

Sensory workshops developed by the PEACE pathway

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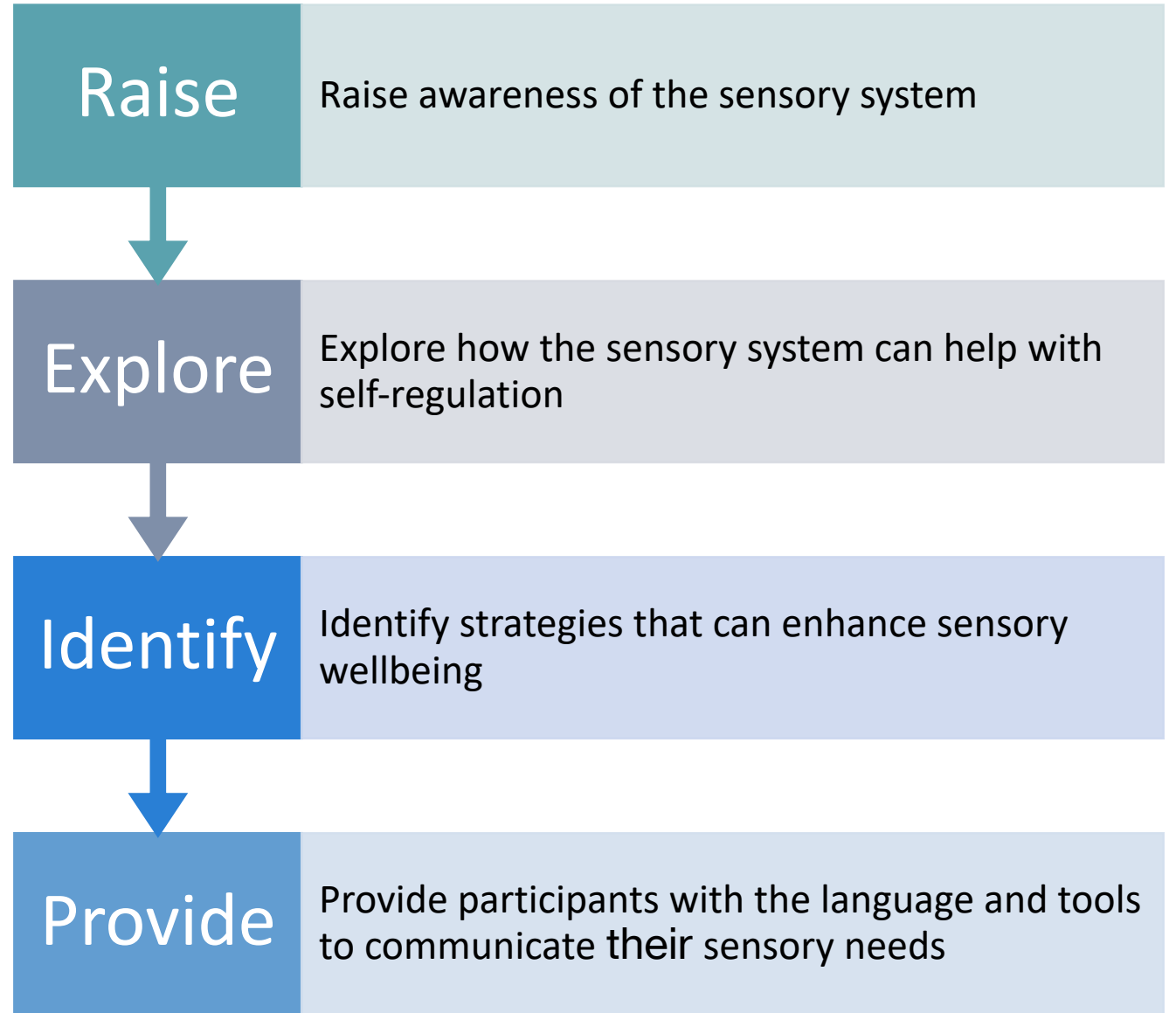
7th September 2021

