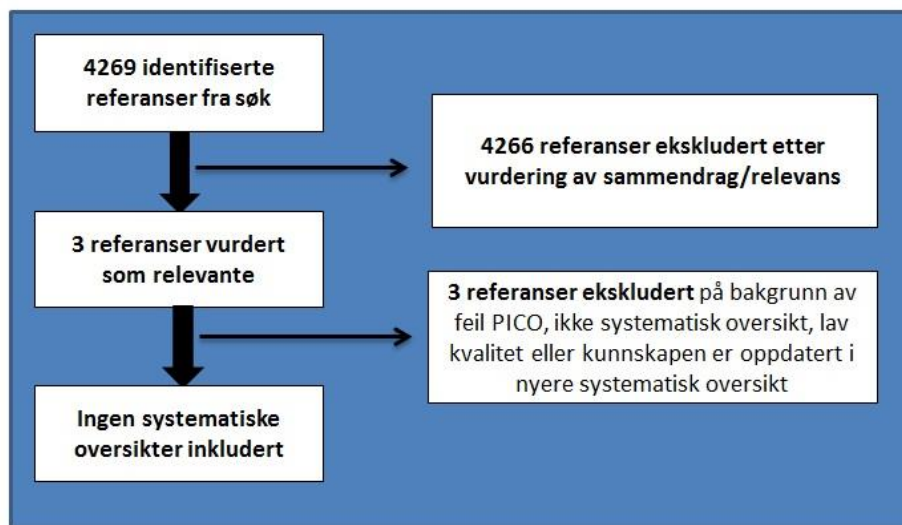


## Flytdiagram og søkestrategi for søk etter systematiske oversikter

Forsknings spørsmål: Gir selvhjelp bedre nytte enn ingen behandling for mennesker med anoreksi?

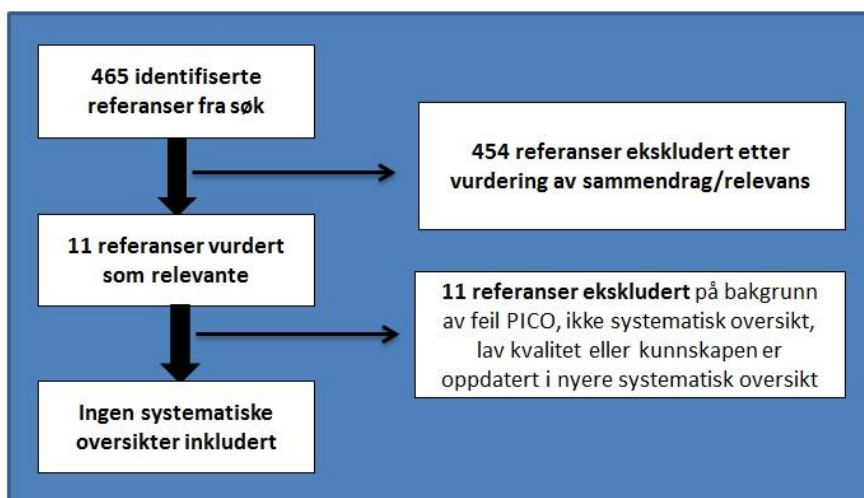
- P – Pasienter med anorexia nervosa
- I – Selvhjelp
- C – Venteliste, placebo/attention control
- O – BMI, livskvalitet, motivasjon, sosial støtte, redusert sosial isolasjon, psykopatologi knyttet til spiseforstyrrelse

Søk ved Nasjonalt kunnskapssenter for helsetjenesten juni 2010:



Figur 1. Flytdiagram over søketreff og vurdering av titler, sammendrag og fulltekstartikler.

Oppdatert søk ved Helsedirektoratet desember 2013:



Figur 2. Flytdiagram over søketreff og vurdering av titler, sammendrag og fulltekstartikler.

