

Information Handout

Professional Version | US English

Transdiagnostic Cognitive Behavioral Model Of
Eating Disorders (Fairburn, Cooper, Shafran, 2003)



Description

Noting common processes underpinning the maintenance of anorexia nervosa, bulimia nervosa, and other related conditions, Fairburn, Cooper & Shafran (2003) proposed a transdiagnostic cognitive behavioral model of eating disorders. They identify a dysfunctional system for evaluating self-worth as central to the model: individuals with eating disorders evaluate themselves according to a relatively narrow range of domains including their eating habits, shape and weight, and their ability to control them. In addition to this core dysfunction they identify four additional mechanisms which, in some cases, act to maintain an individual's difficulties.

These additional maintenance processes include:

- Clinical perfectionism
- Core low self-esteem (persistent and pervasive negative self-beliefs that are viewed as part of the individual's self-identity)
- Mood intolerance (difficulty coping with strong mood states)
- Interpersonal difficulties

One interesting characteristic of the model is that *"The patient's specific eating disorder diagnosis is not of relevance to the treatment. Rather, its content is dictated by the particular psychological features present and the processes that appear to be maintaining them"*.

Instructions

This is a Psychology Tools information handout.

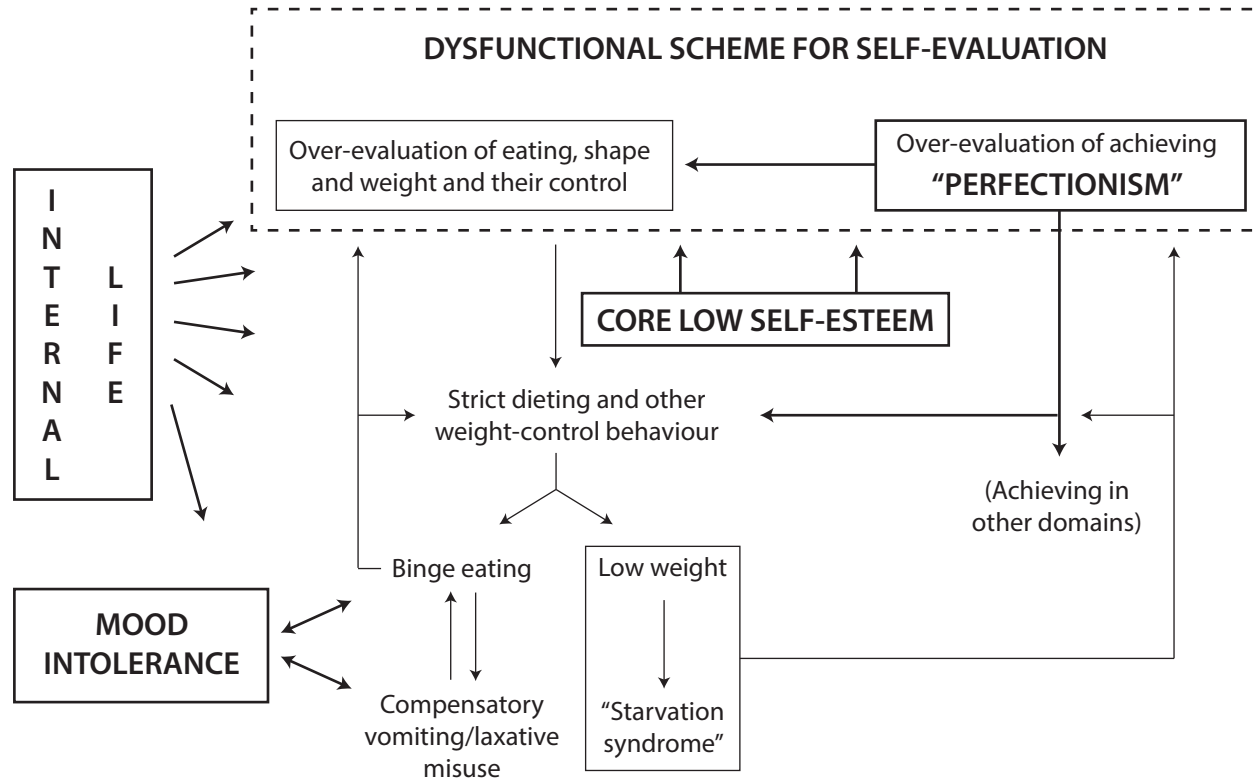
Suggested uses include:

- Client handout – a psychoeducation resource.
- Discussion point – to provoke a discussion and explore your client's beliefs.
- Therapist learning tool – to improve your familiarity with a psychological construct.
- Supervision tool – to develop formulations and knowledge.
- Teaching resource – a learning tool during training.

References

Fairburn, C. G., Cooper, Z., Shafran, R. (2003). Cognitive behaviour therapy for eating disorders: a “transdiagnostic” theory and treatment. *Behaviour Research and Therapy*, 41, 509-528.

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Resource details

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