Background

- Research interest in patient needs beyond eating disorder symptoms
- PEACE Pathway developed a brief self-report sensory screening tool.
- Patients with Anorexia Nervosa self-report sensory hyper-sensitivity.
- Hypersensitivity was greater for patients with high autistic traits, compared with low autistic traits

****Sensory wellbeing potential tool in treatment ****

Sensory Wellbeing Workshop Aims



Sensory Wellbeing Workshop Protocol:

Psycho-education: exploring individual differences across each sensory system, hyper and hypo sensitivity

Sensory Aid Box: present variety of sensory stimulating items including sensory toys to explore and discuss

DIY Sensory Exercise: a practical exercise creating a sensory wellbeing tool (e.g. scented hand-cream)

Take home materials: Sensory booklet and communication passport



Sensory items and DIY squashy snowman from Christmas themed sensory wellbeing workshop

Adapting for online delivery



PEACE
Pathway for Eating disorders and Autism
developed from Clinical Experience

Online Sensory Wellbeing Workshop

WE WILL EXPLORE:

- How to raise awareness of the sensory system
- How the sensory system can help with self-regulation
- Identify strategies that can enhance sensory wellbeing
- The language and tools to communicate your sensory needs

**BEFORE ATTENDING THE WORKSHOP, PLEASE PREPARE
1-5 ITEMS FOR EACH CATEGORY BELOW:**

VISION	TOUCH
<p>Items that affect your sense of sight. For example:</p> <ul style="list-style-type: none">- Sunglasses, tinted glasses- Sensory lights- Photos- Books/ magazines- Optical illusions (Google Image search)- Letters- Taking yourself somewhere visually appropriate for you (garden/greenspaces)	<p>Items that feel pleasant/nice when you hold it in your hand. For example:</p> <ul style="list-style-type: none">- Soft blankets/pillows/cushions or toys- Favourite pyjamas/soft clothing- Bag/bowl of dried rice/ dried beans- Textured items: scraps of fabric, (e.g velvet, wool)- Spray bottle with water- Brush- Blue Tak/ playdoh
SMELL	HEARING
<p>Items in the household that smell nice to you. For example:</p> <ul style="list-style-type: none">- Scented oils- Scented body lotion- Flowers- Potpourri (Dried plants e.g. lavender)- Perfume/room spray	<p>Items that affect your sense of hearing. For example:</p> <ul style="list-style-type: none">- Ear defenders, ear plugs.- Headphones to play music that suits you and your level of arousal. It may be calming, soothing music or it may be heavy metal!- You can also consider apps such as 'Headspace' and 'Calm' which have some free content. You can also listen to some white noise or other 'waves'.

Workshop delivered over Microsoft Teams: Information sent to patients ahead of the workshop to allow for preparation

Lots of time for discussion about each sense in more detail





Presented own sensory items and explored their use

Gave some DIY ideas for making own sensory toolbox

Provided resources and further reading materials

Adapting for online delivery

VISION
Items that affect your sense of sight. For example:
- Sunglasses, tinted glasses
- Sensory lights
- Photos
- Books/ magazines
- Optical illusions (Google Image search)
- Letters
- Taking yourself somewhere visually appropriate for you (garden/greenspaces)



...Or share your visual sensory items with us ☺

Continue to Touch →

TOUCH
Items that feel pleasant/nice when you hold it in your hand. For example:
- Soft blankets/pillows/cushions or toys
- Weighted blanket
- Bag/bowl of dried rice/ dried beans
- Textured items: scraps of fabric, (e.g. velvet, wool)
- Stress ball (Option: make your own with balloons + beans/rice!)
- Brush
- Blue/ok / play doh