## Ekskluderte systematiske oversikter

**Tabell 1: Systematiske oversikter som er ekskludert fra søket ved Nasjonalt kunnskapscenter for helsetjenesten (Kunnskapscenteret) og Helsedirektoratet, på bakgrunn av feil PICO, lav kvalitet eller fordi kunnskapen er oppdatert i nyere systematisk oversikt.**

Referanse	Søk
Allen, S. & Dalton, W. T. (2011). Treatment of eating disorders in primary care: A systematic review. <i>Journal of Health Psychology</i> , 16(8), 1165-1176.	Helsedirektoratet (2013)
Ardoom, J. J., Dingemans, A. E., Spinhoven, P. & Van Furth, E. F. (2013). Treating eating disorders over the internet: A systematic review and future research directions. <i>International Journal of Eating Disorders</i> , 46(6), 539-552.	Helsedirektoratet (2013)
Dölemeyer, R., Tietjen, A., Kersting, A. & Wagner, B. (2013). Internet-based interventions for eating disorders in adults: a systematic review. <i>BMC Psychiatry</i> , 13.	Helsedirektoratet (2013)
Erfort, B. T., Richards, T. Peacock, E., Voith, K., McGair, H., Muller, B., Duncan, K. & Chang, C. Y. (2013). Counseling and guided self-help outcomes for clients with bulimia nervosa: A meta-analysis of clinical trials from 1980-2010. <i>Journal of Counselling &amp; Development</i> , 91, 152-172.	Helsedirektoratet (2013)
Farrand, P. & Woodford, J. (2013). Impact of support on the effectiveness of written cognitive behavioural self-help: A systematic review and meta-analysis of randomised controlled trials. <i>Clinical Psychology Review</i> , 33, 182-195.	Helsedirektoratet (2013)
Klein, J. & Cook-Cottone, C. (2013). The effects of yoga on eating disorder symptoms and correlates: A review. <i>International Journal of Yoga Therapy</i> , 23(2),41-50.	Helsedirektoratet (2013)
Leach LS, Christensen H. (2006). A systematic review of telephone-based interventions for mental disorders. <i>Journal of Telemedicine and Telecare</i> , 12(3):122-9.	Kunnskapscenteret (2010)
Lynch, F. L. , Striegel-Moore, R.H., Dickerson, J.F., Perrin, N., Debar, L., Wilson, G. T. & Kraemer, H. C. (2010). Cost-effectiveness of guided self-help treatment for recurrent binge eating. <i>Journal of Consulting and Clinical Psychology</i> , 78(3), 322-333.	Helsedirektoratet (2013)
Masuda, A. & Hill, M. L. (2013). Mindfulness as therapy for disordered eating: a systematic review. <i>Neuropsychiatry</i> , 3(4), 433-447.	Helsedirektoratet (2013)
Mule, A. & Sideli, L. (2009). Eating disorders on the web: Risks and resources. <i>Annual Review of CyberTherapy and Telemedicine</i> .	Helsedirektoratet (2013)
Ng, L. W. C., Ng, D. P. & Wong, W. P. (2013). Is supervised exercise training safe in patients with anorexia nervosa? A meta-analysis. <i>Psychotherapy</i> , 99, 1-11	Helsedirektoratet (2013)
Perkins SJ, Murphy R, Schmidt U, Williams C. (2006). Self-help and guided self-help for eating disorders. <i>Cochrane database of systematic reviews</i> , 3. <sup>1</sup>	Kunnskapscenteret (2010)
Stefano SC, Bacaltchuk J, Blay SL, Hay P. (2006).Self-help treatments for disorders of recurrent binge eating: a systematic review. <i>Acta Psychiatrica Scandinavica</i> ,113(6):452-9.	Kunnskapscenteret (2010)
Wanden-Berghe, R. G., Sanz-Valero, J. & Wanden-Berghe, C. (2011). The application of mindfulness to eating disorders treatment: A systematic review. <i>Eating disorders</i> , 19, 34-48.	Helsedirektoratet (2013)

<sup>1</sup> Perkins et. al (2006) ble vurdert nøye, men da ingen av de relevante sammenligningene hadde med noen studier hvor personer med anorexia nervosa er inkludert, ble denne artikkelen ikke vurdert som relevant av arbeidsgruppa.

