al., 2006</li> <li>○ Waxman, 2009</li> </ul> </li> <li>• May be difference between AN subtypes <ul style="list-style-type: none"> <li>○ Rossier, Bolognini, Plancherel, &amp; Halfon, 2000</li> <li>○ Eddy et al., 2002</li> <li>○ Claes et al., 2006</li> <li>○ Rosval et al., 2006</li> <li>○ Claes, Mitchell, &amp; Vandereycken, 2012</li> </ul> </li> <li>• Associated with ED behaviors (e.g., purging) <ul style="list-style-type: none"> <li>○ Favaro et al., 2004</li> <li>○ Hoffman et al., 2012</li> </ul> </li> <li>• Increases risk for the development of any ED (not specific to AN) <ul style="list-style-type: none"> <li>○ Tylka, 2004</li> <li>○ Juarascio, Perone, &amp; Timko, 2011</li> </ul> </li> </ul>	

	<ul style="list-style-type: none"> <li>○ Lilienthal &amp; Weatherly, 2013</li> <li>● Associated with more severe ED pathology <ul style="list-style-type: none"> <li>○ Favaro et al., 2004</li> </ul> </li> <li>● Associated with worse course of AN <ul style="list-style-type: none"> <li>○ Sohlberg, Norring, Holmgren, &amp; Rosmark, 1989</li> <li>○ Fichter, Quadflieg, &amp; Hedlund, 2006</li> </ul> </li> </ul>	
Cognitive rigidity	<p>May persist after the resolution of AN symptoms</p> <ul style="list-style-type: none"> <li>○ Tchanturia, Morris, et al., 2004b</li> <li>○ Danner et al., 2012</li> <li>○ Tchanturia et al., 2012</li> </ul> <p>Elevated/distinct pattern in ANs</p> <ul style="list-style-type: none"> <li>○ Tchanturia, Anderluh, et al., 2004a</li> <li>○ Roberts, Tchanturia, Stahl, Southgate, &amp; Treasure, 2007</li> <li>○ Zakzanis, Campbell, &amp; Polsinelli, 2010</li> <li>○ Kanakam &amp; Treasure, 2013</li> <li>○ Weider, Indredavik, Lydersen, &amp; Hestad, 2014</li> </ul> <p>Moderates treatment response</p> <ul style="list-style-type: none"> <li>○ Dingemans et al., 2014</li> </ul>	<p><b>Cognitive Remediation Therapy (CRT)</b></p> <ul style="list-style-type: none"> <li>○ <b>Wood, Al-Khairulla, &amp; Lask, 2011:</b> 10-session CRT group intervention for adolescents with AN was found to be acceptable to participants; anecdotal evidence of some improvement in cognitive abilities; no reported effect on weight</li> <li>○ <b>Pretorius et al., 2012:</b> four-session CRT group for adolescents with AN associated with small and insignificant improvements in self-reported cognitive flexibility and motivation to change; no reported effect on weight</li> <li>○ <b>Brockmeyer et al., 2013:</b> women with AN receiving 30 individual sessions of CRT demonstrated significant improvements in cognitive set-shifting at end of treatment as compared to women receiving non-specific neurocognitive therapy (control condition); no reported effect on weight</li> <li>○ <b>Lock et al., 2013:</b> eight-session CRT associated with lower rates of attrition and greater improvements in cognitive inefficiencies than CBT; weight gain observed in both groups, no between-group differences in weight gain</li> </ul>

		<p><b>Cognitive Remediation and Emotion Skills Training (CREST)</b></p> <ul style="list-style-type: none"> <li>○ <b>Davies et al., 2012:</b> individuals receiving treatment as usual plus CREST demonstrated significantly greater increases in central coherence than those individuals only receiving treatment as usual; both groups demonstrated significant weight gain, no between-group differences in weight gain</li> </ul> <p><b>Radically-Open Dialectical Behavior Therapy (RO-DBT)</b></p> <ul style="list-style-type: none"> <li>○ <b>Lynch et al., 2013:</b> substantial and significant increases in BMI with large effect size among individuals receiving RO-DBT in inpatient setting</li> </ul>
--	--	---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------

\*Only pilot studies or randomized controlled trials in AN are included here; case studies or studies examining the treatment in other ED populations are omitted.

