

Online treatment of bulimia nervosa

Submission date 30/03/2010	Recruitment status No longer recruiting	<input type="checkbox"/> Prospectively registered
Registration date 14/04/2010	Overall study status Completed	<input checked="" type="checkbox"/> Protocol
Last Edited 09/04/2021	Condition category 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

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Additional identifiers

Study information

Scientific Title
Online cognitive behavioural treatment of bulimia nervosa: a randomised controlled trial with a one-year follow-up

Study objectives
In comparison to bibliotherapy and a waitlist, online (therapist-assisted) cognitive behaviour therapy is more effective in reducing bulimic symptoms.

Ethics approval required
Old ethics approval format

Ethics approval(s)

Study Review Board of the Department of Clinical Psychology of the University of Amsterdam approved in March 2006

Study design

Single centre randomised controlled trial

Primary study design

Intentional

Study type(s)

Treatment

Health condition(s) or problem(s) studied

Bulimia nervosa

Interventions

The online treatment is a twenty-week program based on existing - evidence-based - treatment manuals, and incorporates cognitive behaviour therapy interventions such as psycho-education, self-monitoring, diet management, exposure, response prevention, cognitive restructuring, interventions promoting self-esteem and relapse prevention. These treatments were therapist-guided (therapist time: 7 to 14 hours).

Participants in the bibliotherapy group received a hard-copy of "Overcoming bulimia and binge eating", a Dutch self-help book for BN by Johan Vanderlinden, which is based on the same cognitive-behavioral principles as applied in the online treatment. Apart from an initial introductory e-mail with instructions how to use this book, no support was provided to participants in this group.

Intervention Type

Other

Phase

Not Applicable

Primary outcome(s)

Global severity of eating disorder symptoms and bingeing and purging frequency as measured by the Eating Disorder Examination Questionnaire (EDE-Q). Primary and secondary measures were administered at pretest, immediately after treatment (post-test), six weeks after treatment, and one year after treatment.

Key secondary outcome(s)

Cognitive-attitudinal distortion in body experience, as measured by the Body Attitude Test (BAT). Primary and secondary measures were administered at pretest, immediately after treatment (post-test), six weeks after treatment, and one year after treatment.

Completion date

01/07/2008

Eligibility

Key inclusion criteria

1. Recurrent bingeing
2. Extreme weight-control behaviour (either in the form of purging as well as physical exercise)
3. Extreme concern with body shape and weight
4. Downloaded, signed, and returned an Informed Consent form
5. Aged greater than or equal to 16 years, either sex

Participant type(s)

Patient

Healthy volunteers allowed

No

Age group

Adult

Sex

All

Total final enrolment

105

Key exclusion criteria

1. Aged less than 16 years
2. Body mass index (BMI) less than 18 kg/m²
3. Heightened risk of dissociation or psychosis
4. Suicidal ideation indicative of plans or a history of recent suicide attempts within the past 3 years
5. Drug and alcohol abuse
6. Use of neuroleptic medication or unstable dosages of other psychiatric medication
7. Concurrent psychotherapy, or indications that another psychological disorder was prevalent

Excluded respondents were referred to their GPs or to mental health centres in their vicinity.

Date of first enrolment

01/07/2006

Date of final enrolment

01/07/2008

Locations**Countries of recruitment**

Netherlands

Study participating centre

Postbus 3884

Amsterdam

Netherlands
1001AR

Sponsor information

Organisation

Interapy PLC (Netherlands)

Funder(s)

Funder type

Research organisation

Funder Name

The Dutch Innovation Fund of Collaborative Health Insurances (Innovatiefonds Zorgverzekeraars) (Netherlands) - awarded a grant to initiate the project

Funder Name

Interapy PLC (Netherlands) - provided consultancy, technical assistance, web-application development and application hosting support

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		01/02/2012	09/04/2021	Yes	No
Protocol article		01/03/2009		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