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**CAnnabidiol for the Treatment of Anorexia Nervosa (CAFTAN)**

**Information Sheet – Participant (18+)**

## (1) Introduction

This is an invitation to take part in a research project testing a new treatment for anorexia nervosa. You have been invited to take part because you have anorexia nervosa, are aged between 12-50 years old, are currently receiving a psychological intervention for your eating disorder and are in the care of a medical practitioner.

This Information Sheet provides you with information about the research project. It explains the treatments involved and what will be required of you if you choose to participate. Knowing what is involved will help you decide if you want to take part in the research.

Please read this information carefully. If you have any questions or would like more information, you can speak to the trial coordinator, Sarah-Catherine Rodan, on **+61477222500**. Feel free to discuss the information in this sheet with a relative, friend or your medical practitioner before making your decision.

Participation in this research is voluntary. If you do not wish to take part, you do not have to. This will not impact the quality of your care or access to care in any way.

The research is being sponsored by the University of Sydney and conducted by the Lambert Initiative for Cannabinoid Therapeutics and the InsideOut Institute for Eating Disorders. The results of this research will be used by the study investigator Sarah-Catherine Rodan to obtain a doctorate (PhD) degree.

If you decide you would like to take part in the research project, you will be asked to sign a consent form.

## (2) What is the purpose of this research?

This study aims to determine the safety and preliminary efficacy of a new pharmacological treatment, cannabidiol (CBD) – the non-intoxicating component of the cannabis plant – that has been demonstrated to be effective for treatment of anxiety in young people and adults. Anorexia nervosa is characterised by levels of anxiety and frequently co-exists with other anxiety disorders.
This study will pilot CBD in people with anorexia nervosa.

Your participation in this study will benefit the eating disorder research community and may benefit you as well as future patients by helping us to develop, implement and improve current treatment programs for problematic eating behaviours and long-term recovery.

We cannot guarantee that you will receive benefit from this trial however, we have new evidence of the effectiveness of CBD from a study we completed in young people aged 12-25 with severe treatment-resistant anxiety, who had not responded to other medication/therapies. CBD was administered over 12 weeks with the same dose in this study (200-800 mg/day) which produced a higher than anticipated reduction in anxiety. Two-thirds of participants had a >33% reduction and 40% of participants had a >50% reduction in anxiety by end of treatment. Please refer to the Lambert Initiative website for further details about this study (https://www.sydney.edu.au/lambert/our-research/anxiety.html). This provides a strong incentive to explore this treatment in people with anorexia nervosa.

## (3) What is CBD?

The new treatment, cannabidiol (CBD), is a non-intoxicating compound known as a 'cannabinoid' extracted from the cannabis plant. The cannabis plant contains hundreds of different cannabinoids with the two most studied being cannabidiol (CBD) and delta-9-tetrahydrocannabinol (THC). Unlike THC, CBD is non-intoxicating and you will not get 'high' or 'stoned'. CBD will be administered in the form of a capsule.

CBD is widely prescribed in Australia to treat a variety of conditions including anxiety, chronic pain (including cancer pain and symptoms), epilepsy, and insomnia. CBD is known to have a good safety profile and side effects are typically mild and tolerable.

Cannabidiol (CBD) is considered an experimental drug and has not been approved in Australia for the treatment of anorexia nervosa. This study will be conducted under the Therapeutic Goods Administration (TGA) Clinical Trials Notification (CTN) Scheme and has been approved by a Human Research Ethics Committee (HREC). This allows the investigators to use this product for medical research purposes.

## (4) What does my participation in this research involve?

### (4.1) Psychological intervention

You will need to be already engaged in an ongoing psychological intervention in the community.

### (4.2) CBD investigational drug

You will be prescribed CBD capsules. You will be sent the medication via post to the address you provide free of charge. The treatment with CBD will continue every day for 12 weeks, followed by gradually reducing the medication for 1 week. Dosing will start at 200mg/day, with the option to increase to 800mg/day if this is appropriate for you. You will meet with the trial doctor throughout the study to determine a dose schedule that works for you. You will be able to increase the dose to 400mg per day by week 2, 600mg per day by week 4 and 800mg by week 8.

Dosing:

- 200 mg/day (1 capsule at night)
- 400 mg/day (1 capsule in the morning + 1 capsule at night).
- 600mg/day (1 capsule in the morning + 2 capsules at night).
- 800mg/day (2 capsules in the morning + 2 capsules at night).

You will be provided with a medication card and contact details of the trial coordinator and trial doctor. A medication diary will also be provided to help. If a dose is missed, you will need to give the missed dose as soon as possible and inform the trial doctor immediately.