## References

- Anderluh, M. B., Tchanturia, K., Rabe-Hesketh, S., & Treasure, J. (2003). Childhood obsessive-compulsive personality traits in adult women with eating disorders: Defining a broader eating disorder phenotype. *American Journal of Psychiatry*, 160(2), 242–247.
- Anderluh, M., Tchanturia, K., Rabe-Hesketh, S., Collier, D., & Treasure, J. (2008). Lifetime course of eating disorders: Design and validity testing of a new strategy to define the eating disorders phenotype. *Psychological Medicine*, 39(01), 105. doi:10.1017/S0033291708003292
- Bardone, A. M., Vohs, K. D., Abramson, L. Y., Heatherton, T. F., & Joiner, T. E., Jr. (2000). The confluence of perfectionism, body dissatisfaction, and low self-esteem predicts bulimic symptoms: Clinical implications. *Behavior Therapy*, 31(2), 265–280.
- Bardone-Cone, A. M. (2007). Self-oriented and socially prescribed perfectionism dimensions and their associations with disordered eating. *Behaviour Research and Therapy*, 45(8), 1977–1986. doi:10.1016/j.brat.2006.10.004
- Bardone-Cone, A. M., Abramson, L. Y., Vohs, K. D., Heatherton, T. F., & Joiner, T. E., Jr. (2006). Predicting bulimic symptoms: An interactive model of self-efficacy, perfectionism, and perceived weight status. *Behaviour Research and Therapy*, 44(1), 27–42. doi:10.1016/j.brat.2004.09.009
- Bardone-Cone, A. M., Sturm, K., Lawson, M. A., Robinson, D. P., & Smith, R. (2009). Perfectionism across stages of recovery from