...Share your sensory items with us ☺

Continue to Smell →




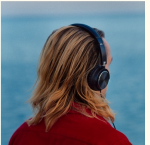

SMELL
Items in the household that smell nice to you. For example:
- Scented oils
- Scented candles
- Scented body lotion
- Flowers
- Potpourri (Dried plants e.g. lavender)
- Perfume/room spray



...Share your sensory items with us ☺

Continue to Hearing →

HEARING
Items that affect your sense of hearing. For example:
- Ear defenders, ear plugs
- Headphones to play music that suits you and your level of arousal. It may be calming, soothing music or it may be heavy metal!
- You can also consider apps such as 'Headspace' and 'Calm', which have some free content. You can also listen to some white noise or other 'waves'.




Share your sensory items with us ☺

Sensory Wellbeing Workshop Pilot and Evaluation

Pilot included six sensory wellbeing workshops delivered to patients in inpatient and day care settings.

1-1.5 hr. one-off workshops, open to all patients in service.

Sensory wellbeing workshops for inpatient and day-care patients with anorexia nervosa

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Summary

Background The wellbeing of patients with eating disorders is one of the priorities in the “bigger picture” of treatment for eating disorders. Sensory soothing strategies for sensory sensitivities are supportive tools which could be useful in day-care and inpatient clinical programmes.

Methods Evaluation of multiple separate sensory wellbeing workshops consisting of psychoeducation and experiential components delivered in inpatient and intensive day-care services was performed. Participants’ self-report questionnaires were evaluated pre- and post-workshop. Additionally, patients’ comments and qualitative feedback was collected after completion of the workshop.

Results There was strong evidence that self-reported awareness of sensory wellbeing, awareness of strate-

use some of the skills and strategies they learned in the workshop.

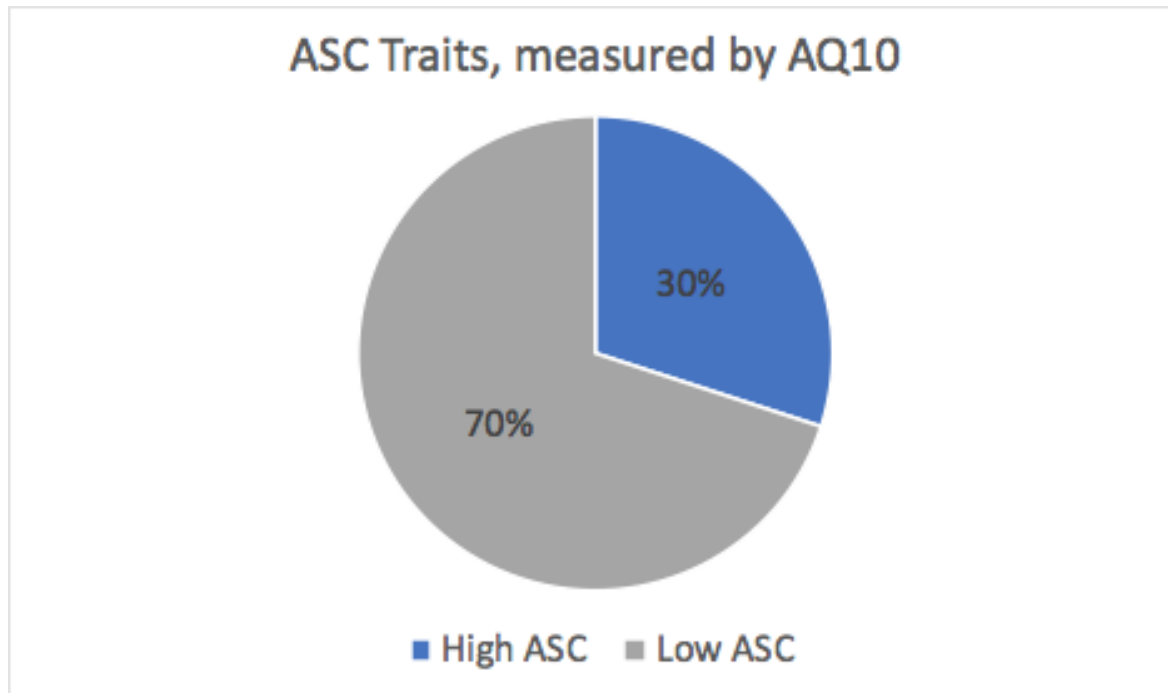
Conclusion This pilot work on sensory wellbeing workshops with a protocol-based format was feasible and beneficial for the patient group. Preliminary evidence suggests that delivery of similar workshops could be sensible in addition to treatment as usual in inpatient and day-care programmes.

