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disorder treatment (SwEat) is one. She began her postgraduate studies at the School of Medical Sciences, Örebro University, in 2011.

For an adolescent, suffering from a restrictive eating disorder means putting life on hold, in several respects. The illness and the subsequent treatment, which is often very demanding, hinders life from continuing as usual. The overall aim of this thesis was to study adolescents with restrictive eating disorders in relation to illness, treatment, and recovery from an inside and outside perspective. Studies are based on data from SwEat, and on interviews with adolescents previously treated for an eating disorder in outpatient care. The results suggest that treatment for adolescents with restrictive eating disorders should be better adapted to both changed social structures and to patients' individual contexts. In treatment, therapists should reflect upon the possibility of reducing the negative effects of the illness through cooperation with different microsystems, such as the school environment or a sports organization, and through a greater focus on patients' interpersonal relationships.

ISSN 1652-4063
ISBN 978-91-7529-273-1

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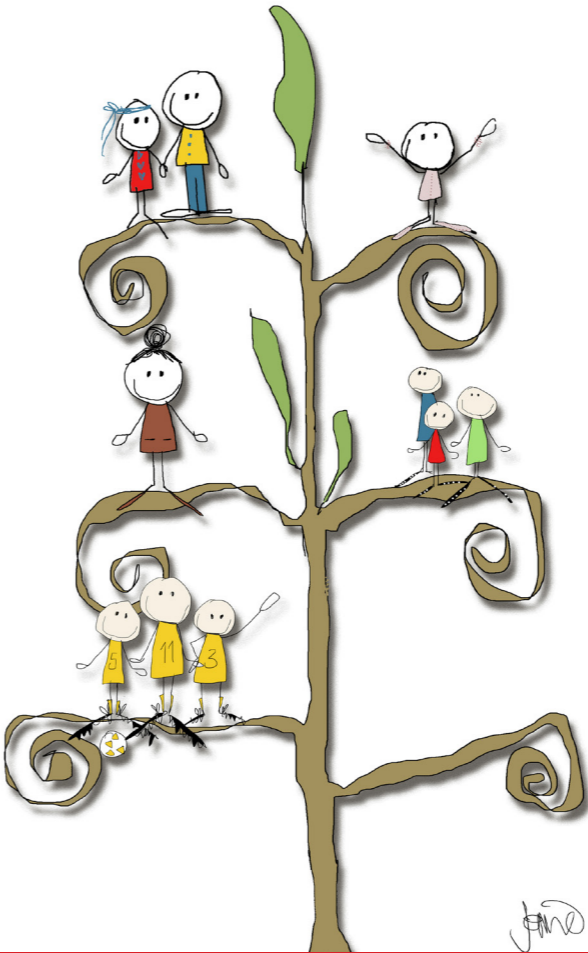
2019

Doctoral Dissertation



A life put on hold
– Inside and outside perspectives on illness, treatment, and recovery in adolescents with restrictive eating disorders

KATARINA LINDSTEDT
Medical Science with a specialisation in Medicine



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