

HEC23211: Ten Session Interventions in the Treatment of Disordered Eating: A Randomised Controlled Pilot and Feasibility Study

Researchers at La Trobe University and Eating Disorders Victoria are seeking volunteer research participants to be involved in a study about cognitive behaviour therapy and guided self-help treatment for eating disorders.

We hope to learn whether 10-session versions of these treatment approaches can improve outcomes in those with mild to moderate eating disorders. The study will be conducted in the North East Region of the Murray Primary Health Network. Treatment will be delivered face to face and/or via telehealth. We also hope to learn how best to design a larger study providing eating disorder treatment in rural settings.

YOU MAY QUALIFY IF YOU

- Live in, or access services in, or nearby to, the North East Region of the Murray Primary Health Network.
- Are 18 years or over
- Are experiencing disordered eating
- Have a BMI greater than 17.5kg/m²
- Are willing to be assessed by your GP prior to and during participation
- Are medically stable

PARTICIPATION INVOLVES

If you decide to take part in the research, you would be asked to:

- Undertake a series of pre-treatment screening interviews and questionnaires
- Have a medical assessment with your GP that may involve blood tests
- Be randomised to receive either guided self-help or cognitive behaviour therapy for eating disorders
- Attend face-to-face appointments at La Trobe University Albury-Wodonga Campus (Wodonga) and/or attend telehealth via videoconference (we will help you with this)
- Complete a series of online questionnaires throughout treatment and at 6, 12, 18 and 24 months after treatment ends

Your decision to participate in research is voluntary.

REIMBURSEMENT FOR PARTICIPATION

You will receive no-cost treatment for eating disorders by guided self-help or cognitive behavioral therapy.

You will need to be assessed by your GP for medical stability prior to participation, and during participation if clinically indicated. Appointments with your GP are at your own cost. There are no other costs associated with participation in this research study, nor will you be paid.

NEXT STEPS/OPTIONS TO FIND OUT MORE

As this is a research project you will be invited to provide voluntary, informed consent regarding your participation in the study. This is done in two steps.

1. In the first step you will be invited to consent to participate in the pre-treatment screening interviews and questionnaires ([see here](#) for more information). During this process we will determine whether you meet the inclusion criteria for the intervention study.
2. If you are eligible to participate in the intervention study you will proceed to the second step where you will be invited to consent to participate in the study (further details will be provided). If you are not eligible to participate in the study we will provide you with information about other supports available to you.

Please [click here](#) if you would like to proceed to the first step or for further information, please contact the study team directly: BEWT_ED10@latrobe.edu.au or 02 6024 9743.

SCAN HERE FOR MORE INFORMATION, OR FOLLOW THE LINK BELOW



<https://tinyurl.com/ed10screen>