Throughout the trial you **must keep all the bottles (including any unused CBD capsules)**. After the trial has concluded you must return the bottles (including any unused CBD capsules) and the medication diary to the research team. We will organise a courier to collect this.

Please be aware that further access to CBD will not be made available to you after this trial has been concluded.

### (4.3) Medical Management with your Medical Practitioner

Prior to entering the trial, your medical practitioner will be given a form to complete. Information from your medical records will be collected as part of clinical care during the intake assessment and referral process. The medical practitioner is then asked to confirm that you are medically stable, not pregnant (if applicable) and that there has been no use of illicit drugs in the past 4 weeks, as confirmed with urine test. Your medical practitioner will be required to inform the research staff if there is any deterioration in your medical or mental health as this may impact their eligibility to continue taking the CBD. This information will be kept strictly confidential. **Your safety is our priority.**

**Regular medical review is an important component of treatment for anorexia nervosa.** To ensure your safety, it is a requirement of this trial that you are monitored regularly by your medical practitioner throughout the duration of the trial. You will need to meet with your medical practitioner

at week 4, 8 and 12 of the trial. You will also need to meet with your medical practitioner at 3-months post the end of the study.

### (4.4) Trial doctor

The trial doctor will complete telehealth sessions with you at intervals specified at their discretion and a phone call at week 2, week 4, and week 8. This is in addition to the routine medical review, as above, with the medical practitioner.

### (4.5) Questionnaires, assessments, and forms

In agreeing to participate in the trial, you will be required to complete a series of questionnaires which will gather information about your eating disorder symptoms, anxiety levels, and general mental health.

Email reminders will be sent to you as needed. Each questionnaire will take between 5-25 minutes to complete. The questionnaires will include the following:

- *Eating Disorder Examination Questionnaire (EDE-Q):* A 28-item questionnaire to measure eating disorder symptoms.
- *Yale-Brown-Cornell Eating Disorder Scale Self Report Questionnaire (YBC-EDS-SRQ):* A 19-tem questionnaire to measure obsessive and compulsive symptoms.
- *Overall Anxiety Severity and Impairment Scale (OASIS)*: A 5-item questionnaire to measure anxiety symptoms.
- *Fear of Food Measure (FOFM)*: A 23-item questionnaire to measure anxiety about eating, food avoidance behaviours and food avoidance.
- *Beck Depression Inventory (BDI-II):* A 21-item questionnaire to measure depression.
- *Quality of life (EQ-5D-Y*): A 6-item questionnaire to assess quality of life.

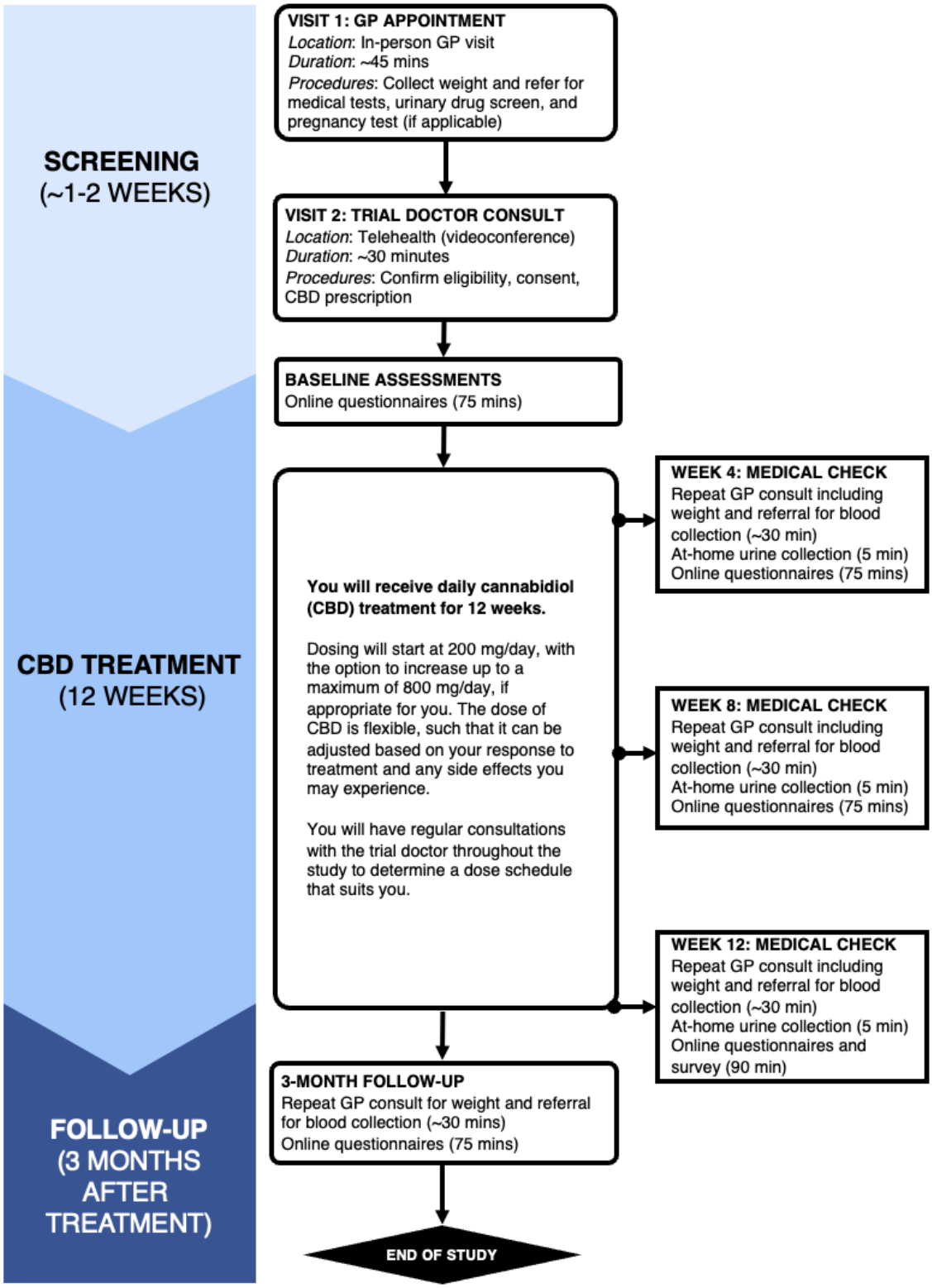
The questionnaires will be administered at baseline, Week 4, Week 8, Week 12, 3-month follow-up (a total of 5 times).

