ISRCTN06477195 https://doi.org/10.1186/ISRCTN06477195

Online treatment of bulimia nervosa

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

Plain English summary of protocol
Not provided at time of registration

Study website
http://www.interapy.nl/behandelingen/eetproblemen/index.html

Contact information

Type(s)
Scientific

Contact name
Mr Bart Schrieken

Contact details
Postbus 3884
Amsterdam
Netherlands
1001AR
+31 (0)20 798 8300
schrieken@interapy.nl

Additional identifiers

EudraCT/CTIS number

IRAS number

ClinicalTrials.gov number

Secondary identifying numbers
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

Secondary study design
Randomised controlled trial

Study setting(s)
Other

Study type(s)
Treatment

Participant information sheet
Can be found at http://www.vn.nl/extra/pdf/Fact%20bulimia.pdf (Dutch only)

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 measure
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.

Secondary outcome measures
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.

Overall study start date
01/07/2006

Completion date
01/07/2008

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

Age group
Adult

Sex
Both

Target number of participants
105

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)

Sponsor details
Postbus 3884
Amsterdam
Netherlands
1001AR
+31 (0)20 798 8300
research@interapy.nl

Sponsor type
Industry

Website
http://www.interapy.nl

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

Publication and dissemination plan
Not provided at time of registration

Intention to publish date

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?
Protocol article		01/03/2009		Yes	No
Results article		01/02/2012	09/04/2021	Yes	No