



Food fear and overcoming restriction

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Aims

- Restriction
- Avoidance
- Food and mood
- Description of pilot intervention
- What you can do to support

Food restriction

- Response to symptoms/diagnosis
- Frequently prescribed
- Dietitians
- Poorer mental health and QoL
- Malnutrition
- Avoidance



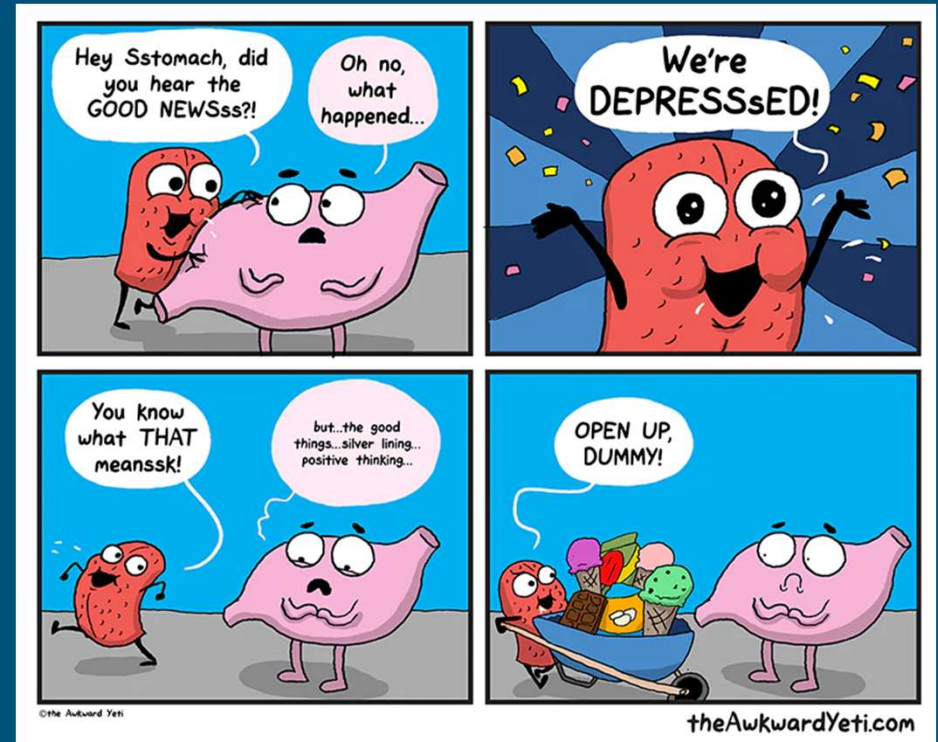
Avoidance

- Normal response to fear
- Increase in gut symptoms
- Spiral
- ARFID
- Impact on cognition



Food and mood

- Smiles trial
- Social impact
- Source of stress
- Pleasure



Pilot intervention

- Food reintroduction group
- Joint psychology and dietetic input
- Within IBD service-knowledge held about medical condition
- ACT
- 2 sessions, a month apart
- Accompanying workbook
- 5 patients attended, all had CD

How to...identify why change is important

- Health
- Nutrition
- Weight gain/loss
- Education re symptoms
- Why it's important to them!

How to...set goals

- SMART goals
- Step by step
- Start easy
- One by one
- Repeat
- SLOW!

Food Re-introduction Grids

EXAMPLE 1

Overall Goal: I want to try and reintroduce new foods into my diet

Making it SMART: I will try 4 new foods this month

Top Tips:

- Start simple, using foods you feel more confident with first
- Trial foods that you've previously enjoyed and missed the most
- Try each food at least three times-you might find that you experience symptoms at first, but this reduces each time you try it
- If stress affects your symptoms, plan when might be a better time to try a new food based on your stress levels

Example Reintroduction Grid for New Foods:

(Food Examples highlighted in this color)

New foods to try	Date eaten (1)	Date eaten (2)	Date eaten (3)
Plain bagel			
Smooth peanut butter			
Plain yoghurt			

How to...maintain

- Acknowledge fear
- Acknowledge HARD
- Pace
- Celebrate



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