

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

**Submission date**  
08/11/2006

**Recruitment status**  
No longer recruiting

☐ Prospectively registered

☐ Protocol

**Registration date**  
04/01/2007

**Overall study status**  
Completed

☐ Statistical analysis plan

☒ Results

**Last Edited**  
22/05/2019

**Condition category**  
Mental and Behavioural Disorders

☐ Individual participant data

## Plain English summary of protocol

Not provided at time of registration

## Contact information

### Type(s)

Scientific

### Contact name

Dr Manfred Fichter

### Contact details

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Am Roseneck 6  
Priem am Chiemsee  
Germany  
83209

## 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 Landsaerztekammer" (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**

Affiliated with the Ludwig-Maximilians-University (LMU) Munich

Am Roseneck 6

Prien am Chiemsee

Germany

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?
<a href="#">Results article</a>	results	01/03/2012	22/05/2019	Yes	No
<a href="#">Results article</a>	results	30/07/2013	22/05/2019	Yes	No
<a href="#">Results article</a>	results	08/02/2015	22/05/2019	Yes	No