Keywords Eating disorders · Autistic spectrum condition · Anorexia nervosa · Sensory sensitivity · Wellbeing

Workshops zum sensorischen Wohlbefinden für stationäre und tagesklinische Patienten mit Anorexia nervosa

Evaluation - Participants



Inclusion Criteria: Patients with diagnosis of **Anorexia Nervosa** who attended workshop only



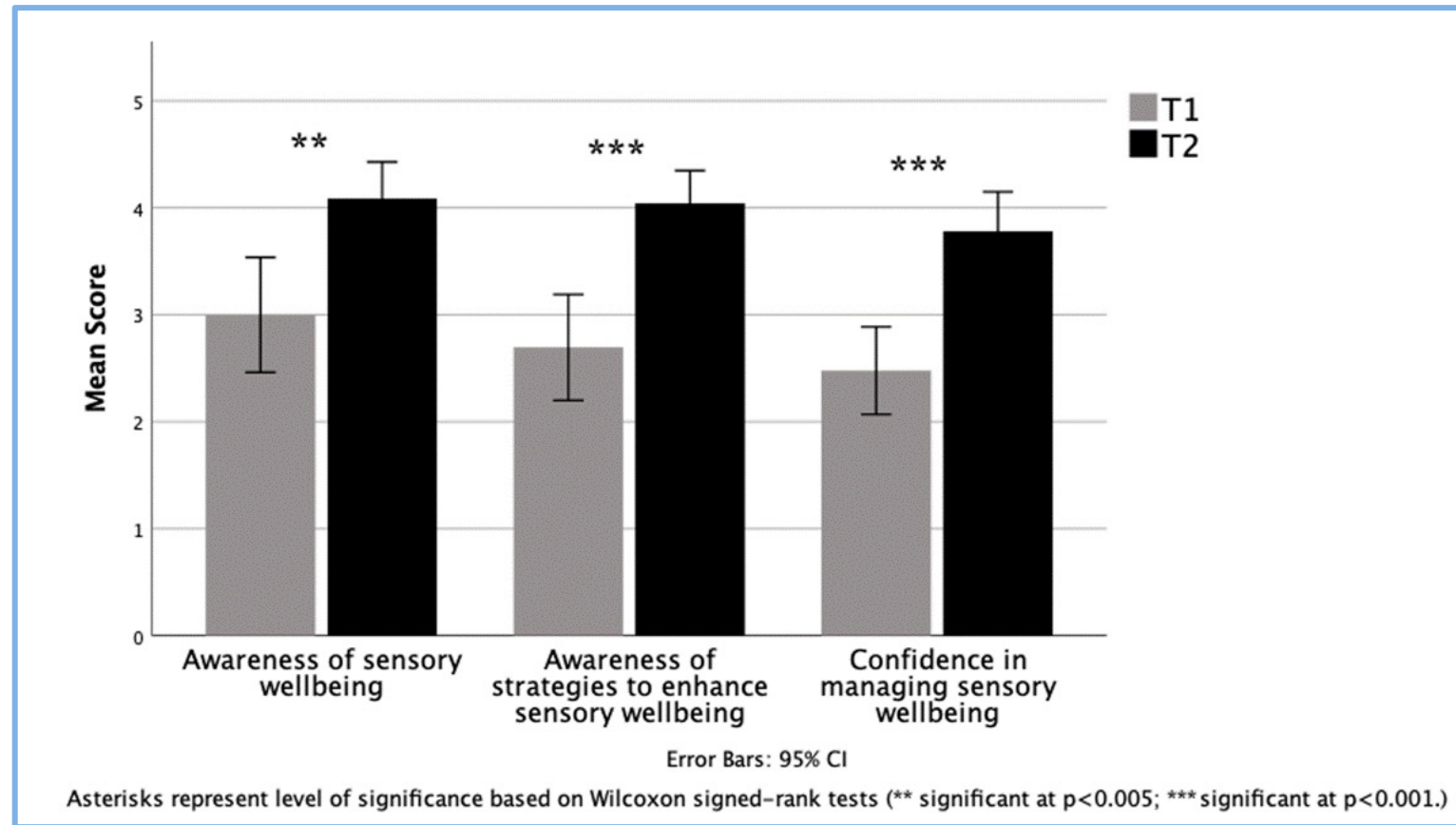
23 participants, all female aged between 18-60 and in treatment for anorexia nervosa

