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Effects of an outpatient sport-therapy programme on patients with eating disorders

Submission date
05/01/2015

Recruitment status
No longer recruiting

Registration date
26/01/2015

Overall study status
Completed

Last Edited
28/05/2024

Condition category
Mental and Behavioural Disorders

[X] Prospectively registered
[ ] Protocol
[ ] Statistical analysis plan
[X] Results
[ ] Individual participant data

Plain English summary of protocol

Background and study aims
About 30–40% of patients with eating disorders (anorexia nervosa or bulimia nervosa) over exercise. Excessive exercising is associated with a worsening of eating disorders. However, in some patients physical activity helps to reduce body dissatisfaction and eating disorder symptoms. Only a few programmes have been developed that specifically address or use physical activity in eating disorders. How eating disorders and physical exercise affect each other is not sufficiently understood. Our aim is to assess the effects of an exercise-therapy programme on patients with eating disorders. Also, we aim to investigate the relation between physical activity and eating disorders.

Who can participate?
Patients with eating disorders and a body-mass index greater than 16 kg/m² who exercise too much

What does the study involve?
Patients will be randomly allocated to a newly developed manualised sport-therapy programme or a waiting list control group. Patients in the sport-therapy programme will have one introductory meeting and 12 weekly group sessions. Each session will last 120 minutes and will start with a short exchange about how everyone feels, followed by a warm-up and an introduction to the topic of the week (educational component). The main part (45–60 minutes) contains physical activity and sport plays. The session closes with a reflection round and the prescription of homework, depending on the topic. The educational component of the programme focuses on healthy and unhealthy aspects of physical activity.
Patients in the intervention group will be assessed before the start of the intervention, 3 months later, at 6 months after the end of intervention. Patients in the waiting list control group will be assessed before the start of the intervention and 3 months later.

What are the possible benefits and risks of participating?
The benefits are reductions in body dissatisfaction and eating disorder symptoms

Where is the study run from?
Department of Psychosomatic Medicine and Psychotherapy, University Medical Center (Germany)

When is the study starting and how long is it expected to run for?
From March 2015 to August 2017

Who is funding the study?
Schweizerische Anorexia nervosa Stiftung (Switzerland)

Who is the main contact?
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Contact information

Type(s)
Scientific

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Additional identifiers

Protocol serial number
37-14

Study information

Scientific Title
Effects of the Freiburg sport-therapy programme on patients with eating disorders: a randomised study

Study objectives
1. Pathological attitudes towards physical activity and pathological sport behavior will be significantly more reduced with the Freiburg sport-therapy intervention than spontaneous reductions in a control group (at the end of the intervention and at 6-months' follow-up)
2. Overall eating disorder will be significantly more reduced with the sport therapy intervention than spontaneous reductions or reductions with additional psychotherapy in the control group (at the end of the intervention and at 6-months' follow-up)

Ethics approval required
Old ethics approval format

Ethics approval(s)
Ethics committee of the University of Freiburg/Germany, 18 February 2013, number 65/13

Primary study design
Interventional

Study design
Interventional, randomised controlled study at a single centre.

Study type(s)
Treatment

Health condition(s) or problem(s) studied
Outpatients with eating disorders (anorexia nervosa, bulimia nervosa; body-mass index >16 kg /m² to < 25 kg/m²) and unhealthy exercise behaviour.

Interventions
A newly developed manualised sport-therapy programme (13-weekly group sessions; see Schlegel, et al, Psychother Psychosom Med Psychol 2012; http://cirrie.buffalo.edu/database /169270/) will be compared with a waiting list control group.

Patients will have one introductory meeting and 12 weekly group sessions. Each session will last 120 minutes and will start with a short exchange about how everyone feels, followed by a warm-up and an introduction to the topic of the week (educational component). The main part (45–60 minutes) contains physical activity and sport plays. The session closes with a reflection round and the prescription of homework, depending on the topic. The programme consists of five modules:
1. Module A is on becoming acquainted with the group
2. Module B is on education, self-monitoring and fostering the perception of one's own body
3. Module C is on working on changing attitudes towards sports and sports behaviour (e.g., focusing on achievement orientation, perception of boundaries, reflecting aims related to exercising, balancing effort and recovery)
4. Module D focuses on playful and new experiences with different types of sports (especially team sports like volleyball or sports with a social component like dancing)
5. Module E is on a final reflection on the group experiences and plans for the future.

The educational component of the programme focuses on healthy and unhealthy aspects of physical activity.

Patients in the intervention group will have measurements done before the start of the intervention, 3 months later (at the end of the intervention), at 6 months after the end of intervention (follow-up).
The waiting list control group will be assessed before the start of the intervention and 3 months later.

Intervention Type
Behavioural

Primary outcome(s)
Reduction in pathological exercising (Commitment to Exercise Scale total score)

Key secondary outcome(s)
Reduction in overall eating disorder (total Score Eating Disorder Examination)

Completion date
31/08/2017

Eligibility

Key inclusion criteria
1. Outpatients with a diagnosis of anorexia nervosa (Diagnostic and Statistical Manual of Mental Disorders, Fifth Edition)
2. Outpatients with a diagnosis of bulimia nervosa (Diagnostic and Statistical Manual of Mental Disorders, Fifth Edition)
3. Age at least 18 years old
4. Commitment to Exercise Scale total score >100
5. Body-mass index greater than 16 kg/m²

Participant type(s)
Patient

Healthy volunteers allowed
No

Age group
Adult

Lower age limit
18 Years

Sex
All

Total final enrolment
26

Key exclusion criteria
1. Professional athletes
2. People waiting for an inpatient admission
3. Psychosis, substance dependency or organic brain disease
4. Patients with physical problems that do not allow them to participate in physical activities

Date of first enrolment
01/03/2015

Date of final enrolment
01/08/2016

Locations

Countries of recruitment
Germany

Study participating centre
Department of Psychosomatic Medicine and Psychotherapy, University Medical Center
Hauptstrasse 8
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Sponsor information

Organisation
University Medical Center Freiburg

ROR
https://ror.org/03vzbgh69

Funder(s)

Funder type
Not defined

Funder Name
Schweizerische Anorexia nervosa Stiftung, Switzerland

Results and Publications

Individual participant data (IPD) sharing plan

IPD sharing plan summary
Available on request

Study outputs

Output type	Details	Date created	Date added	Peer reviewed?	Patient-facing?
Results article	results	07/07/2020	13/07/2020	Yes	No

Other publications	08/11/2019	28/05/2024	Yes	No