

Title:

Systematic Review of Researches Testing Movement and Body Techniques in the Treatment of Eating Disorders.

Goal:

The goal of this research is to organize the knowledge of past therapeutic researches and cross-connect this knowledge gained through experiments for the benefit of daily psychotherapeutic work and future researches.

Methods:

The design of the study follows the design of Systematic Review, which carries the highest evidence in the hierarchy of scientific evidence, and which offers the strongest knowledge for practical use. In this research were included studies testing Movement and Body Techniques on samples of patients with Eating Disorders and which were published in English till the year 2008.

Results:

This research confirms that for the treatment of eating disorders, therapies using body and movement oriented techniques have been used, tested and published since 1970. By the end of the year 2008 there are 41 published researches in the English language.

The evidence-based quality of the researches in this field is very good. In 59% of the studies, the strength of the evidence reaches the third of four levels of scientific evidence.

The studies included in the review, show that the treatments under discussion have positive effects in the healing of eating disorders.

The study also shows the most used and the most tested therapies in this field.

Keywords:

Eating Disorders, therapy, body, movement, exercise, body oriented techniques, movement oriented techniques, Systematic Review