## Søkestrategi

**Kontaktperson:** Kari Aanjesen Dahle

**Søk:** Marita Heintz

**Kommentar:** Oppdateringssøk av søk utført juni 2010. Her avgrenset til kun systematiske oversikter

**Database:** Ovid MEDLINE(R) In-Process & Other Non-Indexed Citations, Ovid MEDLINE(R) Daily and Ovid MEDLINE(R) 1946 to Present

**Dato:** 09.12.2013

**Antall treff:** 188 (164 uten dubletter)

#	Searches	Results
1	Eating Disorders/	10670
2	Anorexia Nervosa/	10606
3	Binge-Eating Disorder/	490
4	Bulimia Nervosa/	1613
5	((appetite or eating) adj2 disorder?).tw.	12444
6	(((anorexia or bulimia) adj2 (nervosa or nevrosa)) or anorexic or bulimic).tw.	13803
7	(binging or (binge adj1 eating) or bingeeating or overeat\$ or (compulsive adj2 (eat\$ or vomit\$)) or (food\$ adj2 (bing\$ or aversion)) or (self?induc\$ adj2 vomit\$) or (restrict\$ adj2 eat\$) or hyperrexia or polyphagia).tw.	6180
8	or/1-7	30774
9	(2011* or 2012* or 2013* or 2014*).ed,ep,yr,dp,dc.	3714727
10	(201006* or 201007* or 201008* or 201009* or 201010* or 201011* or 201012*).ep,ed,dc.	1132116
11	2010*.yr,dp.	934480
12	or/9-11	4607570
13	8 and 11	6969
14	limit 13 to "reviews (specificity)"	188

**Database:** Embase 1974 to 2013 December 06

**Dato:** 09.12.2013

**Antall treff:** 209

#	Searches	Results
1	eating disorder/	15345
2	anorexia nervosa/	15877

3	binge eating disorder/	3568
4	bulimia/	10877
5	food aversion/	235
6	appetite disorder/	2755
7	((appetite or eating) adj2 disorder?).tw.	16077
8	(((anorexia or bulimia) adj2 (nervosa or nevrosa)) or anorexic or bulimic).tw.	17589
9	(binging or (binge adj1 eating) or bingeeating or overeat\$ or (compulsive adj2 (eat\$ or vomit\$)) or (food\$ adj2 (bing\$ or aversion)) or (self?induc\$ adj2 vomit\$) or (restrict\$ adj2 eat\$) or hyperrexia or polyphagia).tw.	7451
10	or/1-9	44344
11	(2011* or 2012* or 2013* or 2014*).yr,em,dd,dp.	4211281
12	(201006* or 201007* or 201008* or 201009* or 201010* or 201011* or 201012*).dd.	939567
13	(2010*).yr,em,dp.	1424767
14	or/11-13	5490919
15	10 and 14	11384
16	limit 15 to "reviews (maximizes specificity)"	209

**Database:** PsycINFO 1806 to December Week 1 2013

**Dato:** 09.12.2013

**Antall treff:** 201

1	Eating Disorders/	11082
2	Anorexia Nervosa/	8532
3	Binge Eating Disorder/	806
4	Bulimia/	6543
5	"Purging (Eating Disorders)"/	318
6	Binge Eating/	2173
7	((appetite or eating) adj2 disorder?).tw.	17377
8	(((anorexia or bulimia) adj2 (nervosa or nevrosa)) or anorexic or bulimic).tw.	14257
9	(binging or (binge adj1 eating) or bingeeating or overeat\$ or (compulsive adj2 (eat\$ or vomit\$)) or (food\$ adj2 (bing\$ or aversion)) or (self?induc\$ adj2 vomit\$) or (restrict\$ adj2 eat\$) or hyperrexia or polyphagia).tw.	5882
10	or/1-9	29247

11	(201006* or 201007* or 201008* or 201009* or 201010* or 201011* or 201012* or 2011* or 2012* or 2013* or 2014*).up.	665304
12	(2010* or 2011* or 2012* or 2013* or 2014*).dp,yr.	640556
13	11 or 12	706224
14	10 and 13	6066
15	limit 14 to "reviews (maximizes specificity)"	201

