

Online treatment may be as effective as  
in-person day care for eating disorders.

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# Day care in the time of Covid

- Plumley et al 2021: <https://pubmed.ncbi.nlm.nih.gov/33750463/>
  - Online therapy, 9 patients, positive outcomes of BMI, EDEQ and Dep/Anx
- Catenacci and Couturier 2023. <https://pubmed.ncbi.nlm.nih.gov/37563716/>
  - qualitative study 12 patients, both online and in person
- Couturier et al 2021. <https://pubmed.ncbi.nlm.nih.gov/33863388/>
  - Scoping review recommending some online treatment for adolescents
- Van Huysse et al 2022 <https://pubmed.ncbi.nlm.nih.gov/36444727/>
  - Virtual vs in person OP care: no difference in outcome

# Orri



I can shelter in an Orri  
But I can also run away  
if I want to






# Orri at home – intensive treatment online

Orri Online has been a godsend during these uncertain times. With feelings of both physical and emotional isolation so strong, it is for many the perfect environment for an eating disorder to take control. **Client**

### Who is it for?



Orri online is available to anyone 16+ across the UK and internationally. Typically BMIs >13.5 or <13 if not losing weight.

### How does it work?

Clients book sessions which are either morning (9.30-1.30) or afternoon (1.30-5.30). Clients can choose to book 2 sessions in a day and do a full day.

### What does treatment look like?



#### Group Therapy



Group work is an important part of the day the themes of which are set across the week to ensure clients cover a wide variety of different therapies. Groups are ED focused and include body image, emotional processing, creative arts alongside body work.



#### Supported Mealtimes

A therapeutic lunch and snack supported by our expert team who deliver at the table support and post meal / snack processing.

### What's included

 Group Therapy exploring different themes across the week	 Online physical monitoring
 1:1 weekly therapy, bi-weekly dietetics and OT	 Care plans, treatment reviews & MDT reviews
 1x snack and 1 x lunch per session, meal planning	 Access to Orri's online recovery community

#### Individual therapy and support




Clients engage in individual sessions spread across their week. Each client is assigned a dedicated therapist dietician and OT and use this one to one time to explore personal issues deeply and work through barriers to recovery.



#### – Psychiatric oversight and physical health monitoring

- Each client undergoes a full Therapeutic, Trauma, Dietetic and OT Assessment. Physical observations are monitored according to each clients individual needs throughout treatment. Frequency is constantly reviewed.

### A thriving community



Orri is committed to providing Recovery For All and has built a thriving social engagement programme – Nurturing Hope. It includes outreach to Schools, Uni's, GPs & Healthcare professionals, our Instagram community (via Lives and updates), regular Webinars, CPD events and open days plus free 'all welcome' Nurturing Hope groups and events.

#### Integrated family therapy and carer support



Clients can be offered family therapy alongside carer support groups and practical sessions delivered through webinars and drop in sessions that ensure families are included in recovery and supported through out their loved ones recovery.



#### Case management and tailored treatment

All clients are allocated a case manager and receive individualised treatment plans, care plans and have regular multi disciplinary team reviews.

# Example timetable – 5 days

Time	Monday	Tuesday	Wednesday	Thursday	Friday
09:30	Check in	Check in	Check in	Check in	Check in
10:00	Break/Snack Prep	Break/Snack Prep	Break/Snack Prep	Break/Snack Prep	Break/Snack Prep
10:15	Snack	Snack	Snack	Snack	1:1 Dietetics
10:45	Break	Break	Break	Break	Break
11:00	Group Motivation	1:1 Therapy	Group Core values & Beliefs	Group Body Image	Group Weekend Planning
12:15	Lunch prep	Lunch prep	Lunch prep	Lunch prep	Lunch prep
12:30	Lunch	Lunch	Lunch	Lunch	Lunch
13:15	Processing	Processing	Processing	Processing	Processing
13:30	Lunch (afternoon group) Therapeutic group if full day	Lunch (afternoon group) Therapeutic group if full day	Lunch (afternoon group) Therapeutic group if full day	Lunch (afternoon group) Therapeutic group if full day	Lunch (afternoon group) Therapeutic group if full day
	Processing	Processing	Processing	Processing	Processing
14:30	Break	Break	Break	Break	Break
14:45	Group Identity	Group Comparison	1:1 OT	Group Body & Mind	Group Identity
16:00	Break/Snack prep	Break/Snack prep	Break/Snack prep	Break/Snack prep	Break/Snack prep
16:15	Snack	Snack	Snack	Snack	Snack
16:45	Check out	Check out	Check out	Check out	Check out
17:30	Day ends	Day ends	Day ends	Day ends	Day ends

Morning Sessions:  
9.30 to 13.30 includes  
lunch

Afternoon Sessions:  
13.30 to 17.30 includes  
lunch

## Key

- 1:1 Therapy
- Group Therapy
- Check in/out/processing
- Food processing
- Break


# Example online timetable – 5 days

		MORNING (AM)								AFTERNOON (PM)							
Change		Check in	Break	Snack	Break	Group	Lunch Prep	Lunch	Break/Ends		Afternoon Lunch	Full Day People	Break	Group	Break	Check out	Ends
		09:30	10:00	10:15	10:45	11:00	12:15	12:30	13:30		13.3	14:00	14:30	14:45	16:00	16:20	17:30
Monday		Check in Joanna	Snack Prep	Snack Linda	Break	Parts Justine	Lunch Prep Offline	Lunch Linda	Break			Motivation Max	Break	Anxiety Joanna	Break	Check out & snack Jas	
		Check in Jas	Snack Prep	Snack Joanna	Break	Change Linda	Lunch Prep Offline	Lunch Liz			Lunch Zuza	Motivation Linda		Parts Justine		Check out & Snack Rhawann	
Tuesday		check in Jas	Snack Prep	Snack Paula	Break	Body Image Pippa	Lunch Prep Offline	Lunch / Checkout Kendra	Break		NA	Breathe Pippa	Break	Body Awareness Anandi	Break	Check out & snack Pippa	
Wednesday		Check in Viktoriya	Snack Prep	Snack Viktoriya	Break	Identity Romy	Lunch Prep Offline	Lunch / Checkout Victoria	Break		NA	Journal Victoria	Break	Change Joanna	Break	Check out & snack Victoria	
Thursday		Check in Victoria	Snack Prep	Snack Linda	Break	Body Image Pippa	Lunch Prep Offline	Lunch / Checkout Victoria	Break		NA	routine setting Linda	Break	Relationship Anandi	Break	Check out & snack Pippa	
		Check in Viktoriya	Snack Prep	Snack Paula	Break	Journaling Victoria	Lunch Prep Viktoriya	Lunch / Checkout Viktoriya	Break		NA	Review Max	Break	Freedom Paula	Break	Check out & snack Kendra	
Friday - 2 Streams		Check in Paula	Snack Prep	Snack Viktoriya	Break	Freedom Paula	Lunch Prep Anandi	Lunch / Checkout Anandi	Break		NA	Compassion Kendra	Break	Choice Anandi	Break	Check out & snack Paula	
		Check in Paula	Snack Prep	Snack Viktoriya	Break	Freedom Paula	Lunch Prep Anandi	Lunch / Checkout Anandi	Break		NA	Compassion Kendra	Break	Choice Anandi	Break	Check out & snack Paula	

