



First Episode Rapid Early Intervention for Eating Disorders

FREED Network

Patient Information Sheet and Privacy Notice

FREED (First episode Rapid Early intervention for Eating Disorders) is an evidence-based treatment approach for 16 to 25-year-olds with an eating disorder of up to 3 years duration. FREED provides rapid access to treatment. It also adapts treatment to the specific needs of young people. More information is available at www.freedfromed.co.uk.

FREED reduces waiting times and improves treatment outcomes compared to treatment-as-usual processes.

FREED was developed and piloted at the Maudsley Eating Disorders Service, which is part of the South London and Maudsley NHS Foundation Trust (SLaM). FREED is now used in eating disorder services across the UK – including Leicestershire Adult Eating Disorder Service. Services using FREED form part of the FREED Network.

In time, we want FREED to be available to all young people with a recent onset eating disorder. To facilitate this, we need to continue evaluating the effectiveness of FREED.

Services in the FREED Network routinely share de-identified outcome data to a national FREED Network dataset. This dataset is managed by the FREED team at the Maudsley (SLaM). It is used to evaluate the effectiveness of FREED.

'Treatment outcome data' includes time from referral to assessment and treatment; duration of an untreated eating disorder; type of treatment received; number of treatment sessions attended; Body Mass Index (BMI); scores on routine clinical questionnaires (assessing eating disorder symptoms and co-morbid difficulties); and diagnosis. Your age would also be shared, but not your date of birth.

Only de-identified information is shared. No names, contact information or other personal identifying details are shared.

When reporting results from the national FREED Network dataset, only pooled information is reported (i.e., average data from all patients who have provided information). No individual patients can ever be identified.

If you have questions regarding the FREED Network, or you do not want your de-identified information to be shared, please speak to staff at Leicestershire Adult Eating Disorder Service in the first instance. You can ask for your information not to be shared and this will not impact your treatment in any way.

If you allow your information to be shared now, you can ask at a later date for it to be deleted from the FREED Network dataset.

If you have further questions, you can contact the FREED team at the Maudsley Hospital, SLaM, on 020 3228 3180 or karina.allen@slam.nhs.uk and/or the Head of Information Governance at SLaM, Dr Murat Soncul, on 020 3228 5174 or murat.soncul@slam.nhs.uk.