Does body satisfaction improve in adolescents with an eating disorder due to an online training based on evaluative conditioning?

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

Ethical review	Approved WMO
Status	Recruitment stopped
Health condition type	Eating disorders and disturbances
Study type	Interventional

Summary

ID

NL-OMON42288

Source
ToetsingOnline

Brief title
Improving body satisfaction through evaluative conditioning

Condition

- Eating disorders and disturbances

Synonym
Anorexia Nervosa, eating disorders

Research involving
Human

Sponsors and support

Primary sponsor: Accare, Kinder- en Jeugdpsychiatrie

Intervention

Keyword: body satisfaction, eating disorders, evaluative conditioning

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.

• Social aspects of body image measured with the Perceptions of Social Approval

for Appearance (PSAA).

• Ideal body image is measured with the Contour Drawing Rating Scale (CDRS).

Study description

Background summary

Low body body satisfaction and self-esteem are important factors in the development and maintenance of eating disorders (Stice & Shaw, 2002; Johnson & Wardle, 2005). In addition, body dissatisfcation appears to be an importnat predictor of relapse after treatment. Recently, it was found that evaluative conditioning through a computer training lead to improvement of body satisfaction and self-esteem. This training was shown to be effective in a controlled setting in a sample of students without an eating disorder who followed one training session (Martijn et al., 2010). These positive effects were replicated among women with a high risk of developing an eating disorder (Aspen et al., 2015). After the training these women reported less weight and shape concerns and an increase in self-esteem. One and three months after the training these positive effects endured. in the present study we want to investigate whether this training can help to improve body satisfaction in adolescents with an eating disorder.

Study objective

The aim of this study is to investigate the effectiveness of a brief computer intervention to improve body satisfcation and self-esteem in a clinical population of adolescents with an eating disorder. We will examine whether the intervention is effective (a) in girls with an eating disorder and (b) as online intervention. This innovative computertraining is based on conditioning principles and learns participants to associate their body with positive, accepting social feedback. The training could form an additional intervention to treatment as usual.

Study design

The study has a single-blind cross-over design. Participants are randomly divided over an experimental and a control group. Participants in the control group will receive the experimental intervention after a bogus training. After the training there are two follow-up measurements to be able to determine the effects of the training over time.

The interention will be tested in 2 (Condition: experimental, control) x 2 (Time: T1, T2) RM-ANOVA's with body satisfaction and self-esteem as dependent variables.

Intervention

In this training participants have to click on pictures of their own body and pictures of others' bodies. Their own pictures are systematically followed by portrait pictures of friendly smiling faces. The training exists of 6 sessions of around 5 minutes and are administered online to adolescents who are dissatisfied with their bodies. In the bogus training participants will be shown the same stimuli as in the experimental condition, but these will be

administered in blocks of the same category without any contingency between the own body and a smiling face.

Study burden and risks

Participation in the study is not associated with any risks. The only burden to the participants is a time investment of half an hour to 40 minutes for each measurement session and the largest part of the assessments can be conducted at home via the computer. Participation gives direct advantages to the participant, since pre-clinical studies already showed that this training might be highly effective in improving body satisfaction. All participants eventually receive the experimental training and help to gather evidence which is beneficial for future eating disorder patients.
When the training is indeed effective for this group in improving body image and self-esteem, the training will be included as a module within the already existing blended treatment program Smaakk! Smaakk! is part of the blended treatment program of the national expert network of child- and adolescent psychiatry (http://netwerk-kjp.nl/e-health), which means that the intervention will be used in several child- and adolescents treatment centers across the Netherlands.

Contacts

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Trial sites

Listed location countries

Netherlands

Eligibility criteria

Age
Adolescents (12-15 years)
Adolescents (16-17 years)
Adults (18-64 years)
Elderly (65 years and older)

Inclusion criteria

> Patients who are in treatment at the Centre for Eating Disorders of Accare
> Patients who are dissatisfied with their body and who would like to receive treatment for this
> Patients are girls 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
> Boys
> 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:	Single blinded (masking used)

Control:	Placebo
Primary purpose:	Treatment

Recruitment

NL

Recruitment status:	Recruitment stopped
Start date (anticipated):	01-09-2015
Enrollment:	51
Type:	Actual

Ethics review

Approved WMO
Date:	09-07-2015
Application type:	First submission
Review commission:	METC Universitair Medisch Centrum Groningen (Groningen)

Not approved
Date:	19-08-2016
Application type:	Amendment
Review commission:	METC Universitair Medisch Centrum Groningen (Groningen)

Study registrations

Followed up by the following (possibly more current) registration

No registrations found.

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

ID: 21454
Source: NTR
Title:

In other registers

Register	ID
CCMO	NL51113.042.15
OMON	NL-OMON21454