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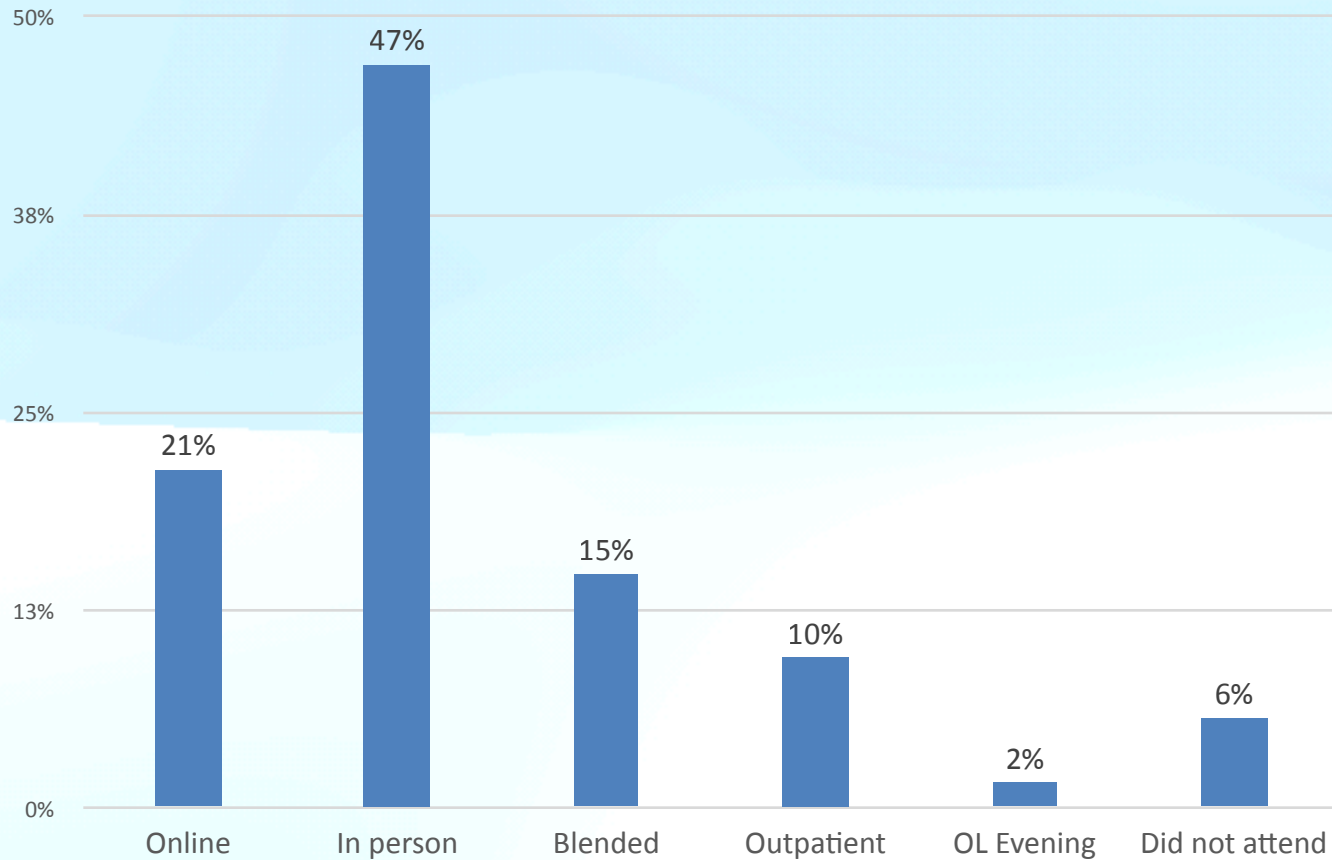
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All clients are allocated a case manager and receive individualised treatment plans, care plans and have regular multi disciplinary team reviews.