Once the trial has been concluded, you will be invited to complete a short survey to share your experience with the CBD treatment.

### (4.6) Urine Samples

**Collection of urine is a mandatory component of the research.** Prior to the commencement of the study, a urine sample will be collected by the medical practitioner to confirm absence of illicit drugs.

You will also be asked to provide a sample of urine every month using specimen containers provided to you at the start of the trial. We will organise for a courier to collect the urine sample from your home address and ship it to our laboratory at the Brain and Mind Centre at the University of Sydney. **Please store the urine sample in the fridge until the courier arrives to pick it up.** The urine sample will be analysed for CBD to ensure medication adherence.



## (5) Other relevant information about the research project

This is a small open-label trial. We aim to recruit 30 participants in the community. 'Open label' means that everyone will know which treatment they are receiving.

## (6) Do I have to take part in this research project?

Participation in any research project is entirely voluntary. If you do not wish to take part, you do not have to. If you decide that you want to take part and later change your mind, you are free to withdraw them from the project at any stage.

Your decision to take part or to withdraw from the trial **will not affect** your treatment or your relationship with their treatment team, or with the researchers at the University of Sydney, Lambert Initiative for Cannabinoid Therapeutics, or InsideOut Institute for Eating Disorders.

## (7) What are the alternatives to participation?

You do not have to take part in this research project to receive treatment. Other options are available; these include continuing with your psychological treatment as usual with no drug intervention. You can also discuss other treatment options with your medical practitioner.

## (8) What are the possible benefits of taking part?

We cannot guarantee or promise that you will receive any benefits from this research. This study will contribute to important research into the effects of CBD treatment on anorexia nervosa. This evidence may assist in improving pharmacological treatment for eating disorders in the future, even if this does not benefit you directly.

## (9) What are the possible risks of taking part?

### (10.1) Cannabidiol

Overall, CBD is generally well-tolerated and has a good safety profile. It is non-intoxicating and does not cause addiction, dependence, or tolerance. The most common side effects include nausea, headaches, gastrointestinal upset and sometimes changes to liver function (raised liver enzymes) which may be accompanied by symptoms below:

**Tell the study doctor** if you notice any of the following side effects:

- Nausea, vomiting and/or diarrhea
- Fever or feeling unwell
- Unusual tiredness or sleepiness
- Pain or discomfort in the right upper stomach area
- Chest pain

Other side effects observed in a recent 12-week trial of 800mg/day CBD treatment in young people with treatment-resistant anxiety (12-25 years) included fatigue, low mood, insomnia, changes in appetite, headache, and gastrointestinal upset. Side effects were mild-to-moderate in severity and transient (resolved).