- eating disorders. *International Journal of Eating Disorders*, NA–NA. doi:10.1002/eat.20674
- Bastiani, A. M., Rao, R., Weltzin, T., & Kaye, W. H. (1995). Perfectionism in anorexia nervosa. *International Journal of Eating Disorders*, 17(2), 147–152.
- Boone, L., Braet, C., Vandereycken, W., & Claes, L. (2012). Are maladaptive schema domains and perfectionism related to body image concerns in eating disorder patients? *European Eating Disorders Review*, 21(1), 45–51. doi:10.1002/erv.2175
- Brockmeyer, T., Ingenerf, K., Walther, S., Wild, B., Hartmann, M., Herzog, W., ... Friederich, H.C. (2013). Training cognitive flexibility in patients with anorexia nervosa: A pilot randomized controlled trial of cognitive remediation therapy. *International Journal of Eating Disorders*, 47(1), 24–31. doi:10.1002/eat.22206
- Bulik, C. M., Sullivan, P. F., Fear, J. I., & Joyce, P. R. (1997). Eating disorders and antecedent anxiety disorders: A controlled study. *Acta Psychiatrica Scandinavica*, 96(2), 101–107.
- Bulik, C. M., Tozzi, F., Anderson, C., Mazzeo, S. E., Aggen, S., & Sullivan, P. F. (2003). The relation between eating disorders and components of perfectionism. *American Journal of Psychiatry*, 160(2), 366–368.
- Castro-Fornieles, J., Gual, P., Lahortiga, F., Gila, A., Casulà, V., Fuhrmann, C., ... Toro, J. (2007). Self-oriented perfectionism in eating disorders. *International Journal of Eating Disorders*, 40(6), 562–568. doi:10.1002/eat.20393
- Chen, E. Y., Segal, K., Weissman, J., Zeffiro, T. A., Gallop, R., Linehan, M. M., ... Lynch, T. R. (2015). Adapting dialectical behavior therapy for outpatient adult anorexia nervosa--a pilot study. *International Journal of Eating Disorders*, 48(1), 123–132. doi:10.1002/eat.22360
- Claes, L., Mitchell, J. E., & Vandereycken, W. (2012). Out of control?: Inhibition processes in eating disorders from a personality and cognitive perspective. *International Journal of Eating Disorders*, 45(3), 407–414. doi:10.1002/eat.20966
- Claes, L., Nederkoorn, C., Vandereycken, W., Guerrieri, R., & Vertommen, H. (2006). Impulsiveness and lack of inhibitory control in eating disorders. *Eating Behaviors*, 7(3), 196–203. doi:10.1016/j.eatbeh.2006.05.001
- Claes, L., Soenens, B., Vansteenkiste, M., & Vandereycken, W. (2011). The scars of the inner critic: Perfectionism and nonsuicidal self-injury in eating disorders. *European Eating Disorders Review*, 20(3), 196–202. doi:10.1002/erv.1158
- Claes, L., Vandereycken, W., & Vertommen, H. (2002). Impulsive and compulsive traits in eating disordered patients compared with controls. *Personality and Individual Differences*, 32(4), 707–714.
- Claes, L., Vandereycken, W., & Vertommen, H. (2005). Impulsivity-related traits in eating disorder patients. *Personality and Individual Differences*, 39(4), 739–749. doi:10.1016/j.paid.2005.02.022
- Cockell, S. J., Hewitt, P. L., Seal, B., Sherry, S., Goldner, E. M., Flett, G. L., & Remick, R. A. (2002). Trait and self-presentational dimensions of perfectionism among women with anorexia nervosa. *Cognitive Therapy and Research*, 26(6), 745–758.
- Cowdrey, F. A., & Park, R. J. (2012). The role of experiential avoidance, rumination and mindfulness in eating disorders. *Eating Behaviors*, 13(2), 100–105. doi:10.1016/j.eatbeh.2012.01.001
- Crane, A. M., Roberts, M. E., & Treasure, J. (2007). Are obsessive-compulsive personality traits associated with a poor outcome in anorexia nervosa? A systematic review of randomized controlled trials and naturalistic outcome studies. *International Journal of*

*Eating Disorders*, 40(7), 581–588. doi:10.1002/eat.20419

Dalle Grave, R., Calugi, S., Doll, H. A., & Fairburn, C. G. (2013). Enhanced cognitive behaviour therapy for adolescents with anorexia nervosa: An alternative to family therapy? *Behaviour Research and Therapy*, 51(1), R9–R12.

doi:10.1016/j.brat.2012.09.008

Danner, U. N., Sanders, N., Smeets, P. A. M., van Meer, F., Adan, R. A. H., Hoek, H. W., & van Elburg, A. A. (2012).

Neuropsychological weaknesses in anorexia nervosa: Set-shifting, central coherence, and decision making in currently ill and recovered women. *International Journal of Eating Disorders*, 45(5), 685–694. doi:10.1002/eat.22007

Davies, H., Fox, J., Naumann, U., Treasure, J., Schmidt, U., & Tchanturia, K. (2012). Cognitive remediation and emotion skills training for anorexia nervosa: An observational study using neuropsychological outcomes. *European Eating Disorders Review*, 20(3), 211–217. doi:10.1002/erv.2170

Davis, C. (1997). Normal and neurotic perfectionism in eating disorders: An interactive model. *International Journal of Eating Disorders*, 22(4), 421–426.

Davis, C., & Kaptein, S. (2006). Anorexia nervosa with excessive exercise: A phenotype with close links to obsessive-compulsive disorder. *Psychiatry Research*, 142(2-3), 209–217. doi:10.1016/j.psychres.2005.11.006

Davis, C., Kaptein, S., Kaplan, A. S., Olmsted, M. P., & Woodside, D. B. (1998). Obsessionality in anorexia nervosa: The moderating influence of exercise. *Psychosomatic Medicine*, 60(2), 192–197.

