

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

<b>Submission date</b> 20/08/2010	<b>Recruitment status</b> No longer recruiting	<input type="checkbox"/> Prospectively registered
<b>Registration date</b> 20/09/2010	<b>Overall study status</b> Completed	<input type="checkbox"/> Protocol
<b>Last Edited</b> 23/06/2011	<b>Condition category</b> 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

**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?
<a href="#">Results article</a>	results	01/08/2011		Yes	No
<a href="#">Study website</a>	Study website	11/11/2025	11/11/2025	No	Yes