30% high autistic spectrum condition traits (AQ10>6)

Evaluation - Data Collection and analysis

	Quantitative	Qualitative
Data Collected 	<p>Pre/post workshop surveys rating self-reported:</p> <ul style="list-style-type: none">• Awareness of sensory wellbeing• Awareness of strategies to enhance sensory wellbeing• Confidence in managing own sensory wellbeing	<p>Feedback Forms after workshop asking:</p> <ul style="list-style-type: none">• What they liked about the workshop?• Other comments about workshop?
Data Analysis 	<ul style="list-style-type: none">• Differences in pre/post workshop ratings compared using Wilcoxon signed-rank test.• Secondary analysis for comparison between high and low ASC groups.	<p>Two independent researchers reviewed qualitative comments and identified themes identified</p>

Quantitative Results: Primary analysis



Qualitative analysis

Theme 1: Engaging

- *"It's the best thing I've attended since being on the ward"*
- *"This workshop lifted my mood significantly"*

Theme 2: Informative content and activities

- *"Fun, informative, fascinating, useful"*
- *"Getting the chance to try out new toys etc. + practical work to discover what I am particularly sensitive to"*

Theme 3: Helpful sensory tools

- *"Practical element of making own kit"*
- *"It was lovely to have a few other soothing items to take away, too, as well as the snowman and the hand-creams (e.g. squishy man, tinsel, pompoms). Thank you so much for organising this lovely session!"*

Theme 4: Future improvements

- *"Could include sound/music and responses to that"*
- *"Really needed more time. Would be good to follow up and discuss findings fully"*

Conclusions and next steps

Overall positive patient
response and clinical
outcomes

- Enhanced awareness of sensory wellbeing and strategies
- Feasible, acceptable and accessible to patients

Suggested
adaptations to better
suit autistic people

- Use chat box functions for virtual sessions to write things down
- Allow more space in sessions to process information and respond
- Requires further research on treatment response from patients with AN and autistic traits – larger sample sizes, improved workshop design, more controlled conditions

Ideas for improvement
and development

- Increase workshop duration
- Additional sensory tools and activities
- Introduce follow up session to reflect on and consolidate learning

References

- Tchanturia, K., Baillie, C., Biggs, C., Carr, A., Harrison, A., Li, Z., McFie, C., Oyenike, O. & Toloza, C. (2021). Sensory wellbeing workshops for inpatient and day-care patients with anorexia nervosa. *Neuropsychiatry*. doi: 10.1007/s40211-021-00392-y.
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- Tchanturia, K. (ed.). Supporting Autistic People with Eating Disorders: A Guide to Adapting Treatment and Supporting Recovery. Jessica Kingsley Publishers.

Questions

