

Effectiveness of the online intervention Etendebaas.nl.

Gepubliceerd: 14-07-2010 Laatste bijgewerkt: 18-08-2022

The online intervention Etendebaas.nl will effectively reduce disordered eating behaviour among female patients with BN, BED and EDNOS.

Ethische beoordeling	Positief advies
Status	Werving gestart
Type aandoening	-
Onderzoekstype	Interventie onderzoek

Samenvatting

ID

NL-OMON26771

Bron

Nationaal Trial Register

Aandoening

Eating disorders

Ondersteuning

Primaire sponsor: Tactus Verslavingszorg

Keulenstraat 3

7418 ET Deventer

Overige ondersteuning: Tactus Verslavingszorg

Onderzoeksproduct en/of interventie

Uitkomstmaten

Primaire uitkomstmaten

Reduction in disordered eating behaviour (Eating Disorder Examination Questionnaire EDE-Q; Fairburn & Beglin, 1994; Dutch translation: van Furth, 2000).

Toelichting onderzoek

Achtergrond van het onderzoek

We aim to evaluate the effectiveness of Etendebaas.nl, an online intervention for female patients with bulimia nervosa, binge eating disorder and eating disorder not otherwise specified. We will conduct a randomised controlled trial with two groups: intervention group and waiting list control group. Patients in the intervention group can immediately start with the online intervention and patients in the control group have to wait 15 weeks before they can start the intervention.

Doel van het onderzoek

The online intervention Etendebaas.nl will effectively reduce disordered eating behaviour among female patients with BN, BED and EDNOS.

Onderzoeksopzet

T0: Baseline;

T1: Post-treatment (15 weeks);

T2: Follow-up 1 (3 months);

T3: Follow-up 2 (6 months);

T4: Follow-up 3 (one year).

Onderzoeksproduct en/of interventie

In this randomised controlled trial patients will be randomised between the online intervention Etendebaas.nl (intervention group) or the waiting list control group.

Patients in the intervention group can immediately start with the online intervention. Etendebaas.nl is a structured treatment program consisting of two parts in which the patient and therapist communicate asynchronous, via the internet only. The patient and therapist are in separate locations and the interaction between them occurs with a delay between responses. The duration of the intervention varies between patients, but on average takes approximately 15 weeks. The aim of the intervention is to motivate patients to change their eating behaviour and body image, and to provide support for this change. The ultimate goal of treatment is a reduction in disordered eating behaviour. The program uses psycho-education and cognitive-therapeutic techniques. The method underlying the intervention is based on principles from the Cognitive Behaviour Therapy (CBT) and motivational

interviewing. Part 1 of the intervention consists of at least seven contacts with four assignments; focusing on the analysis of the patients eating behaviour. A personal advice is given at the end of part 1. Part 2 consists of at least fourteen contacts with six assignments.

The waiting list control group receives an informational and supportive email once every two weeks during the waiting period. Patients cannot reply to these messages. These email messages include information about the website and forum of Etendebaas.nl, psycho-education, motivational messages and information related to eating disorders, such as the physical and mental symptoms.

Contactpersonen

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Deelname eisen

Belangrijkste voorwaarden om deel te mogen nemen (Inclusiecriteria)

1. Female;
2. Minimum age of 18;
3. Diagnosis bulimia nervosa (BN), binge eating disorder (BED) or eating disorder not otherwise specified (EDNOS);

4. Access and ability to use the Internet;
5. Reading and writing the Dutch language;
6. Given informed consent.

Belangrijkste redenen om niet deel te kunnen nemen (Exclusiecriteria)

1. Body weight less than 85% of ideal weight;
2. Receiving any other treatment for eating disorders during the past six months;
3. Current significant suicidal ideation;
4. Pregnancy;
5. Planned absence of 4 weeks or longer during treatment.

Onderzoeksopzet

Opzet

Type:	Interventie onderzoek
Onderzoeksmodel:	Parallel
Toewijzing:	Gerandomiseerd
Blinding:	Open / niet geblindeerd
Controle:	Actieve controle groep

Deelname

Nederland	
Status:	Werving gestart
(Verwachte) startdatum:	28-03-2011
Aantal proefpersonen:	252
Type:	Verwachte startdatum

Ethische beoordeling

Positief advies

Datum: 14-07-2010

Soort: Eerste indiening

Registraties

Opgevolgd door onderstaande (mogelijk meer actuele) registratie

Geen registraties gevonden.

Andere (mogelijk minder actuele) registraties in dit register

Geen registraties gevonden.

In overige registers

Register	ID
NTR-new	NL2309
NTR-old	NTR2415
Ander register	METC : P10-31
ISRCTN	ISRCTN wordt niet meer aangevraagd.

Resultaten

Samenvatting resultaten

N/A