

Study on the efficacy of an Internet self-help program for binge eating disorder, used with the guidance of a coach

Submission date	Recruitment status	<input type="checkbox"/> Prospectively registered
20/08/2010	No longer recruiting	<input type="checkbox"/> Protocol
Registration date	Overall study status	<input type="checkbox"/> Statistical analysis plan
20/09/2010	Completed	<input checked="" type="checkbox"/> Results
Last Edited	Condition category	<input type="checkbox"/> Individual participant data
23/06/2011	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

Protocol serial number

N/A

Study information

Scientific Title

Guided self-help treatment on the Internet for binge eating disorder: A randomised controlled trial

Study objectives

The Internet program group will report improvements of eating behaviour, psychological health and quality of life compared to a control group after 6 months of intervention. These improvements will be sustained after a 6-month follow-up

Ethics approval required

Old ethics approval format

Ethics approval(s)

The ethical committee of the University Hospitals of Geneva, Department of Community Medicine, approved on 19/11/2007 (protocol no: 07-167, ref: Med 07-045)

Study design

Single centre interventional randomised controlled study

Primary study design

Interventional

Study type(s)

Treatment

Health condition(s) or problem(s) studied

Binge eating disorder

Interventions

Participants used an Internet self-help treatment program for binge eating disorder and benefited of a weekly e-mail contact with a psychologist during the time of intervention. First group received a 6-month Internet intervention and then a 6-month follow-up. Second group had a 6-month waiting period before receiving the 6-month Internet intervention. Assessors were not blinded to controlled conditions but assessments were conducted with self-report questionnaires, limiting biases.

Intervention Type

Other

Phase

Not Applicable

Primary outcome(s)

Eating Disorder Inventory (EDI-2) Bulimia subscale (Garner, Olmsted, & Polivy, 1983). Self reporting questionnaire which was chosen because it was sensitive to participants progress in previous studies using the Internet program.

Assessments were carried out at baseline, after 6-month intervention/waiting-list, after 6-month follow-up/intervention (= 0-6-12 months)

Key secondary outcome(s)

Self-report questionnaires:

1. EDI-2 subscales (Garner, Olmsted, & Polivy, 1983)
2. Eating Disorder Examination-Questionnaire (EDE-Q) (Fairburn & Beglin, 1994)
- 2.1. total score

- 2.2. number of objective binge episodes
3. Proportion of patients abstinent from bingeing (=0 binge episodes in the last 28 days)
4. Three-Factor Eating Questionnaire (TFEQ) scales (Stunkard & Messick, 1985)
5. Beck Depression Inventory-II (BDI-II) score (Beck, Steer, & Brown, 1996)
6. Symptom Check-List (SCL-90R) global severity index (Derogatis, 1977)
7. Impact of Weight on Quality of Life (IWQOL-Lite) total score (Kolotkin, Crosby, Kosloski, & Williams, 2001)
8. Rosenberg self-esteem scale (RSES) score (Rosenberg, 1965)
9. BMI (body mass index, taken out of the EDE-Q)

Assessments were carried out at baseline, after 6-month intervention/waiting-list, after 6-month follow-up/intervention (= 0-6-12 months)

Completion date

18/02/2010

Eligibility

Key inclusion criteria

1. Women, age \geq 18 years
2. Binge eating disorders and related eating disorders
3. $20 < \text{BMI} < 50$

Participant type(s)

Patient

Healthy volunteers allowed

No

Age group

Adult

Lower age limit

18 years

Sex

Female

Key exclusion criteria

1. Drug or alcohol dependence
2. Suicide attempt during the last year
3. Unmanaged severe psychiatric disorder
4. Gastric bypass
5. Current cognitive and behavioural therapy

Date of first enrolment

08/01/2008

Date of final enrolment

18/02/2010

Locations

Countries of recruitment

Switzerland

Study participating centre

Geneva University Hospitals
Geneva
Switzerland
1211 Geneva 14

Sponsor information

Organisation

University Hospitals of Geneva (Switzerland)

ROR

<https://ror.org/01m1pv723>

Funder(s)

Funder type

Charity

Funder Name

Hans Wilsdorf Foundation (Switzerland)

Funder Name

Marie Curie Research Training Network (Europe) - Individually tailored stepped care for women with eating disorders (INTACT) (MRTN-CT-2006-035988)

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?
Results article	results	01/08/2011		Yes	No
Participant information sheet	Participant information sheet	11/11/2025	11/11/2025	No	Yes
Study website	Study website	11/11/2025	11/11/2025	No	Yes