Title: Experimental psychopathology research in anorexia nervosa: an overview of digital interventions

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Abstract

This presentation will provide an overview of the development and testing of digital interventions that we have co-produced with service users, carers and professionals in the last 10 years, to target the psychopathology of anorexia nervosa. The first part of my talk will describe the use of an experimental psychopathology approach to identify illness's mechanisms of maintenance and develop novel treatments. I will then describe our recent findings on fear and food-specific fear learning in anorexia nervosa and will progress on to the discussion of motivational enhancement, positive mood induction and food exposure to favour inhibitory learning in patients. I will conclude discussing the use of AVATAR therapy and virtual reality to implement inhibitory learning in anorexia nervosa.