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

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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:
The study will be carried out at the Department of Clinical Psychology and Psychotherapy at the University of Fribourg. The usability of the online-program will first be evaluated in a group of healthy participants. Thereafter, patients with BED will participate in the efficacy trial of the online-therapy. The 8-week online therapy program will be followed by three booster-sessions. Patients receive guidance by a trained therapist. The modular structure of the program later allows an adaptation for men, other EDs and can be supplemented by e.g. a training to improve body image satisfaction or emotion regulation.