Degortes, D., Zanetti, T., Tenconi, E., Santonastaso, P., & Favaro, A. (2014). Childhood obsessive-compulsive traits in anorexia nervosa patients, their unaffected sisters and healthy controls: A retrospective study. *European Eating Disorders Review*, 22(4), 237–242. doi:10.1002/erv.2295

Dingemans, A. E., Danner, U. N., Donker, J. M., Aardoom, J. J., van Meer, F., Tobias, K., van Furth, E. F. (2014). The effectiveness of cognitive remediation therapy in patients with a severe or enduring eating disorder: A randomized controlled trial.

*Psychotherapy and Psychosomatics*, 83(1), 29–36. doi:10.1159/000355240

Eddy, K. T., Keel, P. K., Dorer, D. J., Delinsky, S. S., Franko, D. L., & Herzog, D. B. (2002). Longitudinal comparison of anorexia nervosa subtypes. *International Journal of Eating Disorders*, 31(2), 191–201.

Fairburn, C. G., Cooper, Z., Doll, H. A., O'Connor, M. E., Palmer, R. L., & Grave, R. D. (2013). Enhanced cognitive behaviour therapy for adults with anorexia nervosa: A UK-Italy study. *Behaviour Research and Therapy*, 51(1), R2–R8.

doi:10.1016/j.brat.2012.09.010

Favaro, A., Zanetti, T., Tenconi, E., Degortes, D., Ronzan, A., Veronese, A., & Santonastaso, P. (2004). The relationship between temperament and impulsive behaviors in eating disordered subjects. *Eating Disorders*, 13(1), 61–70.

doi:10.1080/10640260590893647

Fichter, M. M., Quadflieg, N., & Hedlund, S. (2006). Twelve-year course and outcome predictors of anorexia nervosa. *International Journal of Eating Disorders*, 39(2), 87–100. doi:10.1002/eat.20215

Forbush, K., & Watson, D. (2006). Emotional inhibition and personality traits: A comparison of women with anorexia, bulimia, and



- normal controls. *Annals of Clinical Psychiatry*, 18(2), 115–121. doi:10.1080/10401230600614637
- Forbush, K., Heatherton, T. F., & Keel, P. K. (2006). Relationships between perfectionism and specific disordered eating behaviors. *International Journal of Eating Disorders*, 40(1), 37–41. doi:10.1002/eat.20310
- Fulton, J. J., Lavender, J. M., Tull, M. T., Klein, A. S., Muehlenkamp, J. J., & Gratz, K. L. (2012). Eating Behaviors. *Eating Behaviors*, 13(2), 166–169. doi:10.1016/j.eatbeh.2011.12.003
- Gillberg, I. C., Råstam, M., & Gillberg, C. (1995). Anorexia nervosa 6 years after onset: Part I. Personality disorders. *Comprehensive Psychiatry*, 36(1), 61–69.
- Goldstein, M., Peters, L., Thornton, C. E., & Touyz, S. W. (2014). The treatment of perfectionism within the eating disorders: A pilot study. *European Eating Disorders Review*, 22(3), n/a–n/a. doi:10.1002/erv.2281
- Halmi, K. A., Sunday, S. R., Klump, K. L., Strober, M., Leckman, J. F., Fichter, M., ... Kaye, W. H. (2003). Obsessions and compulsions in anorexia nervosa subtypes. *International Journal of Eating Disorders*, 33(3), 308–319. doi:10.1002/eat.10138
- Halmi, K. A., Sunday, S. R., Strober, M., Kaplan, A., Woodside, D. B., Fichter, M., ... Kaye, W. H. (2000). Perfectionism in anorexia nervosa: variation by clinical subtype, obsessiveness, and pathological eating behavior. *American Journal of Psychiatry*, 157(11), 1799–1805.
- Halmi, K. A., Tozzi, F., Thornton, L. M., Crow, S., Fichter, M. M., Kaplan, A. S., ... Bulik, C. M. (2005). The relation among perfectionism, obsessive-compulsive personality disorder and obsessive-compulsive disorder in individuals with eating disorders. *International Journal of Eating Disorders*, 38(4), 371–374. doi:10.1002/eat.20190
- Hambrook, D., Oldershaw, A., Rimes, K., Schmidt, U., Tchanturia, K., Treasure, J., ... Chalder, T. (2011). Emotional expression, self-silencing, and distress tolerance in anorexia nervosa and chronic fatigue syndrome. *British Journal of Clinical Psychology*, 50(3), 310–325. doi:10.1348/014466510X519215
- Hoffman, E. R., Gagne, D. A., Thornton, L. M., Klump, K. L., Brandt, H., Crawford, S., ... Bulik, C. M. (2012). Understanding the association of impulsivity, obsessions, and compulsions with binge eating and purging behaviours in anorexia nervosa. *European Eating Disorders Review*, 20(3), e129–e136. doi:10.1002/erv.2161
- Holtkamp, K., Mller, B., Heussen, N., Remschmidt, H., & Herpertz-Dahlmann, B. (2005). Depression, anxiety, and obsessiveness in long-term recovered patients with adolescent-onset anorexia nervosa. *European Child & Adolescent Psychiatry*, 14(2), 106–110. doi:10.1007/s00787-005-0431-5
- Juarascio, A. S., Perone, J., & Timko, C. A. (2011). Moderators of the relationship between body image dissatisfaction and disordered eating. *Eating Disorders*, 19(4), 346–354. doi:10.1080/10640266.2011.584811
- Kanakam, N., & Treasure, J. (2013). A review of cognitive neuropsychiatry in the taxonomy of eating disorders: State, trait, or genetic? *Cognitive Neuropsychiatry*, 18(1-2), 83–114. doi:10.1080/13546805.2012.682362
- Kaye, W. H., Bulik, C. M., Thornton, L., Barbarich, N., Masters, K., Price Foundation Collaborative Group. (2004). Comorbidity of anxiety disorders with anorexia and bulimia nervosa. *American Journal of Psychiatry*, 161(12), 2215–2221.
- Keski-Rahkonen, A., Raevuori, A., Bulik, C. M., Hoek, H. W., Rissanen, A., & Kaprio, J. (2013). Factors associated with recovery

