

Online intervention for improving body satisfaction

No registrations found.

Ethical review	Positive opinion
Status	Recruiting
Health condition type	-
Study type	Interventional

Summary

ID

NL-OMON21454

Source

NTR

Health condition

eetstoornissen; eating disorders; negatief lichaamsbeeld; body dissatisfaction

Sponsors and support

Primary sponsor: Accare, Child-and adolescent psychiatry
Centre for Eating disorders
Postbus 30 | 9422 ZG Smilde

Source(s) of monetary or material Support: n.v.t.

Intervention

Outcome measures

Primary outcome

The primary outcome measures of the study are body satisfaction measured with the:

- Body Image States Scale (BISS)
- Subscales weight and shape concerns of the Eating Disorder Examination Questionnaire (EDE-Q)

- Automatic body evaluation measured with the Implicit Association Test (IAT)

And general self-esteem measured with the Rosenberg Self-Esteem Scale (RSES).

Secondary outcome

In addition, we study the effects of the intervention on general treatment success:

- Severity of eating disorder symptoms measured with the total scores and subscales restraint and eating concerns of the EDE-Q.
- Positive aspects of body image measured with the short version of the Body Appreciation Scale (BAS).
- Social aspects of body image measured with the Perceptions of Social Approval for Appearance (PSAA).
- Tendency to social comparison measured with the Physical Appearance Comparison Scale (PACS).
- Ideal body image is measured with the Contour Drawing Rating Scale (CDRS).

Study description

Study objective

The aim of this study is to investigate the effectiveness of a brief computer intervention to improve body satisfaction and self-esteem in a clinical population of adolescents with an eating disorder. We will examine whether the intervention is effective (a) in adolescents with an eating disorder and (b) as online intervention.

Study design

Pre, post, 3 weeks FU, 11 weeks FU. For the control group there is an extra assessment after halve of the training.

Intervention

This innovative computertraining is based on conditioning principles and learns participants to associate their body with positive, accepting social feedback.

Contacts

Public

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Eligibility criteria

Inclusion criteria

- > Patients who are dissatisfied with their body and who would like to receive treatment for this
- > Patients who were diagnosed at the start of their treatment at usual with Anorexia Nervosa, Boulimia Nervosa or eatings disorder not otherwise specified
- > Patients of 12 years or older can participate
- > Only patients with a normal weight or slight overweight can participate (BMI adjusted to growth curve, "adjusted BMI" of 85 to 140, which is similar to a BMI of 18.5 to 30 in adults, Van Winckel & Van Mil, 2001). In case of anorexia nervosa this means that patients first should have gained weight.

Exclusion criteria

- > Non-Dutch speaking patients
- > Patients who are no longer dissatisfied with their bodies
- > Patients with obesity (adjusted BMI > 140)
- > Patients with underweight (adjusted BMI < 85)
- > Patients who do not want to be randomized

Study design

Design

Study type:	Interventional
Intervention model:	Crossover
Allocation:	Randomized controlled trial
Masking:	Double blinded (masking used)
Control:	Active

Recruitment

NL	
Recruitment status:	Recruiting
Start date (anticipated):	01-09-2015
Enrollment:	51
Type:	Anticipated

Ethics review

Positive opinion	
Date:	02-09-2015
Application type:	First submission

Study registrations

Followed up by the following (possibly more current) registration

ID: 42288
Bron: ToetsingOnline
Titel:

Other (possibly less up-to-date) registrations in this register

No registrations found.

In other registers

Register	ID
NTR-new	NL5342
NTR-old	NTR5451
CCMO	NL51113.042.15
OMON	NL-OMON42288

Study results