

Eligibility

You may be eligible to participate in **UCAN** if:

- You or your partner has anorexia nervosa;
- You and your partner are married or have been in a committed relationship for over a year and are currently living together;
- You and your partner speak and read English;
- You and your partner agree to participate.



Contact Us

For more information, contact the **UCAN** team by phone or send us an email:

(919) 966-3065

ucan@unc.edu

Or visit us at our website:

www.ucanprogram.org

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**The University of North Carolina
at Chapel Hill**

UCAN

Uniting Couples
In the treatment of
Anorexia Nervosa



Eating Disorders Program
The University of North Carolina
at Chapel Hill

What Is Anorexia Nervosa?

Anorexia nervosa is an eating disorder. The hallmark features are:

- Unable to maintain a healthy weight
- Fear of weight gain or becoming fat
- Restricting food intake

Not only does anorexia nervosa affect those with the illness, but it also affects the people around them.

Partners often feel powerless to help and are fearful of doing or saying the wrong thing.

Partners and families can be our strongest allies in the treatment of anorexia nervosa.

UCAN offers assistance to couples as they face the challenges of anorexia nervosa.

The UCAN Program

UCAN is a research program funded by the National Institutes of Health and is part of the UNC Eating Disorders Program.

UCAN unites partners in the treatment of anorexia nervosa. Couples participate in **UCAN** over a 6 month time period. Couples return after 3 months for follow-up.

Your participation can help you gain new confidence in facing this illness as a team and can help us understand how best to involve partners in treatment.

What Couples Can Expect

Treatment Team

All treatment is conducted by professionals experienced in the treatment of eating disorders.

Comprehensive Assessment

All participating couples have four assessments during which they complete questionnaires, interviews with a clinician, and are videotaped having anorexia nervosa-related discussions with their partner.

Comprehensive Treatment

During their participation in **UCAN**, couples will be randomly assigned (like a coin flip) to receive 20 sessions of either:

- **Couple Therapy**
- **Family Supportive Therapy**

In addition, the patient also receives comprehensive treatment for anorexia nervosa at no additional cost, including:

- **Individual Psychotherapy**
- **Psychiatry Consultations**
- **Nutritional Counseling**