Medical treatments often cause side effects. You may have none, some or all of the effects listed above, and they may be mild, moderate or (very rarely) severe. If you have any of these side effects, **please contact the trial doctor immediately**. Their contact details will be listed on the medication card given to you.

Note that changes to liver function are common in anorexia nervosa. This may be due to malnutrition and/or re-feeding. To closely monitor your liver function, your medical practitioner will **conduct blood tests monthly for the duration of the study.**

The effects of CBD on the liver can be exacerbated by the use of other medications. This is known as a 'drug-drug interaction'. **It is important that you inform your medical practitioner and trial doctor of the use of any new medications (prescription, over-the-counter, complementary and supplements) throughout your participation in the trial.** Should any signs of potential drug-drug interactions develop, the trial doctor and GP will review their treatment plan and may discontinue the drug intervention.

There may be other side effects that the researchers do not expect or do not know about, and that may be serious. Please note that this would be highly unlikely. You should tell the trial doctor **immediately** about any new or unusual symptoms. Most side effects are temporary and go away shortly after treatment ends.

**(10.2) Pregnancy and risks to unborn child**

**It is important that you are not pregnant and do not become pregnant (or impregnate a sexual partner if male) during the course of the trial.** You will not be eligible to participate in the trial if pregnant or trying to become pregnant. This will be confirmed by the medical practitioner using a urinary pregnancy test or blood test.

If you are female and of child-bearing potential (i.e., menstruating), the medical practitioner will discuss appropriate and reliable contraception if deemed appropriate (e.g., oral contraceptive, or long-acting reversible contraception such as a hormonal implant, injection, or IUD). Anorexia nervosa can cause amenorrhea (the absence of menstruation); however, ovulation can still occur without menstruation. Therefore if you are sexually active, you must use appropriate contraception.

If you are male, you are strongly advised to use effective contraception (e.g., condoms) and to not donate sperm during the course of the trial and for at least 7 days after the last dose of study medication. The medical practitioner will provide sexual health counselling to support you participation in the trial.

## (11) What will happen to my urine samples?

Urine samples will be stored at the Brain and Mind Centre Freezer Bank at the University of Sydney, Camperdown until analysis is completed to check for medication adherence. Any remaining samples will be destroyed after analysis.

## (12) What if new information arises during this research project?

Sometimes during a research project, new information becomes available about the treatment that is being studied. If this happens, the trial doctor will tell you about it and discuss with you whether you want to continue in the research project. If you decide to withdraw from the study, you will continue with your other treatment as usual.

## (13) Can I have other medicines during this research project?

No, you must notify the researchers of any planned changes to current medications or procedures while you are participating in this study.

You must tell us about any medicines you may be using. This is in your interest as well as being important for the study because they may interact or interfere with the study drug. You must tell us about any prescription (antidepressants or mood stabilisers) or over-the-counter medications, including vitamins, herbal remedies, or other supplements you are taking.

You should also tell the trial doctor about any changes to these during your participation in the research project. The trial doctor will explain to you, which treatments or medications need to be stopped for the time you are involved in the research project.

## (14) What if I withdraw from this research project?

If you decide to withdraw from the project, please notify the trial doctor or a member of the research team before you cease taking the CBD medication. This notice will allow the trial doctor to discuss any health risks or special requirements linked to withdrawing.

Following this, no further personal information will be collected. Personal information already collected will be retained to ensure that the results of the research project can be measured properly. You should be aware that data collected up to the time of withdrawal will form part of the research project results. If you do not want this to happen, you must inform a member of the research team before the participant enrols in the research project.

## (15) Could this research project be stopped unexpectedly?

This research project may be changed or stopped unexpectedly for a variety of reasons. These may include reasons such as:

- Unacceptable side effects in multiple participants or
- If the trial doctor decides it is in the best interest of your health and welfare to stop.

**(16) Are there any reimbursements?**

The cost of the medication and medical oversight by the trial doctor will be provided free of charge. This does not include costs associated with visits to your medical practitioner (i.e., GP or paediatrician) or any tests order by your medical practitioner. There are no additional costs associated with participating in this research project. No additional reimbursements will be provided to you for your participation in the research project.

**(17) What happens when the research project ends?**

You will receive (via email) a summary of the major research findings once the trial has concluded and data analysis activities are complete. The results of this research will also be used for manuscript preparation and submission for publication as well as presentation to conferences. No participants will be identified in any report or publication of this study or its results.

We will share the study results by publishing them in relevant journal articles and / or presenting them at national and international scientific conferences. We will make sure that information is published /presented in such a way that neither you nor your child are identifiable.

