

## **Effects of an outpatient sport therapeutic program for patients with eating disorders**

(project no. 37-14)

### **Authors**

A. Zeeck, A. Hartmann, S. Schlegel,  
*Department of Psychosomatic Medicine and Psychotherapy, University Medical Center  
Freiburg, DE*

### **Aim**

The study aims to evaluate efficacy of a sport therapy program for eating disorders (ED). Additionally, we aim to explore the relationship between physical activity, eating pathology and affect by methods of Ecological Momentary Assessment.

### **Background**

About 30-40% of patients with anorexia or bulimia nervosa show some form of pathological exercising which is associated with a more unfavourable course of the disorder. However, in some patients physical activity has been proven to be helpful to reduce body dissatisfaction and bulimic symptoms. So far, only few programs have been developed and evaluated that specifically address or "use" physical activity in ED. Furthermore, it is not sufficiently understood how eating pathology, affect and physical exercise influence each other.

### **Method**

The intervention will be compared to a waiting list control using a randomized design (phase II study). The sport therapy intervention addresses dysfunctional attitudes towards physical exercise and pathological sport behavior in five moduls, using positive effects of physical activity at the same time. Patients with anorexia and bulimia nervosa with a BMI above 16 kg/m<sup>2</sup> and exercise pathology will be included (N=60).

In an add-on study, the relationship between eating behaviour, drive for thinness, body dissatisfaction, affect and exercise behaviour will be explored using methods of ecological momentary assessment (EMA).

### **Execution**

February 2015 - July 2017

**The project is funded by the Swiss Anorexia Nervosa Foundation.**