## Programme distribution:

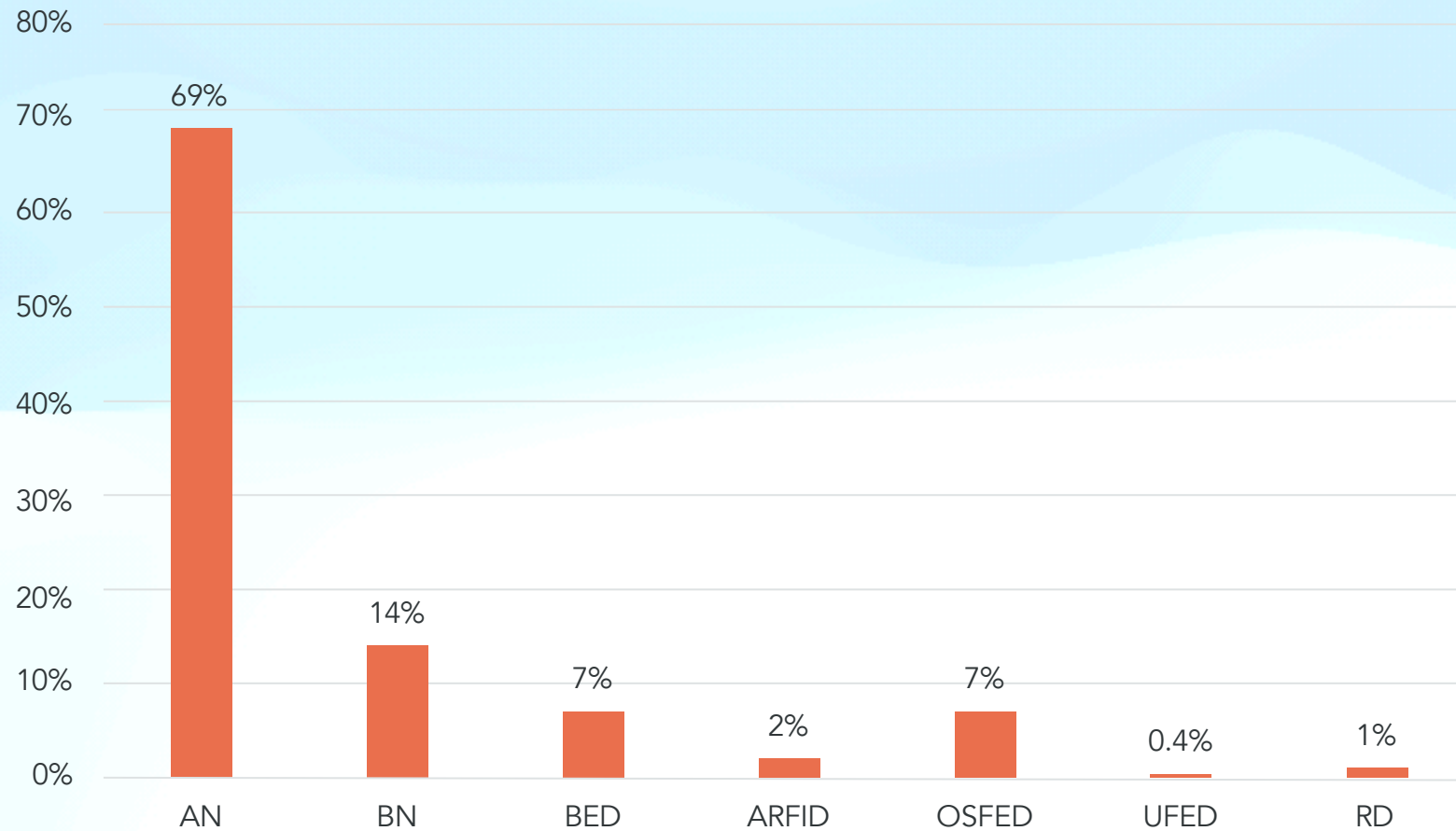
Clients programme distribution



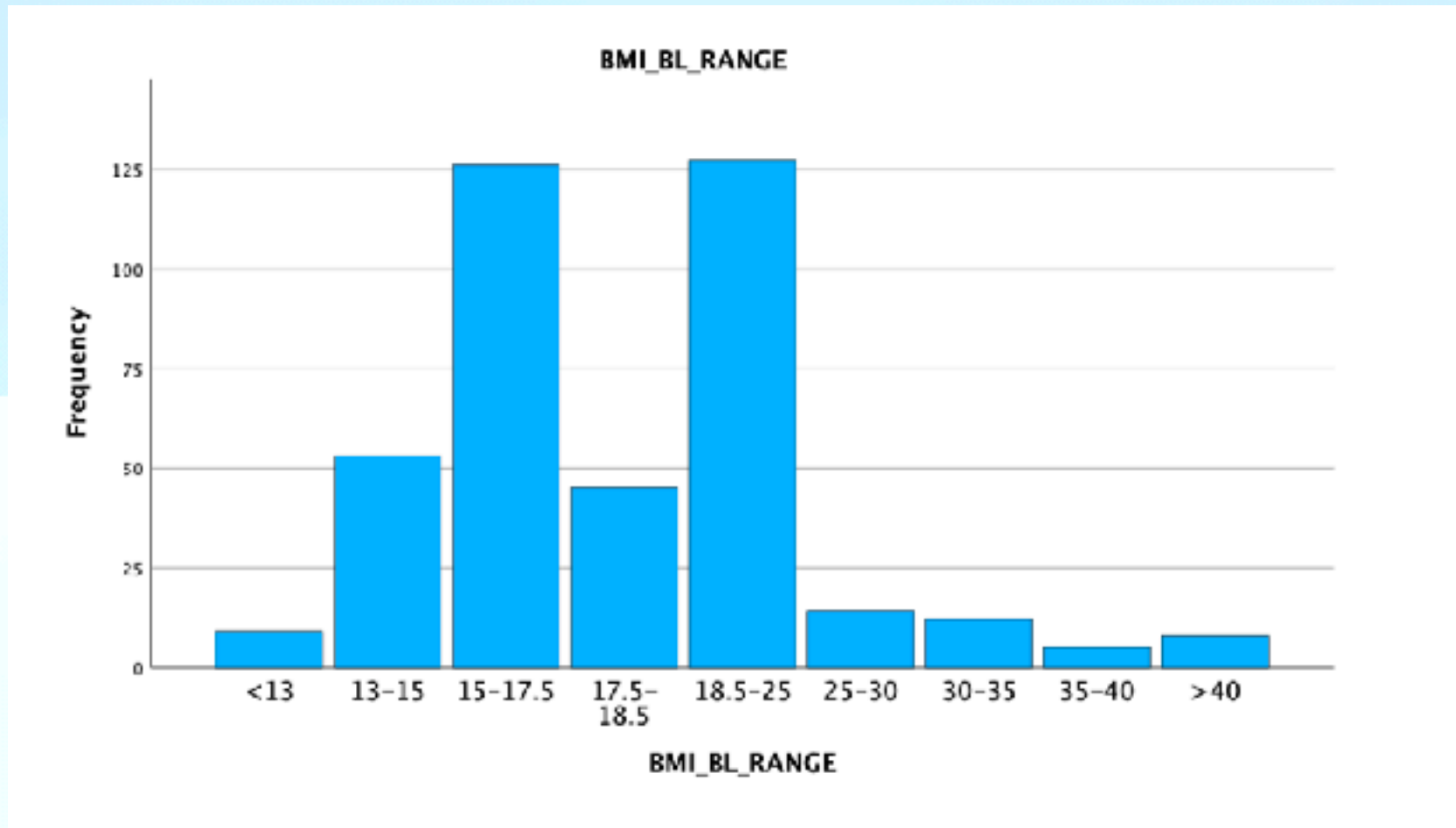
- Online treatment remains substantial, with 21.4% of the total. The outpatient numbers of clients are growing. (Dec 2023:10%, 1.5% in June 2023).

# Diagnosis split across 457 clients

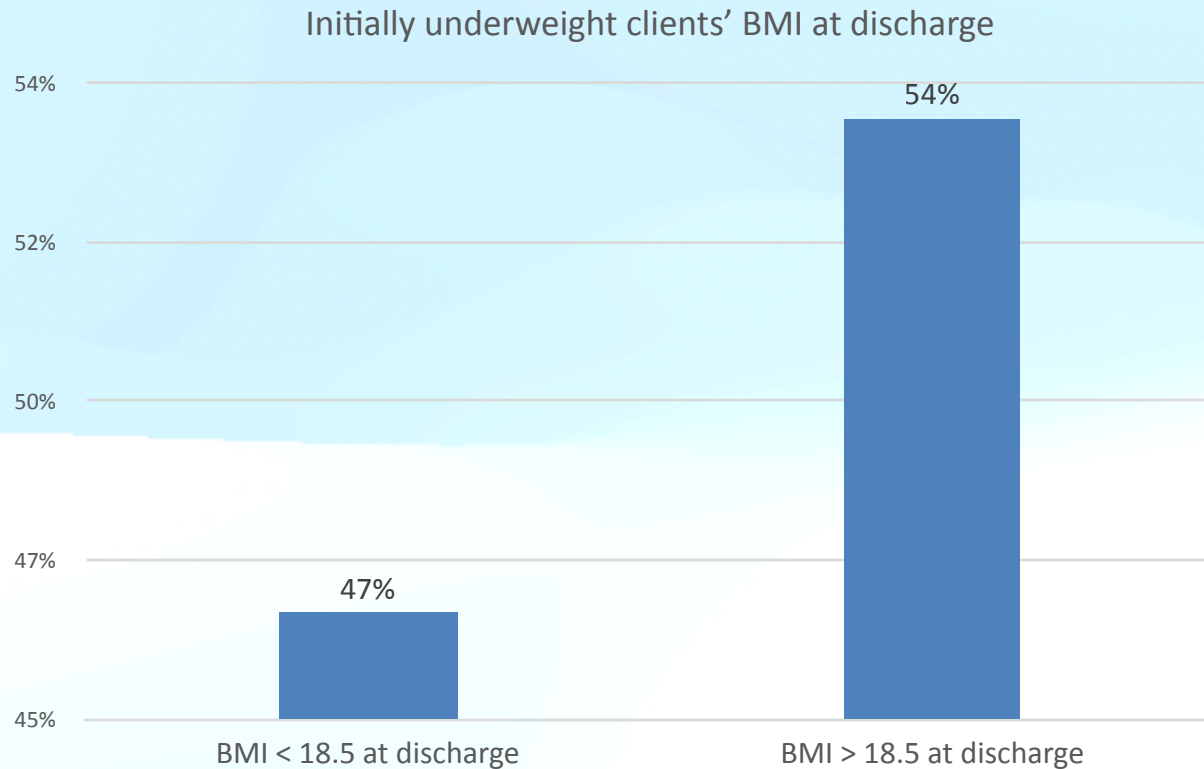
Percentage of clients among different diagnoses



# Range of BMI levels on admission



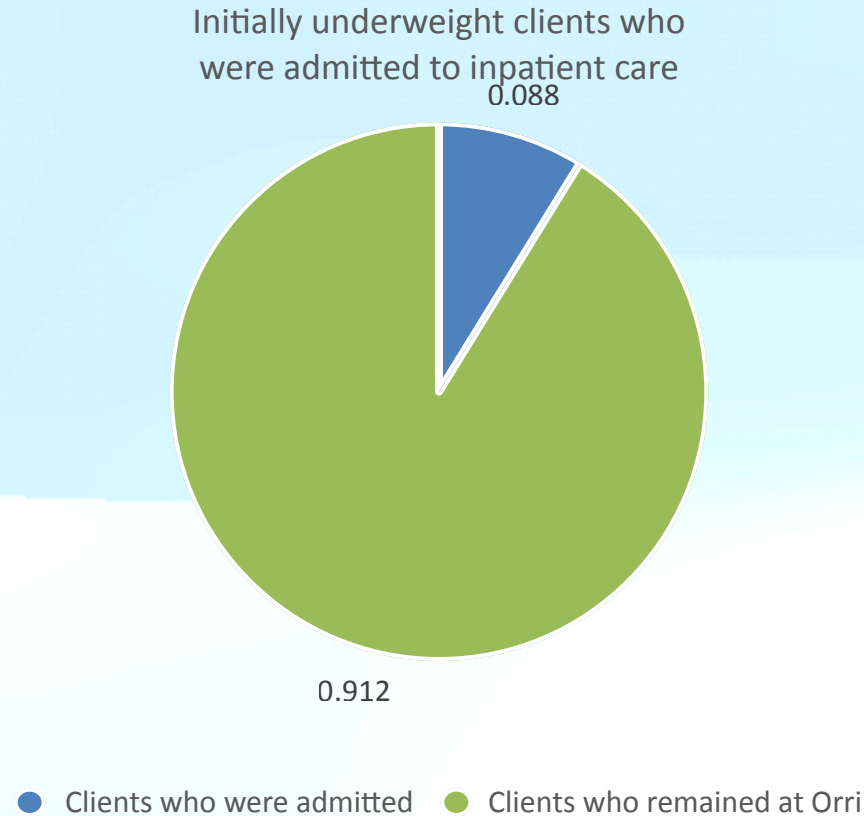
## Initially underweight clients with BMI > 18.5 at discharge:



- This shows that of clients who were initially underweight, 54% had increased to above the lower limit of the normal BMI by discharge time. One client increased to the obese range (38.3). No significant change from June 2023



