

# Internet-based relapse prevention for Eating Disorders following inpatient treatment: randomised controlled trial for Anorexia Nervosa

**Submission date**

08/11/2006

**Recruitment status**

No longer recruiting

**Registration date**

04/01/2007

**Overall study status**

Completed

**Last Edited**

22/05/2019

**Condition category**

Mental and Behavioural Disorders

☐ Prospectively registered

☐ Protocol

☐ Statistical analysis plan

☒ Results

☐ Individual participant data

**Plain English summary of protocol**

Not provided at time of registration

## Contact information

**Type(s)**

Scientific

**Contact name**

Dr Manfred Fichter

**Contact details**

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Am Roseneck 6  
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Germany  
83209

## Additional identifiers

**Protocol serial number**

01GV0604

## Study information

**Scientific Title**

# Internet-based relapse prevention for Eating Disorders following inpatient treatment: randomised controlled trial for Anorexia Nervosa

## Acronym

EDNET 3 AN

## Study objectives

Evaluation of the efficacy of an internet based relapse prevention program in anorexia nervosa after inpatient treatment.

## Ethics approval required

Old ethics approval format

## Ethics approval(s)

Approval was obtained from the ethics board of the "Bayerische Landsaerztekammer" (Bavarian General Medical Council) on August 2, 2006 (reference number: 06034).

## Primary study design

Interventional

## Study design

Multi-centre, prospective, randomised superiority trial with two parallel arms each

## Study type(s)

Treatment

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

Anorexia Nervosa

## Interventions

Experimental intervention:

Application of a behaviourally oriented Relapse Prevention Program (RPP) via internet with chat room, SMS and e-mail support and feed-back.

Control intervention:

Treatment As Usual (TAU) and internet newsletter.

## Intervention Type

Other

## Phase

Not Specified

## Primary outcome(s)

Difference between body mass index at the end of the treatment (nine months) and at randomisation

## Key secondary outcome(s)

Explorative measures of psychopathology to investigate the time course and to support the clinical claim

**Completion date**

31/12/2009

## Eligibility

**Key inclusion criteria**

1. Female
2. More than 16 years
3. Diagnosis anorexia nervosa
4. Successful inpatient therapy

**Participant type(s)**

Patient

**Healthy volunteers allowed**

No

**Age group**

Adult

**Sex**

Female

**Total final enrolment**

258

**Key exclusion criteria**

1. Mental or somatic disability prohibiting participation in study
2. Acute psychosis
3. Chronic organic or schizophrenic psychosis
4. Severe suicidal ideation/behaviour

**Date of first enrolment**

01/01/2007

**Date of final enrolment**

31/12/2009

## Locations

**Countries of recruitment**

Germany

**Study participating centre**

**Klinik Roseneck**  
Prien am Chiemsee  
Germany  
83209

## Sponsor information

### Organisation

Medical-Psychosomatic Hospital Klinik Roseneck (Medizinisch-Psychosomatische Klinik Roseneck) (Germany)

### ROR

<https://ror.org/007ztdc30>

## Funder(s)

### Funder type

Government

### Funder Name

German Federal Ministry for Education and Research (Bundesministerium für Bildung und Forschung) (Germany) (ref: 01 GV 0604)

## 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 | 01/03/2012   | 22/05/2019 | Yes            | No              |
| <a href="#">Results article</a> | results | 30/07/2013   | 22/05/2019 | Yes            | No              |
| <a href="#">Results article</a> | results | 08/02/2015   | 22/05/2019 | Yes            | No              |