

# The Healthcare Network Anorexia and Bulimia Nervosa Campaign

<b>Submission date</b> 04/10/2011	<b>Recruitment status</b> No longer recruiting	<input type="checkbox"/> Prospectively registered <input checked="" type="checkbox"/> Protocol
<b>Registration date</b> 11/11/2011	<b>Overall study status</b> Completed	<input type="checkbox"/> Statistical analysis plan <input checked="" type="checkbox"/> Results
<b>Last Edited</b> 18/01/2019	<b>Condition category</b> Mental and Behavioural Disorders	<input type="checkbox"/> Individual participant data

## 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 nervosa (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

**Contact details**  
Universitätsklinikum Hamburg-Eppendorf  
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## Additional identifiers

**Protocol serial number**  
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

## **Study type(s)**

Treatment

## **Health condition(s) or problem(s) studied**

Anorexia nervosa (typical / atypical)

## **Interventions**

1. Center for Early Diagnosis: Psychological/medical diagnostics, one-to-one individual counselling for both patients, relatives and professionals, therapeutical groups, psychoeducational programs, education events for specialist personnel
2. On-line treatment 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(s)**

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

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

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)

## **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

**Healthy volunteers allowed**

No

**Age group**

Adult

**Sex**

Female

**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)

ROR

<https://ror.org/04pz7b180>

## Funder(s)

**Funder type**

Government

**Funder Name**

German Federal Ministry of Education and Research (Germany)

## 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	01/01/2018		Yes	No
<a href="#">Protocol article</a>	protocol	18/11/2014		Yes	No
<a href="#">Participant information sheet</a>	Participant information sheet	11/11/2025	11/11/2025	No	Yes