- from anorexia nervosa: A population-based study. *International Journal of Eating Disorders*, 47(2), 117–123. doi:10.1002/eat.22168
- Key, A., George, C. L., Beattie, D., Stammers, K., Lacey, H., & Waller, G. (2002). Body image treatment within an inpatient program for anorexia nervosa: The role of mirror exposure in the desensitization process. *International Journal of Eating Disorders*, 31(2), 185–190. doi:10.1002/eat.10027
- Lilenfeld, L. R., Kaye, W. H., Greeno, C. G., Merikangas, K. R., Plotnicov, K., Pollice, C., Nagy, L. (1998). A controlled family study of anorexia nervosa and bulimia nervosa: psychiatric disorders in first-degree relatives and effects of proband comorbidity. *Archives of General Psychiatry*, 55(7), 603–610.
- Lilienthal, K. R., & Weatherly, J. N. (2013). Understanding the relationships between body esteem, risk for anorexia nervosa, and domain-dependent decision-making impulsivity in a college sample. *Body Image*, 10(4), 558–565. doi:10.1016/j.bodyim.2013.05.003
- Lloyd, S., Fleming, C., Schmidt, U., & Tchanturia, K. (2014). Targeting perfectionism in anorexia nervosa using a group-based cognitive behavioural approach: A pilot study. *European Eating Disorders Review*, n/a–n/a. doi:10.1002/erv.2313
- Lock, J., Agras, W. S., Bryson, S., & Kraemer, H. C. (2005). A comparison of short- and long-term family therapy for adolescent anorexia nervosa. *Journal of the American Academy of Child & Adolescent Psychiatry*, 44(7), 632–639. doi:10.1097/01.chi.0000161647.82775.0a
- Lock, J., Agras, W. S., Fitzpatrick, K. K., Bryson, S. W., Jo, B., & Tchanturia, K. (2013). Is outpatient cognitive remediation therapy feasible to use in randomized clinical trials for anorexia nervosa? *International Journal of Eating Disorders*, 46(6), 567–575. doi:10.1002/eat.22134
- Lynch, T. R., Gray, K. L., Hempel, R. J., Titley, M., Chen, E. Y., & Mahen, H. A. O. (2013). Radically open-dialectical behavior therapy for adult anorexia nervosa: feasibility and outcomes from an inpatient program. *BMC Psychiatry*, 13(1), 1–1. doi:10.1186/1471-244X-13-293
- Mas, S., Plana, M. T., Castro-Fornieles, J., Gassó, P., Lafuente, A., Moreno, E., & ... Lazaro, L. (2013). Common genetic background in anorexia nervosa and obsessive compulsive disorder: Preliminary results from an association study. *Journal of Psychiatric Research*, 47(6), 747–754. doi:10.1016/j.jpsychires.2012.12.015
- Micali, N., Hilton, K., Natatani, E., Heyman, I., Turner, C., & Mataix-Cols, D. (2011). Is childhood OCD a risk factor for eating disorders later in life? A longitudinal study. *Psychological Medicine*, 41(12), 2507–2513. doi:10.1017/S003329171100078X
- Milos, G., Spindler, A., & Schnyder, U. (2004). Psychiatric comorbidity and eating disorder inventory (EDI) profiles in eating disorder patients. *Canadian Journal of Psychiatry*, 49(3), 179–184.
- Minarik, M. L., & Ahrens, A. H. (1996). Relations of eating behavior and symptoms of depression and anxiety to the dimensions of perfectionism among undergraduate women. *Cognitive Therapy and Research*, 20(2), 155–169.
- Moor, S., Vartanian, L. R., Touyz, S. W., & Beumont, P. J. V. (2011). Psychopathology of EDNOS patients: To whom do they compare? *Clinical Psychologist*, 8(2), 70–75. doi:10.1080/1328420041233130436

