Tabita Björk began her work as a research assistant in 2002 in the CO-RED project – a multi-centre project among specialised eating disorder units in Sweden. After completing her Bachelor Degree in psychology, she was offered the opportunity of using CO-RED data for her doctoral studies. During the past five years she has devoted her time on her doctoral studies at the Psychiatric Research Centre, Örebro University Hospital through postgraduate studies in the School of Health and Medical Sciences, Örebro University. She has also during this period had the responsibility for clinical treatment follow-ups at the Specialist Eating disorder unit in Örebro.

Despite a plethora of research, there are serious limitations in our knowledge of outcome in eating disorders. Almost all studies have been compromised by the problem of treatment dropout or non-participation in follow-ups. There is a lack of consensus in definitions of outcome and choice of outcome measures, and there is a dearth of studies focusing on how patients subjectively perceive recovery. The overall aim of this thesis was to address problems in measuring outcome for adults after eating disorder treatment, with an emphasis on methodological challenges in eating disorder research. Specific areas that are examined include non-participation in follow-ups, dropout from treatment, patients’ perspectives on recovery and the different ways of measuring eating disorder outcome. This thesis investigates some of the problems encountered when studying eating disorder outcome and explore some possible ways to deal with these problems.