**MANTRA Reading List**

**Essential Reading**

Allen KL, O'Hara CB, Bartholdy S, Renwick B, Keyes A, Lose A, Kenyon M, DeJong H, Broadbent H, Loomes R, McClelland J, Serpell L, Richards L, Johnson-Sabine E, Boughton N, Whitehead L, Treasure J, Wade T, Schmidt U (2016). Written case formulations in the treatment of anorexia nervosa: Evidence for therapeutic benefits. *International Journal of Eating Disorders, 49,* 874 – 882.

Schmidt U, Treasure J (2006). Anorexia nervosa: valued and visible. A cognitive-interpersonal maintenance model and its implications for research and practice. *British Journal of Clinical Psychology, 45,* 343-66.

Schmidt U, Wade TD, Treasure J (2014). The Maudsley Model of Anorexia Nervosa Treatment for Adults (MANTRA): Development, Key Features and Preliminary Evidence. *Journal of Cognitive Psychotherapy, 28,* 48-71.

Treasure J, Schmidt U (2013). The cognitive-interpersonal maintenance model of anorexia nervosa revisited: a summary of the evidence for cognitive, socio-emotional and interpersonal predisposing and perpetuating factors. *Journal of Eating Disorders,1*,13. – OPEN ACCESS

**Desirable Reading**

**Papers on treatment outcome:**

Byrne S, Wade T, Hay P, Touyz S, Fairburn CG, Treasure J, Schmidt U, McIntosh V, Allen K, Fursland A, Crosby RD (2017). A randomised controlled trial of three psychological treatments for anorexia nervosa. *Psychological Medicine, 29,* 1-11.

Schmidt U, Magill N, Renwick B, Keyes A, Kenyon M, Dejong H, Lose A, Broadbent H, Loomes R, Yasin H, Watson C, Ghelani S, Bonin EM, Serpell L, Richards L, Johnson-Sabine E, Boughton N, Whitehead L, Beecham J, Treasure J, Landau S (2015). The Maudsley Outpatient Study of Treatments for Anorexia Nervosa and Related Conditions (MOSAIC): Comparison of the Maudsley Model of Anorexia Nervosa Treatment for Adults (MANTRA) with specialist supportive clinical management (SSCM) in outpatients with broadly defined anorexia nervosa: A randomized controlled trial. *Journal of Consulting and Clinical Psychology, 83,* 796 - 807.

Schmidt U, Oldershaw A, Jichi F, Sternheim L, Startup H, McIntosh V, Jordan J, Tchanturia K, Wolff G, Rooney M, Landau S, Treasure J (2012). Out-patient psychological therapies for adults with anorexia nervosa: randomised controlled trial. *British Journal of Psychiatry, 201,* 392 - 399.

Schmidt U, Renwick B, Lose A, Kenyon M, Dejong H, Broadbent H, Loomes R, Watson C, Ghelani S, Serpell L, Richards L, Johnson-Sabine E, Boughton N, Whitehead L, Beecham J, Treasure J, Landau S (2013). The MOSAIC study - comparison of the Maudsley Model of Treatment for Adults with Anorexia Nervosa (MANTRA) with Specialist Supportive Clinical Management (SSCM) in outpatients with anorexia nervosa or eating disorder not otherwise specified, anorexia nervosa type: study protocol for a randomized controlled trial. *Trials, 14*, 160.

Schmidt U, Ryan EG, Bartholdy S, Renwick B, Keyes A, O'Hara C, McClelland J, Lose A, Kenyon M, Dejong H, Broadbent H, Loomes R, Serpell L, Richards L, Johnson-Sabine E, Boughton N, Whitehead L, Bonin E, Beecham J, Landau S, Treasure J (2016). Two-year follow-up of the MOSAIC trial: A multicenter randomized controlled trial comparing two psychological treatments in adult outpatients with broadly defined anorexia nervosa. *International Journal of Eating Disorders, 49,* 793 – 800.

**Papers on treatment process:**

Andony LJ, Tay E, Allen KL, Wade TD, Hay P, Touyz S, McIntosh VV, Treasure J, Schmidt UH, Fairburn CG, Erceg-Hurn DM, Fursland A, Crosby RD, Byrne SM (2015). Therapist adherence in the strong without anorexia nervosa (SWAN) study: A randomized controlled trial of three treatments for adults with anorexia nervosa. *International Journal of Eating Disorders, 48,* 1170 - 1175.

Cartwright A, Cheng YP, Schmidt U, Landau S (2017). Sudden gains in the outpatient treatment of anorexia nervosa: A process-outcome study. *International Journal of Eating Disorders, 50,* 1162-1171.

Lose A, Davies C, Renwick B, Kenyon M, Treasure J, Schmidt U; MOSAIC trial group (2014). Process evaluation of the Maudsley model for treatment of adults with anorexia nervosa trial. Part II: Patient experiences of two psychological therapies for treatment of anorexia nervosa. *European Eating Disorders Review, 22,* 131 – 139.

Schmidt U, Treasure J, Allen KL (2023). Maudsley Model of Anorexia Nervosa Treatment for Adults. In Robinson P et al (Eds) *Eating Disorders: An International Comprehensive View.* Springer. In press.

Waterman-Collins D, Renwick B, Lose A, Kenyon M, Serpell L, Richards L, Boughton N, Treasure J, Schmidt U; MOSAIC trial group (2014). Process evaluation of the MOSAIC Trial, Part I: Therapist experiences of delivering two psychological therapies for treatment of anorexia nervosa. *European Eating Disorders Review, 22,* 122 – 130.

Zainal KA, Renwick B, Keyes A, Lose A, Kenyon M, DeJong H, Broadbent H, Serpell L, Richards L, Johnson-Sabine E, Boughton N, Whitehead L, Treasure J, Schmidt U; MOSAIC trial group (2016). Process evaluation of the MOSAIC trial: treatment experience of two psychological therapies for out-patient treatment of Anorexia Nervosa. *Journal of Eating Disorders, 4,* 2. – OPEN ACCESS