**Database:** Cochrane Issue 12 of 12, December 2013, Other Reviews (DARE) Issue 4 of 4, October 2013, Methods Studies Issue 3 of 4, Jul 2013, Technology Assessments Issue 4 of 4, October 2013, Economic Evaluations Issue 4 of 4, October 2013

**Dato:** 09.12.2013

**Antall treff:** 38 (Cochrane Reviews: 4, Other Reviews: 20, Methods Studies: 3, Technology Assessments: 6, Economic Evaluations: 5)

ID	Search	Hits
#1	MeSH descriptor <b>Eating Disorders</b> , this term only	325
#2	MeSH descriptor <b>Anorexia Nervosa</b> , this term only	284
#3	MeSH descriptor <b>Binge-Eating Disorder</b> , this term only	34
#4	MeSH descriptor <b>Bulimia Nervosa</b> , this term only	141
#5	((appetite or eating) NEAR/2 disorder?):ti,ab,kw	664
#6	(((anorexia or bulimia) NEAR/2 (nervosa or nervosa)) or anorexic or bulimic):ti,ab,kw	1034
#7	(binging or (binge adj1 eating) or bingeeating or overeat* or (compulsive NEAR/2 (eat* or vomit*)) or (food* NEAR/2 (bing* or aversion)) or (self?induc* NEAR/2 vomit*) or (restrict* NEAR/2 eat*) or hyperrexia or polyphagia):ti,ab,kw	169
#8	(#1 OR #2 OR #3 OR #4 OR #5 OR #6 OR #7)	1658
#9	#8, from 2010 to 2013	272
#10	#9 in Cochrane Reviews (Reviews and Protocols), Other Reviews, Methods Studies, Technology Assessments and Economic Evaluations	38

Database: Cinahl

Dato: 09.12.2013

Antall treff: 2

(MH "Eating Disorders") or (MH "Anorexia Nervosa") or (MH "Bulimia Nervosa") or (MH "Food Aversions") or TI appetite N2 disorder? or AB appetite N2 disorder? or TI	7958
---	------

eating N2 disorder? or AB eating N2 disorder? or TI anorexia N2 nervosa or AB anorexia N2 nervosa or TI anorexia N2 nevrosa or AB anorexia N2 nevrosa or TI bulimia N2 nervosa or AB bulimia N2 nervosa or TI bulimia N2 nevrosa or AB bulimia N2 nevrosa or TI anorexic or AB anorexic or TI bulimic or AB bulimic or TI bingeing or AB bingeing or TI binge N1 eating or AB binge N1 eating or TI bingeeating or AB bingeeating or TI overeat* or AB overeat* or TI compulsive N2 eat* or AB compulsive N2 eat* or TI compulsive N2 vomit* or AB compulsive N2 vomit* or TI food* N2 binge* or AB food* N2 binge* or TI food* N2 aversion or AB food* N2 aversion or TI self#induc* N2 vomit* or AB self#induc* N2 vomit* or TI restrict* N2 eat* or AB restrict* N2 eat* or TI hyperrexia or AB hyperrexia or TI polyphagia or AB polyphagia	
Published Date from: 20100101- 20131231	2259
Clinical Queries: Review - High Specificity	44
Exclude MEDLINE records	2

**Database:** Svemed+

**Dato:** 10.12.13

**Antall treff:** 58

**Kommentar:** Ikke avgrenset til systematiske oversikter

Søkmængd	Søkvillkor	Antal poster
S1	noexp:"Eating Disorders"	175
S2	noexp:"Anorexia Nervosa"	137
S3	noexp:"Binge-Eating Disorder"	2
S4	noexp:"Bulimia Nervosa"	23
S5	"appetite disorder*" OR "eating disorder*" OR "anorexia nervosa" OR "bulimia nervosa" OR anorexic OR bulimic OR bingeing OR "binge eating" OR bingeeating OR overeat* OR "compulsive eat*" OR "compulsive vomit*" OR "food binge*" OR "food aversion" OR "self induced vomit*" OR "restricted eat*" OR "restricive eat*" OR hyperrexia OR polyphagia	323
S6	S1 OR S2 OR S3 OR S4 OR S5	323
S7	#1 OR #2 OR #3 OR #4 OR #5 AND year:[2010 TO 2013]	58