- Nilsson, E. W., Gillberg, C., Gillberg, I. C., & Råstam, M. (1999). Ten-year follow-up of adolescent-onset anorexia nervosa: Personality disorders. *Journal of The American Academy of Child & Adolescent Psychiatry*, 38(11), 1389-1395. doi:10.1097/00004583-199911000-00013
- Nilsson, K., Sundbom, E., & Hägglöf, B. (2008). A longitudinal study of perfectionism in adolescent onset anorexia nervosa-restricting type. *European Eating Disorders Review*, 16(5), 386–394. doi:10.1002/erv.850
- Pretorius, N., Dimmer, M., Power, E., Eisler, I., Simic, M., & Tchanturia, K. (2012). Evaluation of a cognitive remediation therapy group for adolescents with anorexia nervosa: Pilot study. *European Eating Disorders Review*, 20(4), 321–325. doi:10.1002/erv.2176
- Pryor, T., Wiederman, M. W., & McGilley, B. (1996). Laxative abuse among women with eating disorders: An indication of psychopathology? *International Journal of Eating Disorders*, 20(1), 13–18.
- Rawal, A., Park, R. J., & Williams, J. M. G. (2010). Rumination, experiential avoidance, and dysfunctional thinking in eating disorders. *Behaviour Research and Therapy*, 48(9), 851–859. doi:10.1016/j.brat.2010.05.009
- Råstam, M. (1992). Anorexia nervosa in 51 Swedish adolescents: premorbid problems and comorbidity. *Journal of the American Academy of Child & Adolescent Psychiatry*, 31(5), 819–829.
- Roberts, M. E., Tchanturia, K., Stahl, D., SOUTHGATE, L., & Treasure, J. (2007). A systematic review and meta-analysis of set-shifting ability in eating disorders. *Psychological Medicine*, 37(08), 1075. doi:10.1017/S0033291707009877
- Rossier, V., Bolognini, M., Plancherel, B., & Halfon, O. (2000). Sensation seeking: A personality trait characteristic of adolescent girls and young women with eating disorders? *European Eating Disorders Review*, 8(3), 245–252.
- Rosval, L., Steiger, H., Bruce, K., Israël, M., Richardson, J., & Aubut, M. (2006). Impulsivity in women with eating disorders: Problem of response inhibition, planning, or attention? *International Journal of Eating Disorders*, 39(7), 590–593. doi:10.1002/eat.20296
- Santonastaso, P., Friederici, S., & Favaro, A. (1999). Full and partial syndromes in eating disorders: A 1-year prospective study of risk factors among female students. *Psychopathology*, 32(1), 50–56.
- Sassaroli, S., Romero Lauro, L. J., Maria Ruggiero, G., Mauri, M. C., Vinai, P., & Frost, R. (2008). Perfectionism in depression, obsessive-compulsive disorder and eating disorders. *Behaviour Research and Therapy*, 46(6), 757–765. doi:10.1016/j.brat.2008.02.007
- Shroff, H., Reba, L., Thornton, L. M., Tozzi, F., Klump, K. L., Berrettini, W. H., Bulik, C. M. (2006). Features associated with excessive exercise in women with eating disorders. *International Journal of Eating Disorders*, 39(6), 454–461. doi:10.1002/eat.20247
- Sohlberg, S., Norring, C., Holmgren, S., & Rosmark, B. (1989). Impulsivity and long-term prognosis of psychiatric patients with anorexia nervosa/bulimia nervosa. *The Journal Nervous and Mental Disease*, 177(5), 249–258.
- Srinivasagam, N. M., Kaye, W. H., Plotnicov, K. H., Greeno, C., Weltzin, T. E., & Rao, R. (1995). Persistent perfectionism, symmetry, and exactness after long-term recovery from anorexia nervosa. *American Journal of Psychiatry*, 152(11), 1630–1634.