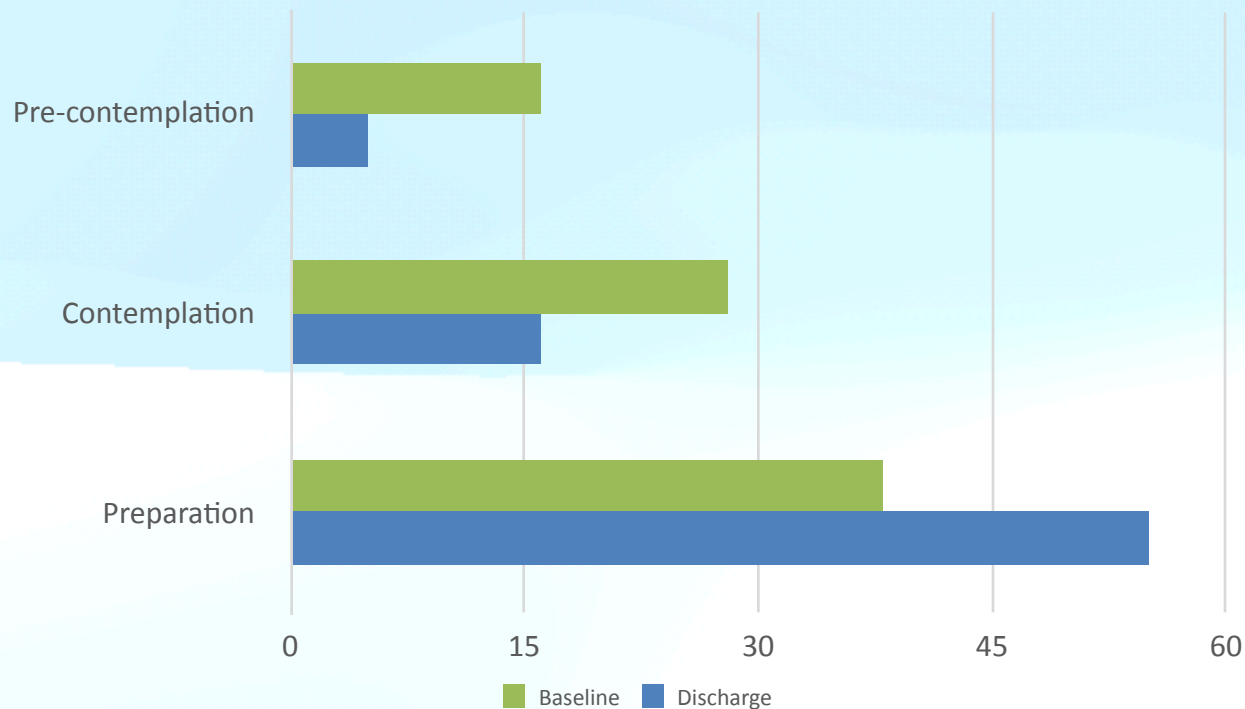
## Clients initially underweight who were admitted to inpatient:



- 9% of clients were discharged to an inpatient service (7.3% in June 2023). The rest (91%) **completed treatment at Orri** and were discharged to their GP or to outpatient services.

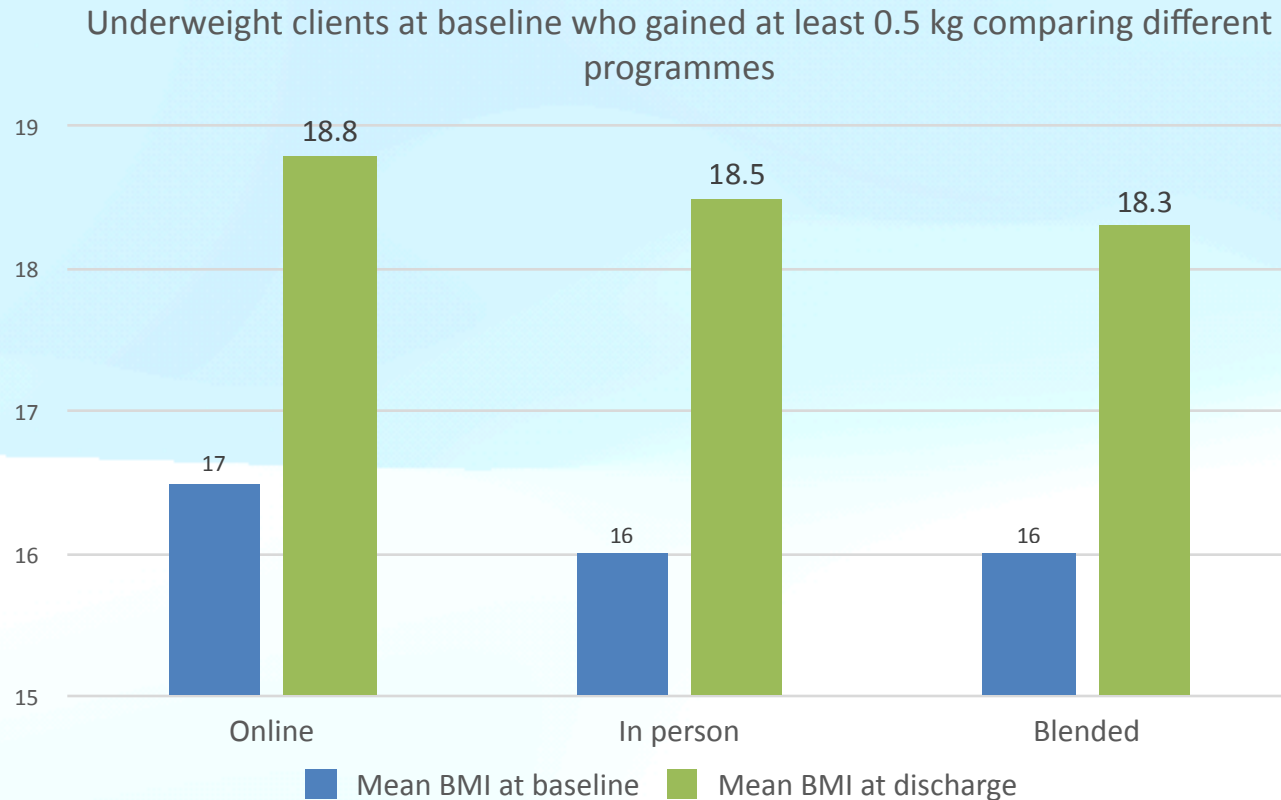
## Motivation to change (Eating Disorder Stage of Change -Questionnaire):

Count of clients in the three motivation levels comparing baseline and discharge



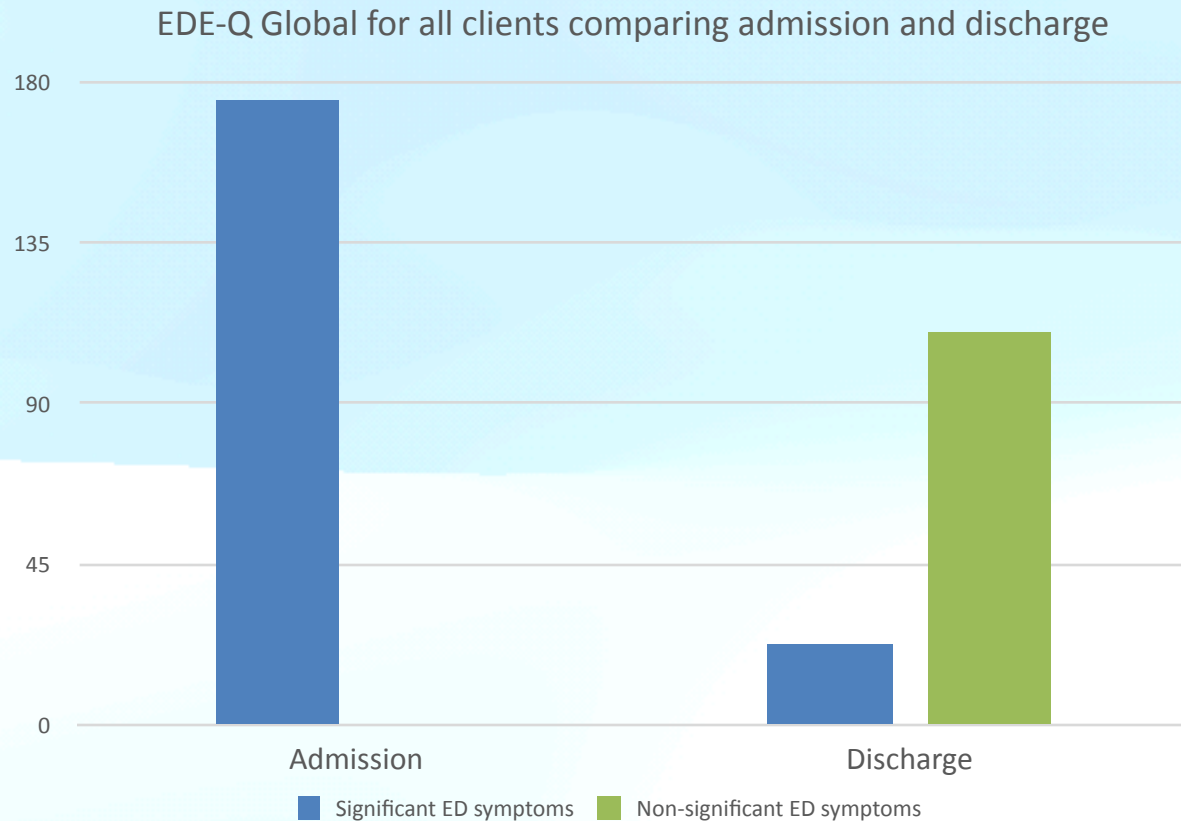
- This shows three levels of motivation, the lowest is **pre-contemplation (I don't have a problem)**, the next is **Contemplation (I should do something about this)**, and the best is **Preparation (I am going to do something about this)**.
- The data show that from Baseline (grey) to Discharge (orange), **motivation improves, and the change is significant ( $P < .01$ )**. The numbers are rather small (83 at baseline, 14 at follow-up) and increased numbers will be more persuasive.

