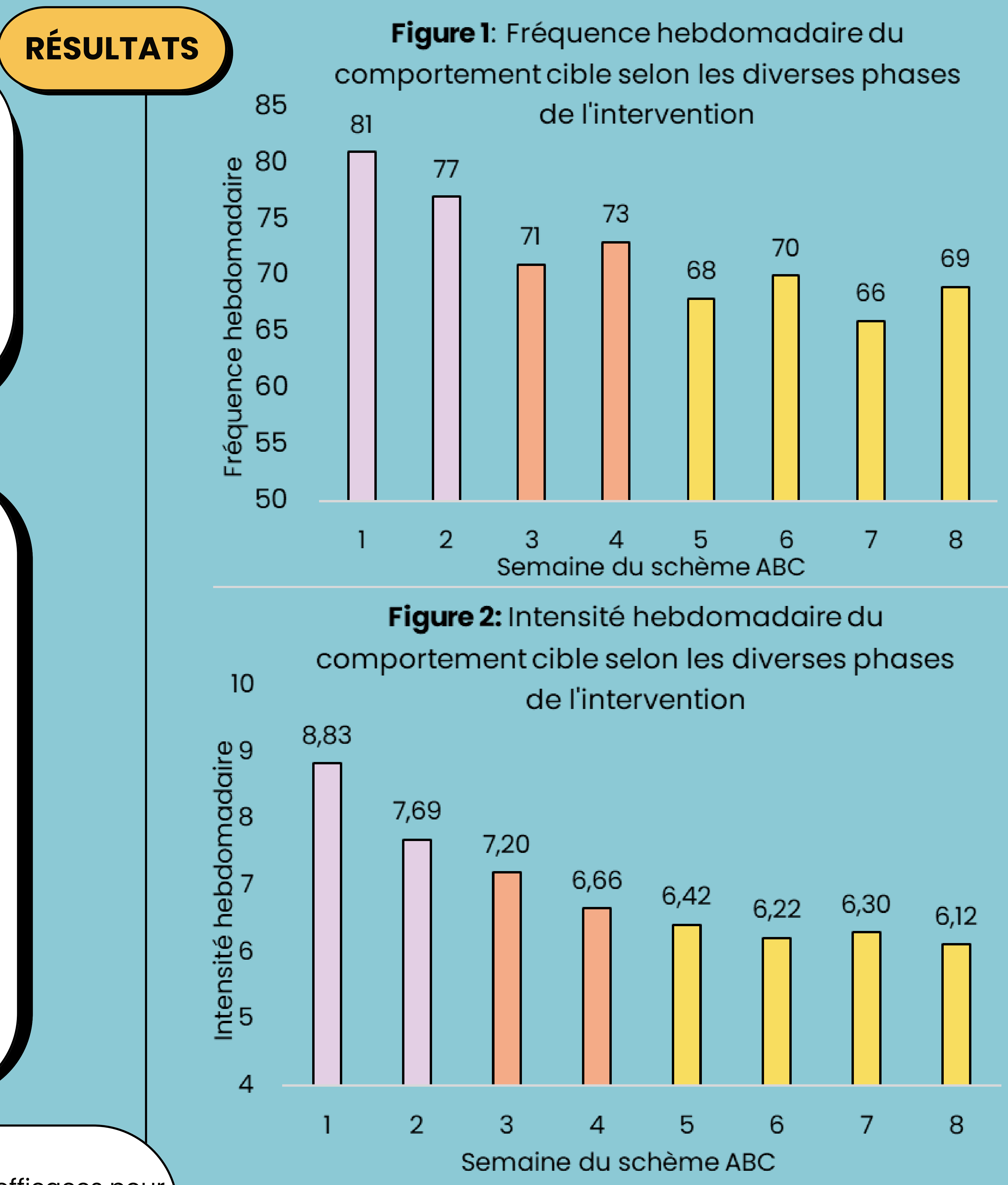
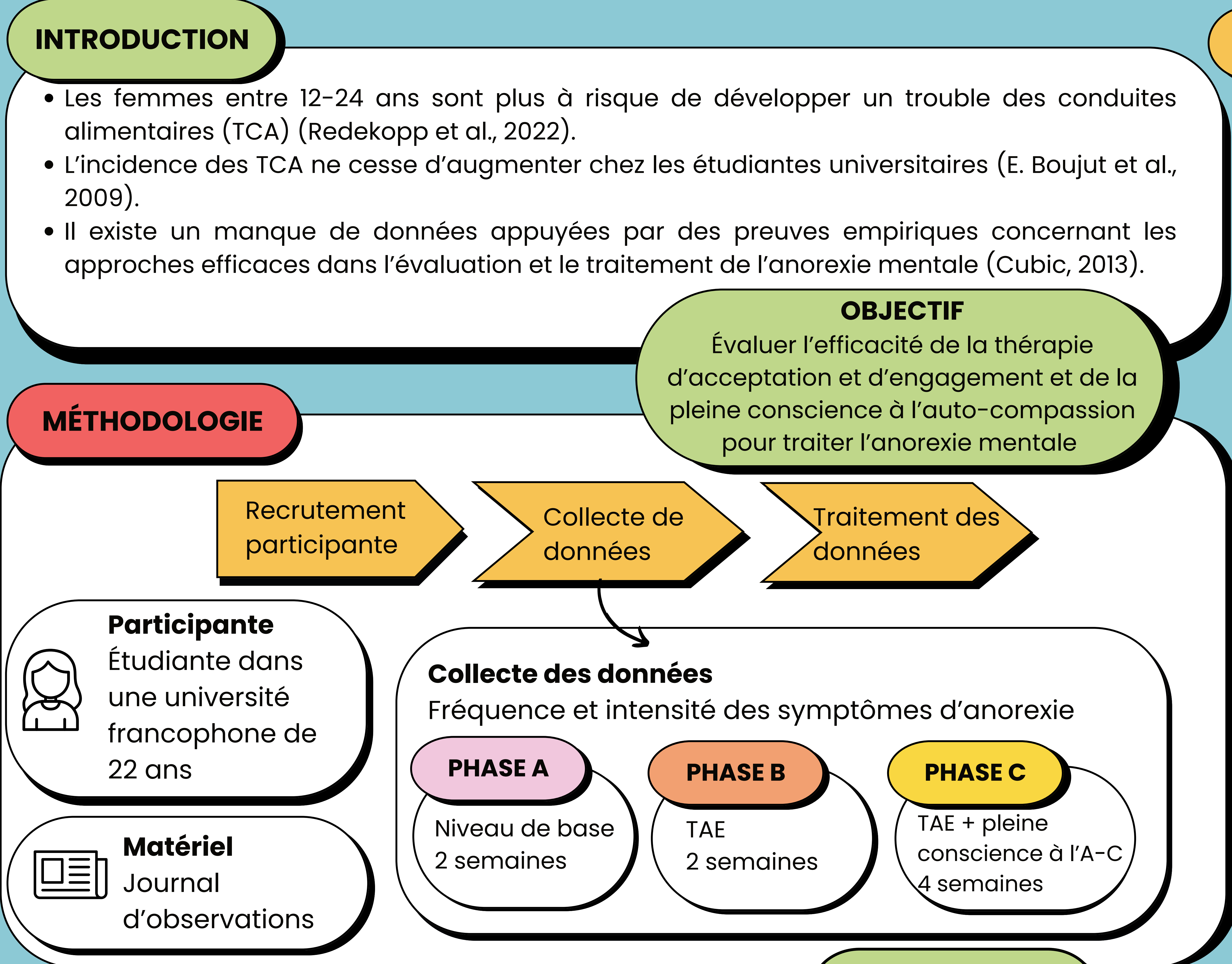


# LE TRAITEMENT DE L'ANOREXIE MENTALE PAR LA THÉRAPIE D'ACCEPTATION ET D'ENGAGEMENT ET LA PLEINE CONSCIENCE À L'AUTO-COMPASSION : UNE ÉTUDE DE CAS

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**CONCLUSION**

- Ces deux interventions semblent efficaces pour diminuer l'intensité et la fréquence des symptômes d'anorexie.
- Étant donnée l'augmentation de l'incidence des TCA chez les étudiantes universitaires, il pourrait être intéressant de donner accès à ces ressources gratuitement.

| Phase | % diminution fréquence | % diminution intensité |
|-------|------------------------|------------------------|
| A-B   | 8,86                   | 16,13                  |
| B-C   | 4,17                   | 9,53                   |
| A-C   | 12,66                  | 24,08                  |