- Steele, A. L., O'Shea, A., Murdock, A., & Wade, T. D. (2010). Perfectionism and its relation to overevaluation of weight and shape and depression in an eating disorder sample. *International Journal of Eating Disorders*, 44(5), 459–464. doi:10.1002/eat.20817
- Steele, A., Corsini, N., & Wade, T. (2007). The interaction of perfectionism, perceived weight status, and self-esteem to predict bulimic symptoms: The role of “benign” perfectionism. *Behaviour Research and Therapy*, 45(7), 1647–1655. doi:10.1016/j.brat.2006.08.007
- Steinglass, J. E., Albano, A. M., Simpson, H. B., Wang, Y., Zou, J., Attia, E., & Walsh, B. T. (2013). Confronting fear using exposure and response prevention for anorexia nervosa: A randomized controlled pilot study. *International Journal of Eating Disorders*, 47(2), 174–180. doi:10.1002/eat.22214
- Strober, M., Freeman, R., Lampert, C., & Diamond, J. (2007). The association of anxiety disorders and obsessive compulsive personality disorder with anorexia nervosa: Evidence from a family study with discussion of nosological and neurodevelopmental implications. *International Journal of Eating Disorders*, 40(S3), S46–S51. doi:10.1002/eat.20429
- Sutandar Pinnock, K., Blake Woodside, D., Carter, J. C., Olmsted, M. P., & Kaplan, A. S. (2003). Perfectionism in anorexia nervosa: A 6–24-month follow-up study. *International Journal of Eating Disorders*, 33(2), 225–229.
- Tchanturia, K., Anderluh, M. B., Morris, R. G., Rabe-Hesketh, S., Collier, D. A., Sanchez, P., & Treasure, J. L. (2004a). Cognitive flexibility in anorexia nervosa and bulimia nervosa. *Journal of the International Neuropsychological Society*, 10(04), 513–520.
- Tchanturia, K., Davies, H., Roberts, M., Harrison, A., Nakazato, M., Schmidt, U., Morris, R. (2012). Poor cognitive flexibility in eating disorders: Examining the evidence using the Wisconsin Card Sorting Task. *PLoS ONE*, 7(1), e28331. doi:10.1371/journal.pone.0028331.t003
- Tchanturia, K., Morris, R. G., Anderluh, M. B., Collier, D. A., Nikolaou, V., & Treasure, J. (2004b). Set shifting in anorexia nervosa: an examination before and after weight gain, in full recovery and relationship to childhood and adult OCPD traits. *Journal of Psychiatric Research*, 38(5), 545–552. doi:10.1016/j.jpsychires.2004.03.001
- Thornton, C., & Russell, J. (1997). Obsessive compulsive comorbidity in the dieting disorders. *International Journal of Eating Disorders*, 21(1), 83–87.
- Tylka, T. L. (2004). The relation between body dissatisfaction and eating disorder symptomatology: An analysis of moderating variables. *Journal of Counseling Psychology*, 51(2), 178–191. doi:10.1037/0022-0167.51.2.178
- Tyrka, A. R., Waldron, I., Graber, J. A., & Brooks-Gunn, J. (2002). Prospective predictors of the onset of anorexic and bulimic syndromes. *International Journal of Eating Disorders*, 32(3), 282–290. doi:10.1002/eat.10094
- Vohs, K. D., Bardone, A. M., Joiner, T. E., Jr., & Abramson, L. Y. (1999). Perfectionism, perceived weight status, and self-esteem interact to predict bulimic symptoms: a model of bulimic symptom development., 108(4), 695.
- Vohs, K. D., Voelz, Z. R., Pettit, J. W., Bardone, A. M., Katz, J., Abramson, L. Y., ... Joiner, T. E. (2001). Perfectionism, body dissatisfaction, and self-esteem: An interactive model of bulimic symptom development. *Journal of Social and Clinical Psychology*, 20(4), 476–497.
- Watson, H. J., Steele, A. L., Bergin, J. L., Fursland, A., & Wade, T. D. (2011). Bulimic symptomatology: The role of adaptive

