

# Will an online life skills package be helpful for individuals with bulimia nervosa?

<b>Submission date</b> 03/07/2009	<b>Recruitment status</b> No longer recruiting	<input type="checkbox"/> Prospectively registered
<b>Registration date</b> 04/08/2009	<b>Overall study status</b> Completed	<input type="checkbox"/> Protocol
<b>Last Edited</b> 03/04/2013	<b>Condition category</b> Mental and Behavioural Disorders	<input type="checkbox"/> Statistical analysis plan
		<input checked="" type="checkbox"/> Results
		<input type="checkbox"/> Individual participant data

**Plain English summary of protocol**  
Not provided at time of registration

## Contact information

**Type(s)**  
Scientific

**Contact name**  
Miss Carrie-Anne McClay

**Contact details**  
University of Glasgow  
Section of Psychological Medicine  
Gartnavel Royal Hospital  
1055 Great Western Road  
Glasgow  
United Kingdom  
G12 0XH  
+44 (0)141 211 0646  
c.mcclay@hotmail.co.uk

## Additional identifiers

**Protocol serial number**  
N/A

## Study information

**Scientific Title**

A randomised controlled trial of an online life skills package for bulimia nervosa, recruiting from community settings

### **Study objectives**

1. The immediate treatment group at 10 weeks:
  - 1.1. Will have reduced bulimic symptoms compared to their baseline scores and controls
  - 1.2. Will have reduced anxiety and depression scores along with increased social functioning compared to their baseline scores and controls
2. Both the immediate treatment group and delayed treatment group will show a reduction in bulimic symptoms, anxiety and depression scores and will have increased social functioning following completion of the package (however the delayed treatment group may exhibit lower levels of improvement)
3. Participants who complete more sessions of the package will show the highest levels of improvement in outcome measures. Therefore, we expect to see a dose-effect relationship.
4. Improvements in bulimic symptoms and other aspects of mental health and well being will be maintained at the 6 month follow-up due to the reusable nature of the package
5. The greatest improvements in condition will be seen in participants who have mild to moderate bulimic symptoms at baseline
6. Participants whose onset of bulimia is the most recent are expected to have the greatest improvements in outcome measures
7. We aim to ascertain who benefits most from using the package, i.e., mild to moderate sufferers or severe bulimics. Also whether onset of illness has an effect on the effectiveness of the package.

### **Ethics approval required**

Old ethics approval format

### **Ethics approval(s)**

University of Glasgow Medical Faculty Ethics Committee approved on the 27th May 2009 (ref: FM03508)

### **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**

Package name: 'Overcoming Bulimia Online'

Intervention: immediate access (IA) to the above package

Control: delayed access (DAC) to the above package after 10 weeks

Following entry into the randomised controlled trial (RCT) section of the study, participants will be randomly allocated to either the IA group or the DAC group. The IA group will be offered

access to 'Overcoming Bulimia Online' following completion of baseline measures. The DAC group will be offered access to the package after a 10 week delay. Participants are advised to complete one session of the package per week so the package should take 8 - 19 weeks to complete. Participants will complete outcome measures at baseline, 10 weeks, 6 months, 12 months, with consent being taken to allow for future follow up assessment at 24 months and up to 10 years post-intervention (if future funding allowed a further follow-up contact).

### **Intervention Type**

Other

### **Phase**

Not Applicable

### **Primary outcome(s)**

Eating Disorders Examination Questionnaire at baseline, 10 weeks, 6 months and 12 months.

Main factors are:

1. Global score
2. Frequency or bingeing
3. Frequency of vomiting

### **Key secondary outcome(s)**

1. Hospital anxiety and depression scale (HADS)
2. Work and Social Adjustment Scale
3. Recovery Locus of Control Scale
1. Hospital anxiety and depression scale (HADS), measured at baseline, 10 weeks, 6 months and 12 months
2. Work and Social Adjustment Scale, measured at baseline, 10 week and 12 months
3. Recovery Locus of Control Scale, measured at baseline, 10 week and 12 months
4. Significant Others Scale, measured at baseline
5. Mental Health Literacy Questionnaire, measured at baseline, 10 weeks, 6 months and 12 months
6. Economic analysis, measured at baseline, 10 weeks, 6 months and 12 months

### **Completion date**

31/07/2011

## **Eligibility**

### **Key inclusion criteria**

Stage One:

1. Aged 16 or above, either sex
2. Based in the UK
3. Show significant symptoms of bulimia nervosa or eating disorders not otherwise specified (EDNOS), as indicated by the Eating Disorder Examination Questionnaire
4. Body mass index (BMI) of 18.5 kg/m<sup>2</sup> or above

Stage Two:

1. Meet the criteria for a research diagnosis of bulimia EDNOS, as indicated by the Eating Disorders Examination Interview

### **Participant type(s)**

Patient

**Healthy volunteers allowed**

No

**Age group**

Adult

**Lower age limit**

16 years

**Sex**

All

**Key exclusion criteria**

Stage One:

1. Under the age of 16
2. Do not fulfil the inclusion criteria of Stage One

Both Stages:

1. Currently receiving specialist mental health therapy
2. Currently involved in any treatment based eating disorder research
3. Alcohol or drug dependent
4. Have active suicidal thoughts
5. Participate in severe self-harm
6. Have a diagnosis of psychosis
7. Diabetic
8. Pregnant

**Date of first enrolment**

01/08/2009

**Date of final enrolment**

31/07/2011

**Locations**

**Countries of recruitment**

United Kingdom

Scotland

**Study participating centre**

**University of Glasgow**

Glasgow

United Kingdom

G12 0XH

# Sponsor information

## Organisation

University of Glasgow (UK)

## ROR

<https://ror.org/00vtgdb53>

# Funder(s)

## Funder type

Charity

## Funder Name

Helen Hay Pollock Bequest (UK) (ref: 48261)

# 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?
<a href="#">Results article</a>	results	15/03/2013		Yes	No
<a href="#">Participant information sheet</a>	Participant information sheet	11/11/2025	11/11/2025	No	Yes
<a href="#">Study website</a>	Study website	11/11/2025	11/11/2025	No	Yes