Understanding Adherence to Cognitive Behavioral Therapy (CBT) in Clinicians who Treat Eating Disorders: A Self-Determination Theory Approach

This study applied the Self-Determination Theory (SDT) to further understand the factors influencing mental health clinicians’ adherence to Cognitive Behavioral Therapy (CBT) for eating disorders. Anxiety, attitudes toward empirically supported treatments (ESTs), and SDT factors (competency, autonomy, and relatedness) were assessed in clinicians. While no SDT factor was related to adherence, attitudes toward ESTs were positively associated with adherence and additionally moderated the negative relationship between anxiety and adherence to CBT. As such, shifting attitudes associated with ESTs to a more favorable perspective increases the likelihood of adherence to CBT for eating disorders.