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# Online treatment of bulimia nervosa

| Submission date | Recruitment status | [ ] Prospectively registered |
|---|---|---|
| 30/03/2010 | No longer recruiting | [X] Protocol |
| **Registration date** | **Overall study status** | [ ] Statistical analysis plan |
| 14/04/2010 | Completed | [X] Results |
| **Last Edited** | **Condition category** | [ ] Individual participant data |
| 09/04/2021 | Mental and Behavioural Disorders | |

**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

### Primary study design
Interventional

### Study design
Single centre randomised controlled trial

### 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 binging 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 binging
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/m^2
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 |