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The Healthcare Network Anorexia and Bulimia Nervosa Campaign

Submission date	Recruitment status	[_] Prospectively registered
04/10/2011	No longer recruiting	[X] Protocol
Registration date	**Overall study status**	[_] Statistical analysis plan
11/11/2011	Completed	[X] Results
Last Edited	**Condition category**	[_] Individual participant data
18/01/2019	Mental and Behavioural Disorders	

Plain English summary of protocol

Background and study aims?
Eating disorders are abnormal attitudes towards food that causes someone to change their habits and behaviour around eating. Common eating disorders are anorexia nervose (when someone starves themselves) and bulimia (when people deliberately make themselves sick or use laxatives). Evidence shows that treating youth and children with eating disorders there specific treatment soon after the onset of the disorder can help, but there are often delays getting treatment. There is a need for centres that treat eating disorders quicker than current rates and to provide education and support to anyone who is affected by eating disorders. The aim of this study is try to minimise the delay of treatment through the Healthcare Network Anorexia and Bulimia nervosa campaign to prevent and education students as well as provide a low threshold care unit in order to treat patients sooner.

Who can participate?
Female students aged 12-19 years.

What does the study involve?
This study includes a centre for early diagnosis. This includes individual counselling, therapy groups, and educational events. There is also an online- treatment directory, where participants , relatives and experts can access general information about eating disorders and gain recommendations for treatment. To determine the current delay between symptom onset and the onset of treatment a pretest-survey will be administered to female patients who are treated for the first time for typical or atypical anorexia nervosa in an inpatient, outpatient or advisory setting. The survey consists of a clinical interview modified to enable the assessment of symptom-onset and –devolution as well as measures of general psychopathology, patients' satisfaction and health-related quality of life. At the end of the implementation period a posttest-survey is done to assess a potential change in the target-figure of the symptom-treatment-onset-interval.

What are the possible benefits and risks of participating?
Not provided at time of registration

Where is the study run from?
University Medical Center Hamburg-Eppendorf (Germany)

When is the study starting and how long is it expected to run for?
October 2011 to March 2012

Who is funding the study?
German Federal Ministry of Education and Research (Germany)

Who is the main contact?
Professor Bernd Löwe

Contact information

Type(s)
Scientific

Contact name
Prof Bernd Löwe

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Additional identifiers

EudraCT/CTIS number

IRAS number

ClinicalTrials.gov number

Secondary identifying numbers
N/A

Study information

Scientific Title
The "Healthcare Network Anorexia and Bulimia Nervosa" Campaign - Focal project 2: Early diagnosis and treatment

Study objectives
The establishment of a cross-sectoral, low-threshold ambulatory care unit, accompanied by the development of a directory for the treatment of eating disorders will lead to a reduction of the

interval between the emergence of first symptoms of anorexia nervosa and the onset of a specific treatment in female patients diagnosed with typical or atypical anorexia nervosa who are treated for the first time in an inpatient, ambulatory or advisory setting.

Ethics approval required
Old ethics approval format

Ethics approval(s)
Ethics Committee of the Psychotherapist Chamber of the Free and Hanseatic City of Hamburg approved on 26th July 2011

Study design
Feasibility study pre-post-design with independent samples

Primary study design
Observational

Secondary study design
Non randomised controlled trial

Study setting(s)
Hospital

Study type(s)
Treatment

Participant information sheet
Not available in web format, please use the contact details below to request a patient information sheet

Health condition(s) or problem(s) studied
Anorexia nervosa (typical / atypical)

Interventions
1. Center for Early Diagnosis: Psychological/medical diagostics, one-to-one individual counselling for both patients, relatives and professionals, therapeutical groups, psychoeducational programs, education events for specialist personnel
2. On-line tratement directory: General information about the subject of eating disorders for both patients, relatives and expert personnel, screening instruments, recommendations for subsequent guideline-based treatment

Intervention Type
Other

Phase
Not Applicable

Primary outcome measure
Interval between the emergence of first symptoms of anorexia nervosa and the onset of a specific treatment

Secondary outcome measures
1. Psychopathology (somatoform, depressive and anxiety-related symptoms; PHQ-15, PHQ-9, GAD-7)
2. Health outcome (EQ-5D)
3. Personality accentuation (PSSI-K)
4. Ontogenetic risk factors for the development of eating disorders (PPR-7)

Overall study start date
01/10/2011

Completion date
31/03/2012

Eligibility

Key inclusion criteria
1. Informed consent (if patient is aged under 16 the additional consent of parents / guardians is required)
2. Diagnosis of typical or atypical anorexia nervosa
3. Female gender
4. Age between 12 and 39
5. Center of vital interests in the metropolitan area of Hamburg
6. Integration with a counselling center, psychotherapeutic practice oder in-/outpatient clinic in the metropolitan area of Hamburg
7. First-line treatment / first contact (i.e. initiation of treatment in the course of the past 12 months)

Participant type(s)
Patient

Age group
Adult

Sex
Female

Target number of participants
To be screened: 1.800, to be recruited: 600, to be evaluated: 300

Key exclusion criteria
1. Deficiencies in the command of the German language
2. Severe organic or mental ailments impeding a participation in the study
3. For patients recruited for the post-survey: participation in the pre-survey

Date of first enrolment
01/10/2011

Date of final enrolment
31/03/2012

Locations

Countries of recruitment
Germany

Study participating centre
Universitätsklinikum Hamburg-Eppendorf
Hamburg
Germany
D-20246

Sponsor information

Organisation
Federal Ministry of Education and Research [Bundesministerium für Bildung und Forschung] (Germany)

Sponsor details
Dienstsitz Berlin
Hannoversche Straße 28-30
Berlin
Germany
D-10115

Sponsor type
Government

Website
http://www.bmbf.de/en/

ROR
https://ror.org/04pz7b180

Funder(s)

Funder type
Government

Funder Name
German Federal Ministry of Education and Research (Germany)

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	protocol	18/11/2014		Yes	No
Results article	results	01/01/2018		Yes	No