

Cognitive-behavioral therapy for anorexia nervosa Many of the earlier clinical trials investigating CBT for AN were based on guidelines provided by Garner et al. (1997). The essence of CBT for AN is the focus on changing weight-related behaviors and beliefs about food and weight through challenging cognitive distortions (F.A. Carter et al. 2011; J.C. Carter et al. 2009; Dalle Grave et al. 2013a; Garner et al. 1997; McIntosh et al. 2005; Pike et al. 2003).