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Internet-based relapse prevention for Eating Disorders following inpatient treatment: randomised controlled trial for Anorexia Nervosa

Submission date	Recruitment status	[ ] Prospectively registered
08/11/2006	No longer recruiting	[ ] Protocol
Registration date	**Overall study status**	[ ] Statistical analysis plan
04/01/2007	Completed	[X] Results
Last Edited	**Condition category**	[ ] Individual participant data
22/05/2019	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

EudraCT/CTIS number

IRAS number

ClinicalTrials.gov number

Secondary identifying numbers
01GV0604

Study information

Scientific Title
Internet-based relapse prevention for Eating Disorders following inpatient treatment: randomised controlled trial for Anorexia Nervosa

Acronym
EDNET 3 AN

Study objectives
Evaluation of the efficacy of an internet based relapse prevention program in anorexia nervosa after inpatient treatment.

Ethics approval required
Old ethics approval format

Ethics approval(s)
Approval was obtained from the ethics board of the "Bayerische Landesaerztekammer" (Bavarian General Medical Council) on August 2, 2006 (reference number: 06034).

Study design
Multi-centre, prospective, randomised superiority trial with two parallel arms each

Primary study design
Interventional

Secondary study design
Randomised controlled trial

Study setting(s)
Not specified

Study type(s)
Treatment

Participant information sheet

Health condition(s) or problem(s) studied
Anorexia Nervosa

Interventions
Experimental intervention:
Application of a behaviourally oriented Relapse Prevention Program (RPP) via internet with chat room, SMS and e-mail support and feed-back.

Control intervention:
Treatment As Usual (TAU) and internet newsletter.

Intervention Type
Other

Phase
Not Specified

Primary outcome measure
Difference between body mass index at the end of the treatment (nine months) and at randomisation

Secondary outcome measures
Explorative measures of psychopathology to investigate the time course and to support the clinical claim

Overall study start date
01/01/2007

Completion date
31/12/2009

Eligibility

Key inclusion criteria
1. Female
2. More than 16 years
3. Diagnosis anorexia nervosa
4. Successful inpatient therapy

Participant type(s)
Patient

Age group
Adult

Sex
Female

Target number of participants
Included: 258, completers: 180

Total final enrolment
258

Key exclusion criteria
1. Mental or somatic disability prohibiting participation in study
2. Acute psychosis
3. Chronic organic or schizophrenic psychosis
4. Severe suicidal ideation/behaviour

Date of first enrolment
01/01/2007

Date of final enrolment
31/12/2009

Locations

Countries of recruitment
Germany

Study participating centre
Klinik Roseneck
Prien am Chiemsee
Germany
83209

Sponsor information

Organisation
Medical-Psychosomatic Hospital Klinik Roseneck (Medizinisch-Psychosomatische Klinik Roseneck) (Germany)

Sponsor details
Afiliated with the Ludwig-Maximilians-University (LMU) Munich
Am Roseneck 6
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83209

Sponsor type
Hospital/treatment centre

ROR
https://ror.org/007ztdc30

Funder(s)

Funder type
Government

Funder Name
German Federal Ministry for Education and Research (Bundesministerium für Bildung und Forschung) (Germany) (ref: 01 GV 0604)

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?
Results article	results	01/03/2012	22/05/2019	Yes	No
Results article	results	30/07/2013	22/05/2019	Yes	No
Results article	results	08/02/2015	22/05/2019	Yes	No