**Care experiences of young people with eating disorders and their parents: A qualitative study**

**UEMS REC REFERENCE NUMBER: Apr15/B/062**

**Focus group guide for parents and carers**

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We would like to understand better your experience of health care services for young people who have an eating disorder.

**Key area/Question 1**

**Type of services**

Various kinds of health care services provide treatment and support for young people with eating disorders and their families. Examples are:

* Paediatric services
* Child and Adolescent Mental Health Services (CAMHS)
* Adult Mental Health (or Psychiatric) Services
* Specialist eating disorder services for young people
* Specialist eating disorder services for adults.

All of these kinds of services can be for outpatients, inpatients or day-patients.

What type of health care services have you and your family used for your child’s eating disorder?

**Key area/Question 2**

**Overall experience of services**

What has your experience of health care services in your child’s eating disorder been overall?

Please tell us about your experience of:

* Accessing services
* How flexible services were around your child’s and family’s needs
* Receiving medical and nutritional assistance
* Encounters with professionals
* Any qualities or skills staff had that were important to you and your family
* The support that you and your family received from professionals and services, if any
* Any treatments that were especially helpful or important to your child and your family

**Key area/Question 3**

**Positive aspects of services**

Was there anything good about the health care services that you and your family used?

* What did you find helpful when using these services?
* What was done well?

**Key area/Question 4**

**Negative aspects of services**

What was not so good about the health care services that you and your family used?

* What did you find unhelpful when using these services?
* What could have been done differently?
* What difference could doing things differently have made to you and/or to your child?

**Key area/Question 5**

**Community vs. inpatient services**

Sometimes young people with eating disorders are treated in hospital and some are treated as outpatients.

What do you think about outpatient services in comparison with inpatient services?

* Are outpatient services more helpful, and in what way?
* Are outpatient services less helpful, and in what way?

**Key area/Question 6**

**Specialist outpatient eating disorder services vs. generic Child and Adolescent Mental Health Services (CAMHS)**

Some areas have teams of practitioners who specialise in working with young people with eating disorders. This means that practitioners focus, at least in some part of their job, on working with young people with eating disorders. These are called specialist outpatient eating disorder services.

What do you think about specialist outpatient eating disorder services in comparison with services for people with all kinds of mental health problems?

* Do you have any direct experience of specialist eating disorder services?
* If yes, please can you tell us about it?
* Are specialist services more helpful, and in what way?
* Are specialist services less helpful, and in what way?

**Key area/Question 7**

**Age appropriateness**

Sometimes young people with eating disorders are treated in health care services for adults.

* What do you think about services for young people being divided by age?
* Do you have any direct experience of your child being treated in adult services?
* If yes, please can you tell us about it?
* Is treatment within adult services more helpful for young people and their families, and in what way?
* Is treatment within adult services less helpful for young people and their families, and in what way?

**Key area/Question 8**

**Suggestions for service improvement**

How could health care services for young people with eating disorders be improved?