## Underweight clients at baseline who gained at least 0.5 kg: comparison of different programmes:



- This analysis includes only the clients who gained at least .5kg, the “underweight responders”
- It shows that **the programmes were effective in increasing BMI**, and there was no significant difference between them ( $p < 0.05$ ).
- These results show that Orri is effective in producing weight gain.
- The effect size (size of change) was “Very Large”.

Eating Disorder Symptoms score changes during treatment for all clients. Restriction, shape, weight and eating concerns, according to the EDE-Q.

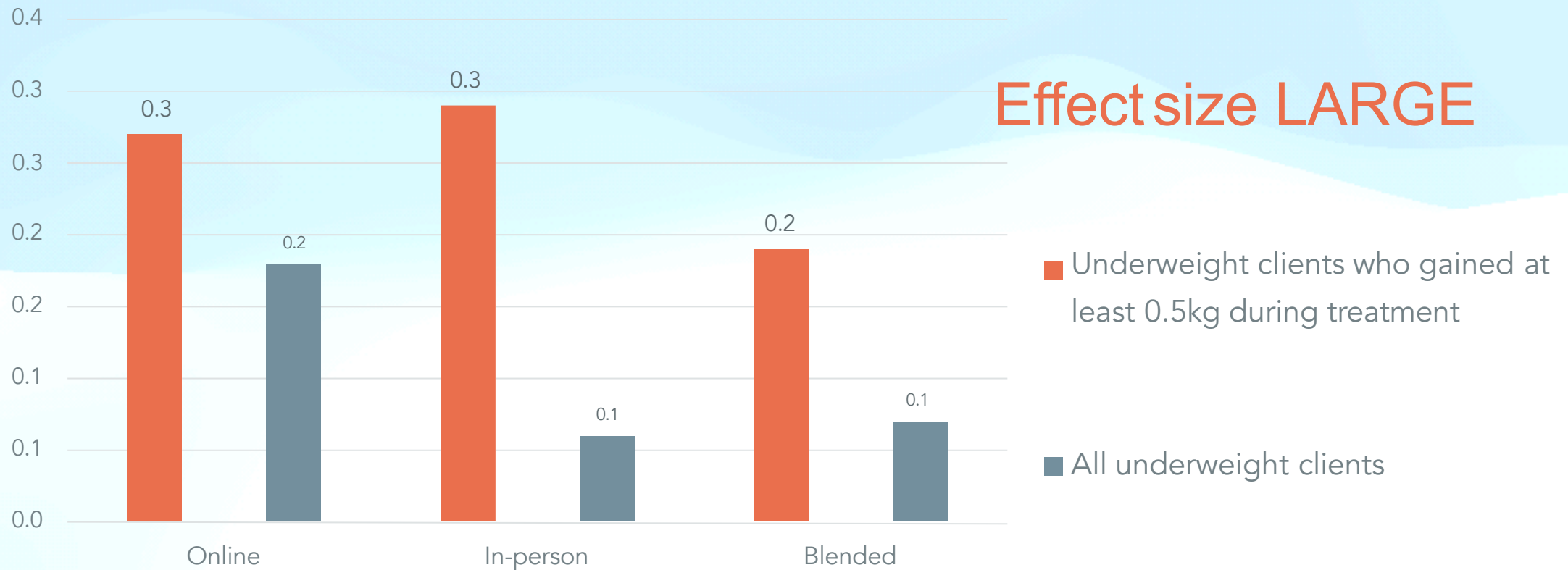


- This shows that while, on admission, all Orri clients scored above the normal range for EDEQ-Global score, by the time of discharge, **83% of clients had reduced their scores to within the normal range** (defined as the mean plus 2 standard deviations).



# Outcomes: Weight gain – Improvement but no significant difference between programmes

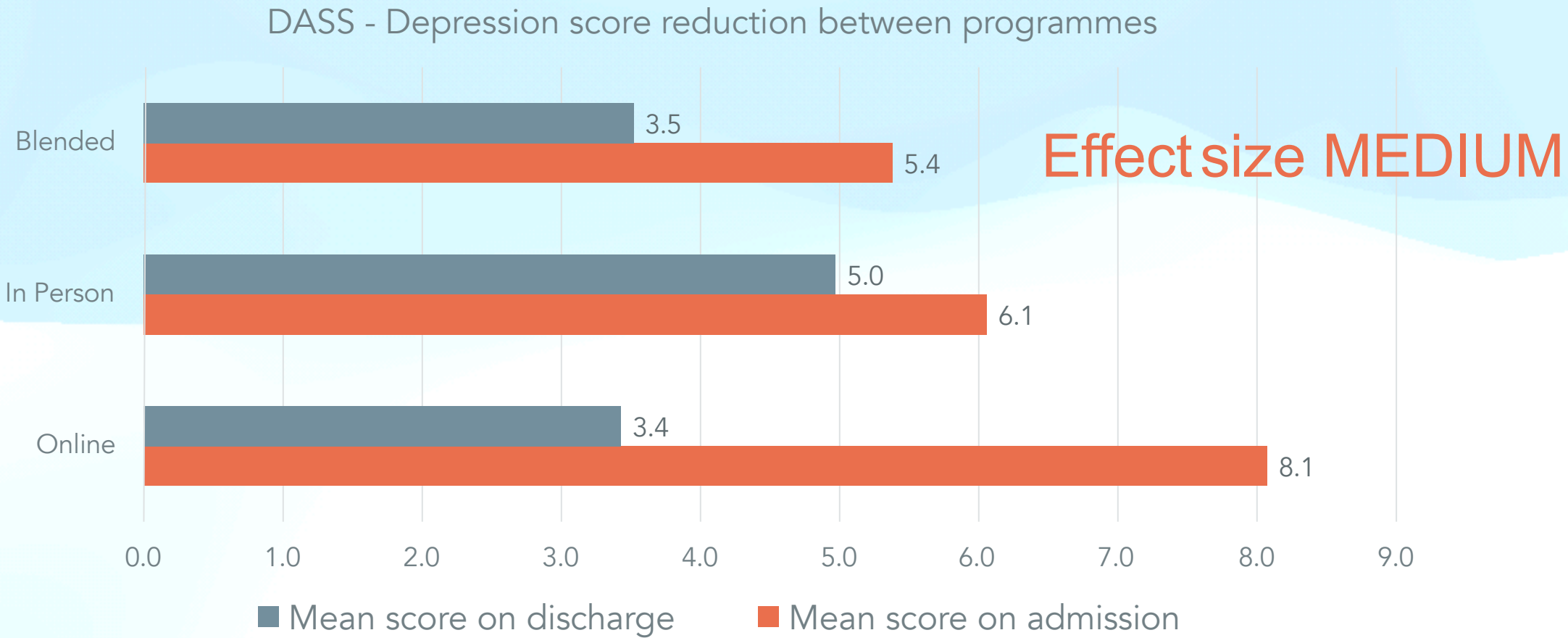
Rate of weight change (kg/week) among Orri's different programmes



