

Binge-Eating Disorder Treatment Goes Online – Feasibility, Usability and Preliminary Evaluation of Treatment Outcome

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Authors

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Aim

This study sets out to develop a guided self-help (GSH) online-therapy for Binge-Eating Disorder (BED) (based on Munsch, Biedert & Schlup, 2011). The aim is to evaluate feasibility, user-friendliness and differential efficacy of the program.

Background

Although there is evidence that cognitive behavioral therapy (CBT) is the first-line treatment for BED, access to treatment remains limited. Especially for patients with few comorbidities and low disorder severity, GSH online-therapies have shown to be a promising alternative to face-to-face interventions. Advantages of online GSH are anonymity, easy access, as well as time effectiveness.

Method

The study team, consisting of experts in eating disorder (ED) research and Human-Computer Interaction, develops the online-therapy and tests treatment effects. 60 participants with BED (females, 18-60 years old) will be randomly allocated to a treatment group, a pure waitlist control group and a placebo-enriched control group.

Execution

January 2016 – January 2018

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