

Online Research @ Cardiff

This is an Open Access document downloaded from ORCA, Cardiff University's institutional repository: <https://orca.cardiff.ac.uk/127249/>

This is the author's version of a work that was submitted to / accepted for publication.

Citation for final published version:

Graham, Meghan R, Tierney, Stephanie, Chisholm, Amy and Fox, John R E 2020. The lived experience of working with people with eating disorders: A meta-ethnography. *International Journal of Eating Disorders* 53 (3) , pp. 422-441. 10.1002/eat.23215 filefilefilefilefilefile

Publishers page: <http://dx.doi.org/10.1002/eat.23215>
<<http://dx.doi.org/10.1002/eat.23215>>

Please note:

Changes made as a result of publishing processes such as copy-editing, formatting and page numbers may not be reflected in this version. For the definitive version of this publication, please refer to the published source. You are advised to consult the publisher's version if you wish to cite this paper.

This version is being made available in accordance with publisher policies.

See

<http://orca.cf.ac.uk/policies.html> for usage policies. Copyright and moral rights for publications made available in ORCA are retained by the copyright holders.



Table 3*Number of studies endorsing each theme and sub-theme*

Sub-theme	Number of studies that endorsed sub-theme	Core theme	Number of studies that endorsed core theme
Emotionally draining work	29	The dissonance and discomfort of being a helper struggling to help	33
Feeling helpless and deskilled	21		
Watching and being watched	13		
Moral distress	10		
Avoiding and distancing	17	Defending against the dissonance	23
Battle and blame	11		
Balance and flexibility	17	Accepting the dissonance to provide safe and compassionate care	34
Mindful awareness, acceptance and self-observation	10		
Connecting with common humanity	24		
Humbly open to learning and support	22		