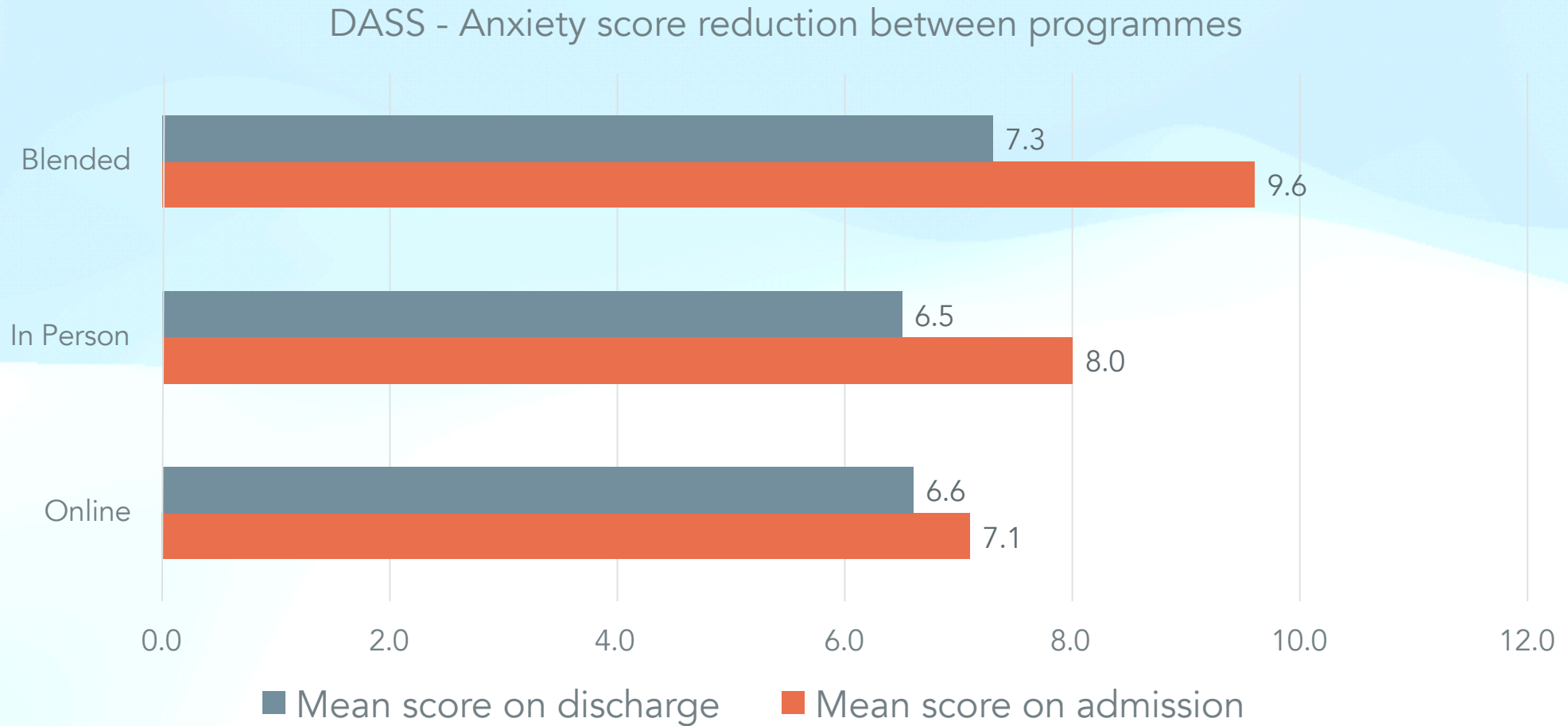
## Statistics

- All outcome measures are calculated using:
- REPEATED MEASURES ANALYSIS of VARIANCE (SPSS 27)
- T1=Initial assessment
- T2=Pre-discharge

# DASS Depression score – Improvement across all programmes but no significant difference between programmes



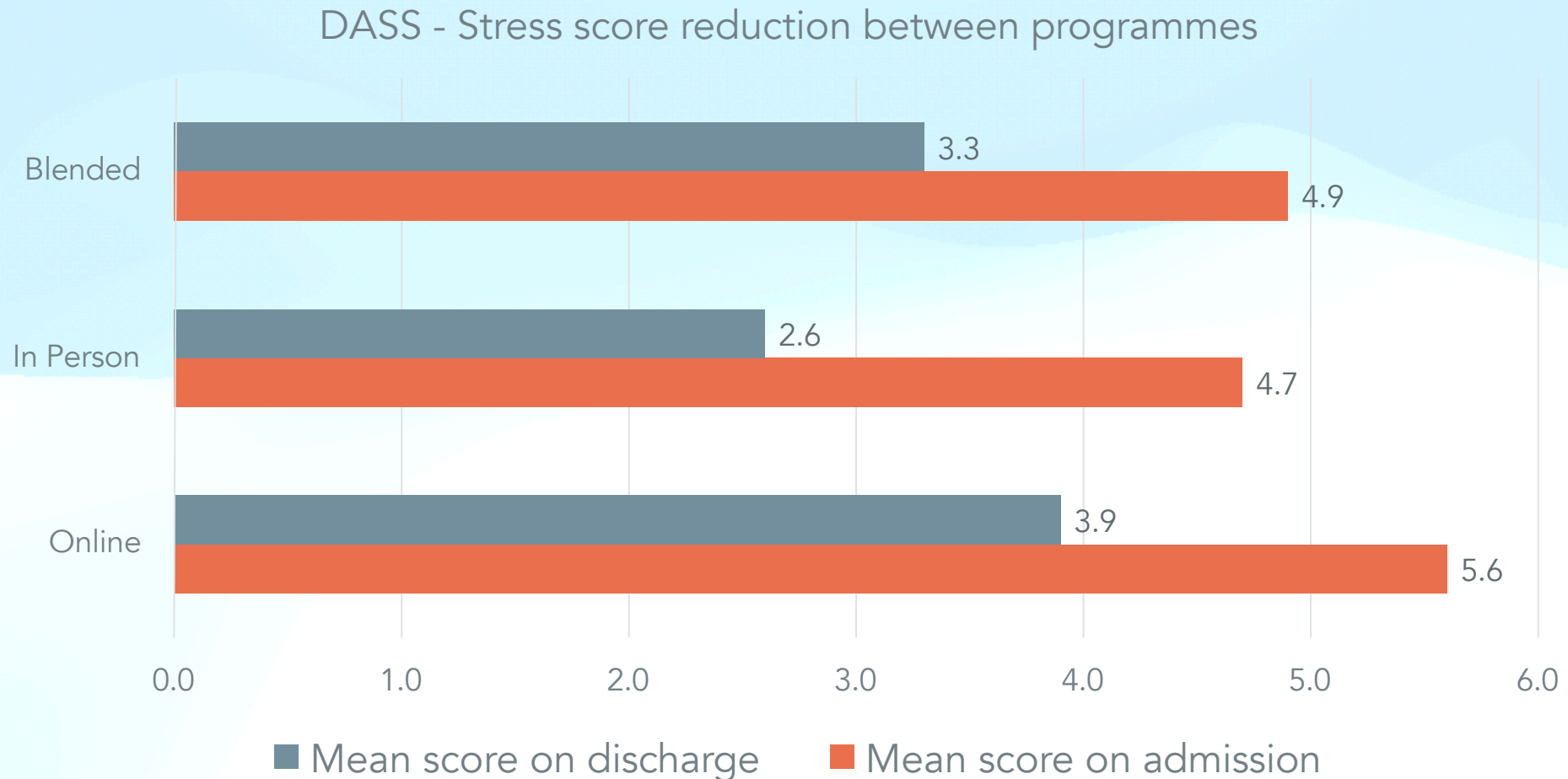
# DASS Anxiety score – Improvement across all programmes but no significant difference between programmes



