# Online treatment of bulimia nervosa

Submission date Recruitment status Prospectively registered 30/03/2010 No longer recruiting [X] Protocol [ ] Statistical analysis plan Registration date Overall study status 14/04/2010 Completed [X] Results [ ] Individual participant data Last Edited Condition category 09/04/2021 Mental and Behavioural Disorders

#### Plain English summary of protocol

Not provided at time of registration

# Contact information

### Type(s)

Scientific

#### Contact name

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# Additional identifiers

#### Protocol serial number

N/A

# Study information

#### Scientific Title

Online cognitive behavioural treatment of bulimia nervosa: a randomised controlled trial with a one-year follow-up

## Study objectives

In comparison to bibliotherapy and a waitlist, online (therapist-assisted) cognitive behaviour therapy is more effective in reducing bulimic symptoms.

#### Ethics approval required

Old ethics approval format

#### Ethics approval(s)

Study Review Board of the Department of Clinical Psychology of the University of Amsterdam approved in March 2006

#### Study design

Single centre randomised controlled trial

#### Primary study design

Interventional

## Study type(s)

Treatment

#### Health condition(s) or problem(s) studied

Bulimia nervosa

#### **Interventions**

The online treatment is a twenty-week program based on existing - evidence-based - treatment manuals, and incorporates cognitive behaviour therapy interventions such as psycho-education, self-monitoring, diet management, exposure, response prevention, cognitive restructuring, interventions promoting self-esteem and relapse prevention. These treatments were therapist-guided (therapist time: 7 to 14 hours).

Participants in the bibliotherapy group received a hard-copy of "Overcoming bulimia and binge eating", a Dutch self-help book for BN by Johan Vanderlinden, which is based on the same cognitive-behavioral principles as applied in the online treatment. Apart from an initial introductory e-mail with instructions how to use this book, no support was provided to participants in this group.

#### Intervention Type

Other

#### Phase

Not Applicable

#### Primary outcome(s)

Global severity of eating disorder symptoms and binging and purging frequency as measured by the Eating Disorder Examination Questionnaire (EDE-Q). Primary and secondary measures were administered at pretest, immediately after treatment (post-test), six weeks after treatment, and one year after treatment.

#### Key secondary outcome(s))

Cognitive-attitudinal distortion in body experience, as measured by the Body Attitude Test (BAT). Primary and secondary measures were administered at pretest, immediately after treatment (post-test), six weeks after treatment, and one year after treatment.

#### Completion date

# **Eligibility**

#### Key inclusion criteria

- 1. Recurrent binging
- 2. Extreme weight-control behaviour (either in the form of purging as well as physical exercise)
- 3. Extreme concern with body shape and weight
- 4. Downloaded, signed, and returned an Informed Consent form
- 5. Aged greater than or equal to 16 years, either sex

#### Participant type(s)

Patient

#### Healthy volunteers allowed

No

#### Age group

Adult

#### Sex

All

#### Total final enrolment

105

#### Key exclusion criteria

- 1. Aged less than 16 years
- 2. Body mass index (BMI) less than 18 kg/m^2
- 3. Heightened risk of dissociation or psychosis
- 4. Suicidal ideation indicative of plans or a history of recent suicide attempts within the past 3 years
- 5. Drug and alcohol abuse
- 6. Use of neuroleptic medication or unstable dosages of other psychiatric medication
- 7. Concurrent psychotherapy, or indications that another psychological disorder was prevalent

Excluded respondents were referred to their GPs or to mental health centres in their vicinity.

#### Date of first enrolment

01/07/2006

#### Date of final enrolment

01/07/2008

# Locations

#### Countries of recruitment

Netherlands

# Study participating centre Postbus 3884

Amsterdam Netherlands 1001AR

# Sponsor information

## Organisation

Interapy PLC (Netherlands)

# Funder(s)

#### Funder type

Research organisation

#### **Funder Name**

The Dutch Innovation Fund of Collaborative Health Insurances (Innovatiefonds Zorgverzekeraars) (Netherlands) - awarded a grant to initiate the project

#### **Funder Name**

Interapy PLC (Netherlands) - provided consultancy, technical assistance, web-application development and application hosting support

# **Results and Publications**

Individual participant data (IPD) sharing plan

## IPD sharing plan summary

Not provided at time of registration

## **Study outputs**

Output type	Details	Date created	Date added	Peer reviewed?	Patient-facing?
Results article		01/02/2012	09/04/2021	Yes	No
<u>Protocol article</u>		01/03/2009		Yes	No
Participant information sheet	Participant information sheet	11/11/2025	11/11/2025	No	Yes
Study website	Study website	11/11/2025	11/11/2025	No	Yes