Your data will be securely stored for a minimum of 15 years after the study finishes or until the youngest participant turns 25 years.

**(18) What will happen to information about your child?**

By signing the consent form you consent to the trial doctor and relevant research staff collecting and using personal information about you for the research project. Any information obtained in connection with this research project that can identify you will remain confidential and secure, except when:

- It is subpoenaed by a court,
- Failure to disclose information would in the reasonable belief of the clinicians place you or another person at serious risk,
- Your prior approval has been obtained to discuss material with another person (e.g., a parent, employer or health provider).

All data and participant information collected for the purposes of this study will be entered electronically and stored on a research database named REDCap (Research Electronic Data Capture). This is a secure, web-based, non-commercial, data management tool designed for research purposes, hosted, and backed up on the University of Sydney servers on a daily basis. The data will be analysed by the researchers at the University of Sydney. You will be identified with a unique participant code,

assigned at enrolment. The key linking you with your unique trial code will be stored in a password encrypted file, accessible only to the research staff. You will not be identified in any report or publication of this study or its results.

Information about participation in this research project may be recorded in your health records when they visit their local GP only with your permission.

In accordance with relevant Australian NSW privacy and other relevant laws, you have the right to request access to your information collected and stored by the study team. You also have the right to request that any information with which you disagree be corrected. Please contact the study team member named at the end of this document if you would like to access your information.

## (19) Complaints and Compensation

If the participant suffers any injuries or complications as a result of this research project, you should contact the study team as soon as possible and you will be assisted with arranging appropriate medical treatment for the participant. If the participant is eligible for Medicare, they can receive any medical treatment required to treat the injury or complication, free of charge, as a public patient in any Australian public hospital.

In addition, you may have a right to take legal action to obtain compensation for any injuries or complications resulting from the study. Compensation may be available the participant's injury or complication is sufficiently serious and is caused by unsafe drugs or equipment, or by the negligence of one of the parties involved in the study (for example, the researcher, the hospital, or the treating doctor). You and the participant do not give up any legal rights to compensation by participating in this study.

Research involving Humans in Australia is reviewed by an independent group of people called a Human Research Ethics Committee (HREC). The ethical aspects of this study have been approved by the HREC of the Sydney Local Health District – RPAH Zone (Protocol No. X21-0440). As part of this process, we have agreed to carry out the study according to the National Statement on Ethical Conduct in Human Research (2007). If you have any complaints about the ethical nature of this research project, please contact the Sydney Local Health District using the details outlined below. Please quote the study title and protocol number.

- **Telephone:** (02) 9515 7035
- **Email:** SLHD-RPAEthics@health.nsw.gov.au

## (20) Who is organising and funding the research?

The research is being organised and funded by the InsideOut Institute for Eating Disorders and Lambert Initiative for Cannabinoid Therapeutics from the University of Sydney.

## (21) Who has reviewed the research project?

All research in Australia involving humans is reviewed by an independent group of people called a Human Research Ethics Committee (HREC). The ethical aspects of this research project have been approved by the HREC of the Sydney Local Health District.

This project will be carried out according to the *National Statement on Ethical Conduct in Human Research (2023)*. This statement has been developed to protect the interests of people who agree to participate in human research studies.

## (22) Further information and who to contact

The person you may need to contact will depend on the nature of your query. If you want any further information concerning this project you can contact any of the following people:

**Clinical contact person:**

| | |
|---|---|
| Name | Sarah-Catherine Rodan |
| Telephone | 0477222500 |
| Email | sarah-catherine.rodan@sydney.edu.au |

For matters relating to the interventional drug, the CBD capsules:

**Trial doctor:**

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|---|---|
| Name | Dr Karen Spielman |
| Email | drkarenspielman@gmail.com |

## Appendix A

List of Investigators

**Principal Investigator (Trial Oversight)**

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|---|---|
| Name: | Professor Iain McGregor |
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**Principal Clinical Investigator (Medical/Supervision of Trial doctor)**

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|---|---|
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**Co-investigator (Trial doctor/GP specialist)**

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|---|---|
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| Email: | drkarenspielman@gmail.com |

**Co-investigator (Trial Oversight)**

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|---|---|
| Name: | Prof Sarah Maguire |
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| Telephone: | +61 2 86271910 |
| Email: | sarah.maguire@sydney.edu.au |

**Co-investigator (Clinical trial coordinator/PhD Student)**

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|---|---|
| Name: | Miss Sarah-Catherine Rodan |
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| Email: | sarah-catherine.rodan@sydney.edu.au |

Co-investigator (Trial management)

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|---|---|
| Name: | Miss Anastasia Suraev |
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| Telephone Number: | N/A |
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