Effect size **MEDIUM TO LARGE**



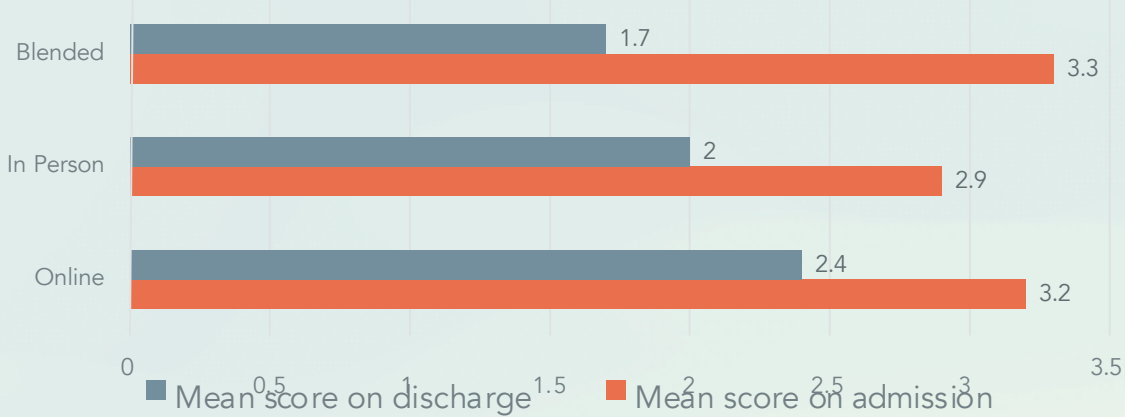
# DASS Stress score – Improvement across all programmes but no significant difference between programmes



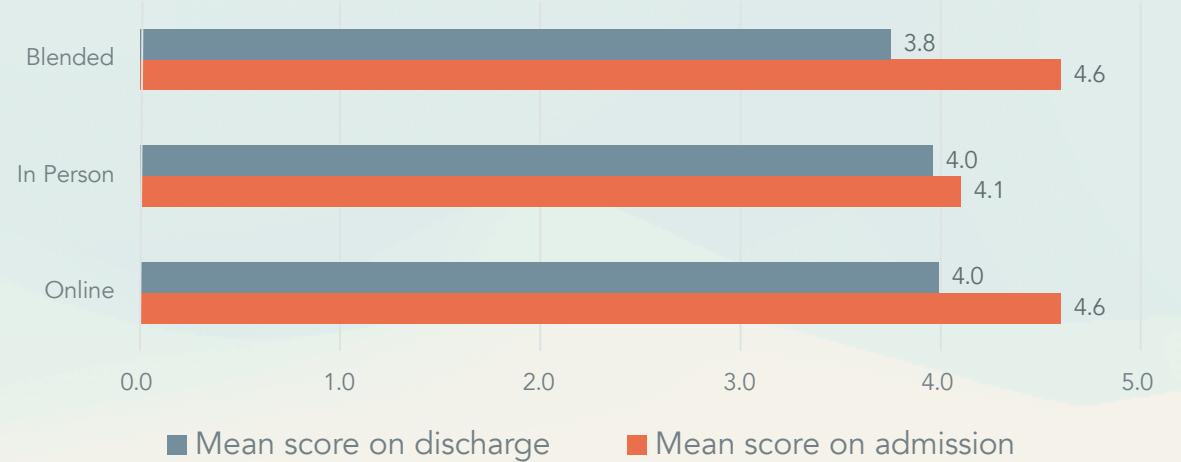
Effect size **MEDIUM TO LARGE**

# EDE-Q scores by subscale

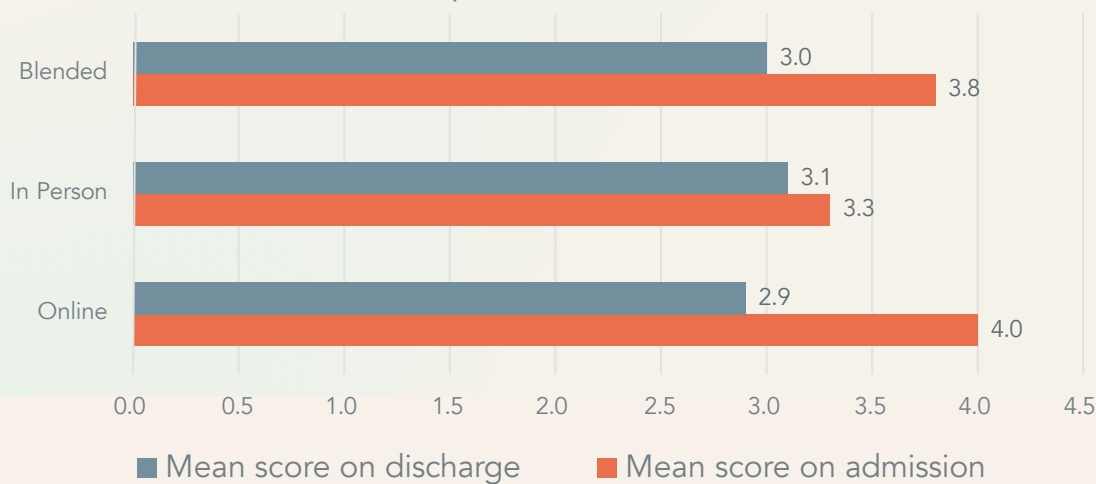
EDE-Q Restriction score reduction between programmes **Effect size LARGE**



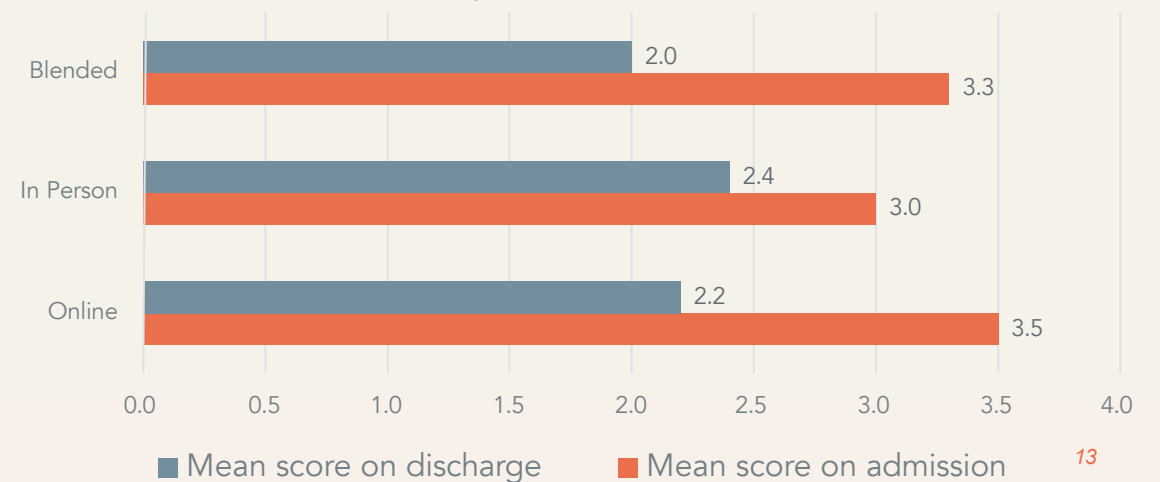
EDE-Q Shape Concern score reduction between programmes **Effect size LARGE**



EDE-Q Weight Concern score reduction between programmes **Effect size MEDIUM TO LARGE**