- perfectionism, shape and weight concern, and self-esteem. *Behaviour Research and Therapy*, 49(9), 565–572. doi:10.1016/j.brat.2011.04.002
- Waxman, S. E. (2009). A systematic review of impulsivity in eating disorders. *European Eating Disorders Review*, 17(6), 408–425. doi:10.1002/erv.952
- Weider, S., Indredavik, M. S., Lydersen, S., & Hestad, K. (2014). Neuropsychological function in patients with anorexia nervosa or bulimia nervosa. *International Journal of Eating Disorders*, n/a–n/a. doi:10.1002/eat.22283
- Wentz, E., Gillberg, I. C., Anckarsater, H., Gillberg, C., & Råstam, M. (2009). Adolescent-onset anorexia nervosa: 18-year outcome. *The British Journal of Psychiatry*, 194(2), 168–174. doi:10.1192/bjp.bp.107.048686
- Wildes, J. E., Marcus, M. D., Cheng, Y., McCabe, E. B., & Gaskill, J. A. (2014). Emotion acceptance behavior therapy for anorexia nervosa: A pilot study. *International Journal of Eating Disorders*, n/a–n/a. doi:10.1002/eat.22241
- Wildes, J. E., Ringham, R. M., & Marcus, M. D. (2010). Emotion avoidance in patients with anorexia nervosa: Initial test of a functional model. *International Journal of Eating Disorders*, 43(5), 398–404. doi:10.1002/eat.20730
- Wood, L., Al-Khairulla, H., & Lask, B. (2011). Group cognitive remediation therapy for adolescents with anorexia nervosa. *Clinical Child Psychology and Psychiatry*, 16(2), 225–231. doi:10.1177/1359104511404750
- Young, S., Rhodes, P., Touyz, S., & Hay, P. (2013). The relationship between obsessive-compulsive personality disorder traits, obsessive-compulsive disorder and excessive exercise in patients with anorexia nervosa: a systematic review. *Journal of Eating Disorders*, 1(1), 16.
- Zakzanis, K. K., Campbell, Z., & Polsinelli, A. (2010). Quantitative evidence for distinct cognitive impairment in anorexia nervosa and bulimia nervosa. *Journal of Neuropsychology*, 4(1), 89–106. doi:10.1348/174866409X459674