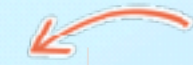
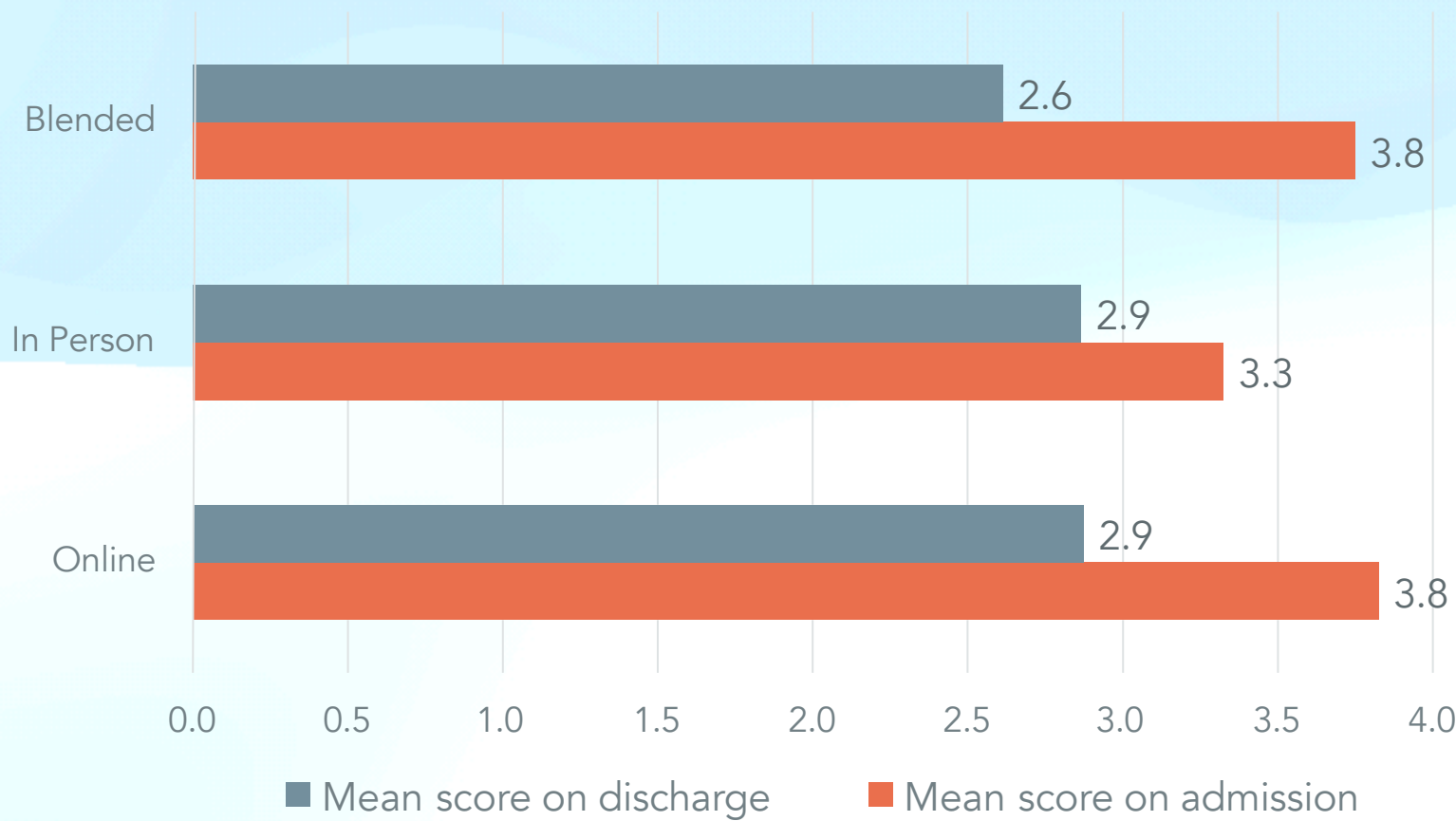


EDE-Q Eating Concern score reduction between programmes **Effect size VERY LARGE**



# EDE-Q Global Score – Highly significant improvement, but no significant difference between programmes

EDE-Q General score reduction between programmes

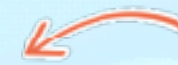
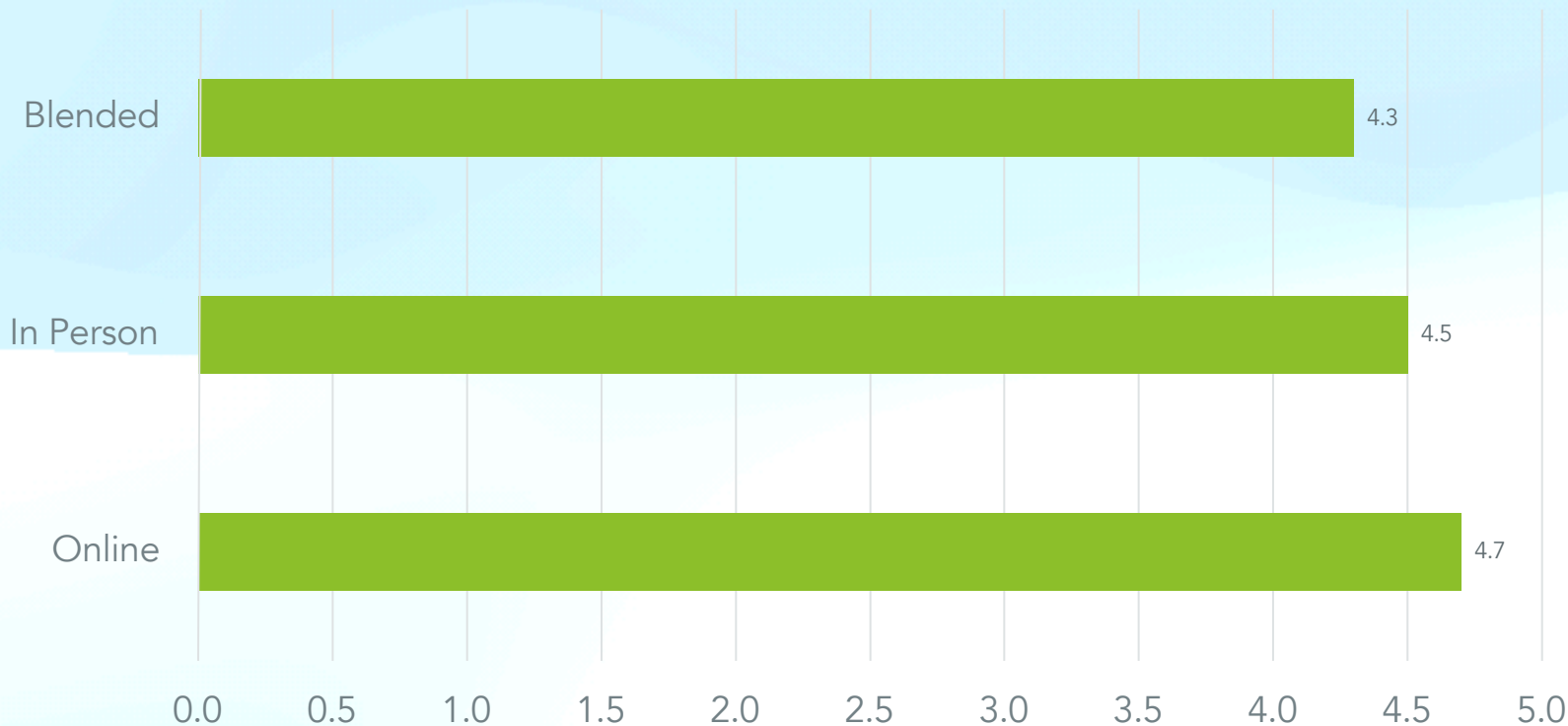


- Results show a highly significant reduction in restriction, shape, weight and eating concerns (EDE-Q).
- All three programmes are as effective as each other in reducing ED symptoms.

**Effect size VERY LARGE**

# Client satisfaction: no difference between programmes

Mean score of clients satisfaction between programmes



The vast majority of clients were either satisfied or very satisfied with all aspects of treatment.

## Score legend:

- 5 = Very satisfied
- 4 = Satisfied
- 3 = Neither satisfied not dissatisfied
- 2 = Not very satisfied
- 1 = Not at all satisfied



# Outcomes Summary

- Orri has similar improvements in weight gain across in person and online
- Depression, anxiety and stress significantly improve but there is no significant difference between programmes
- Eating Disorder symptoms improve to a similar extent in all programmes
- Satisfaction across both programmes is equally high. 90% of Orri clients are satisfied with the service and would recommend us to a friend

# General summary

- Ours is the largest (as far as I know) study of day care online
- It looks as though the impact was statistically indistinguishable between in person and online for both AN and other EDs
- Overall, about 2/3 of underweight patients gain weight on the programmes and 83% reduce EDEQ scores to normal.
- The key features of the service are:
  - A large number of highly motivated staff
  - Highly intense day programme both online and in person
  - Close attention to medical monitoring and safety