

First International

# E-Mental Health Summit 2009

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The Netherlands



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## Internet based treatment of eating disorders, looking back and looking forward



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# Salut

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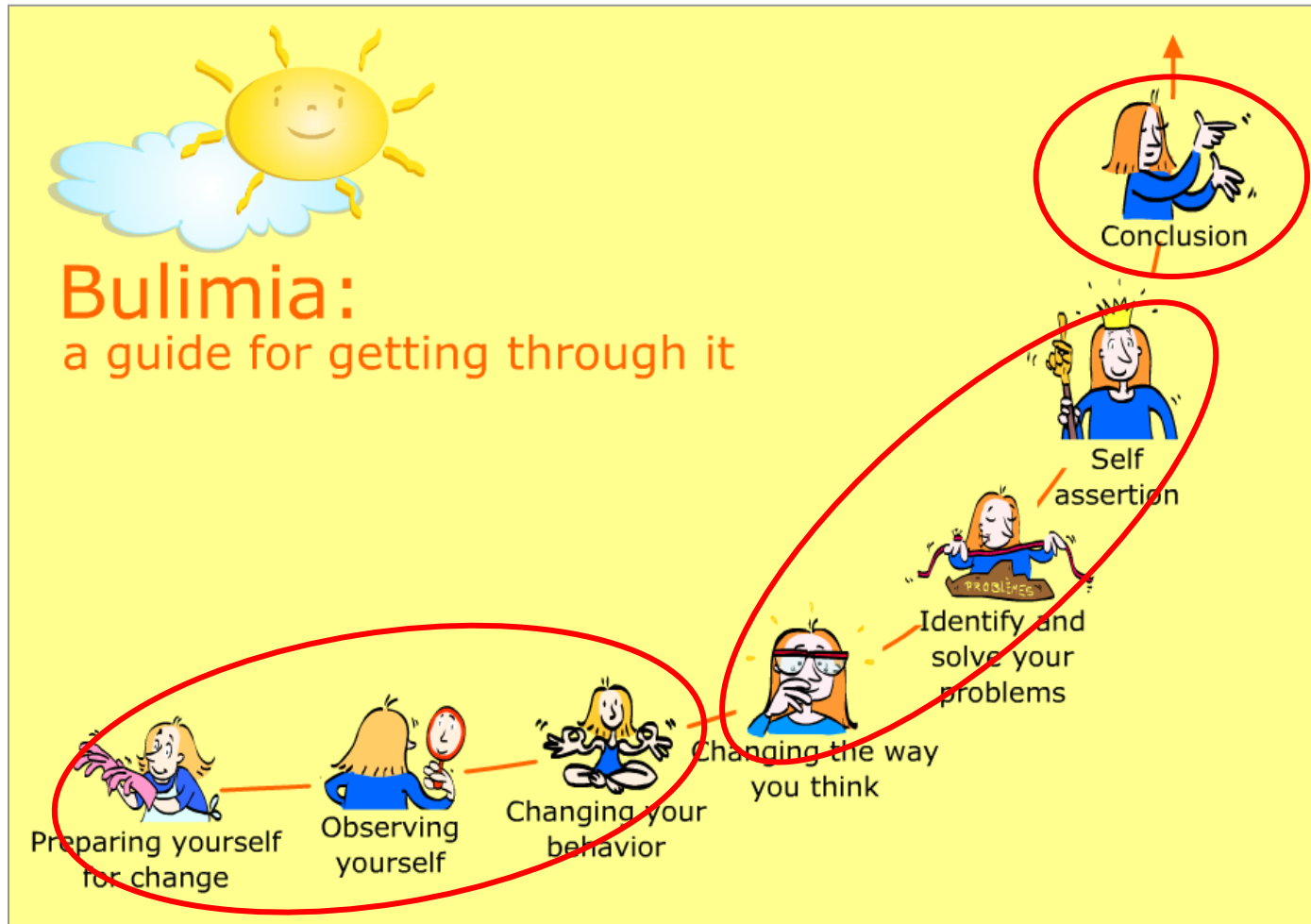
- European research project (2001-2004)
- Applying IT to treatment support of eating disorders
- Developed Online guided Self Help for Program for Bulimia
- Clinical evaluation in 4 European countries (SE, CH, DE, ES)

# Background

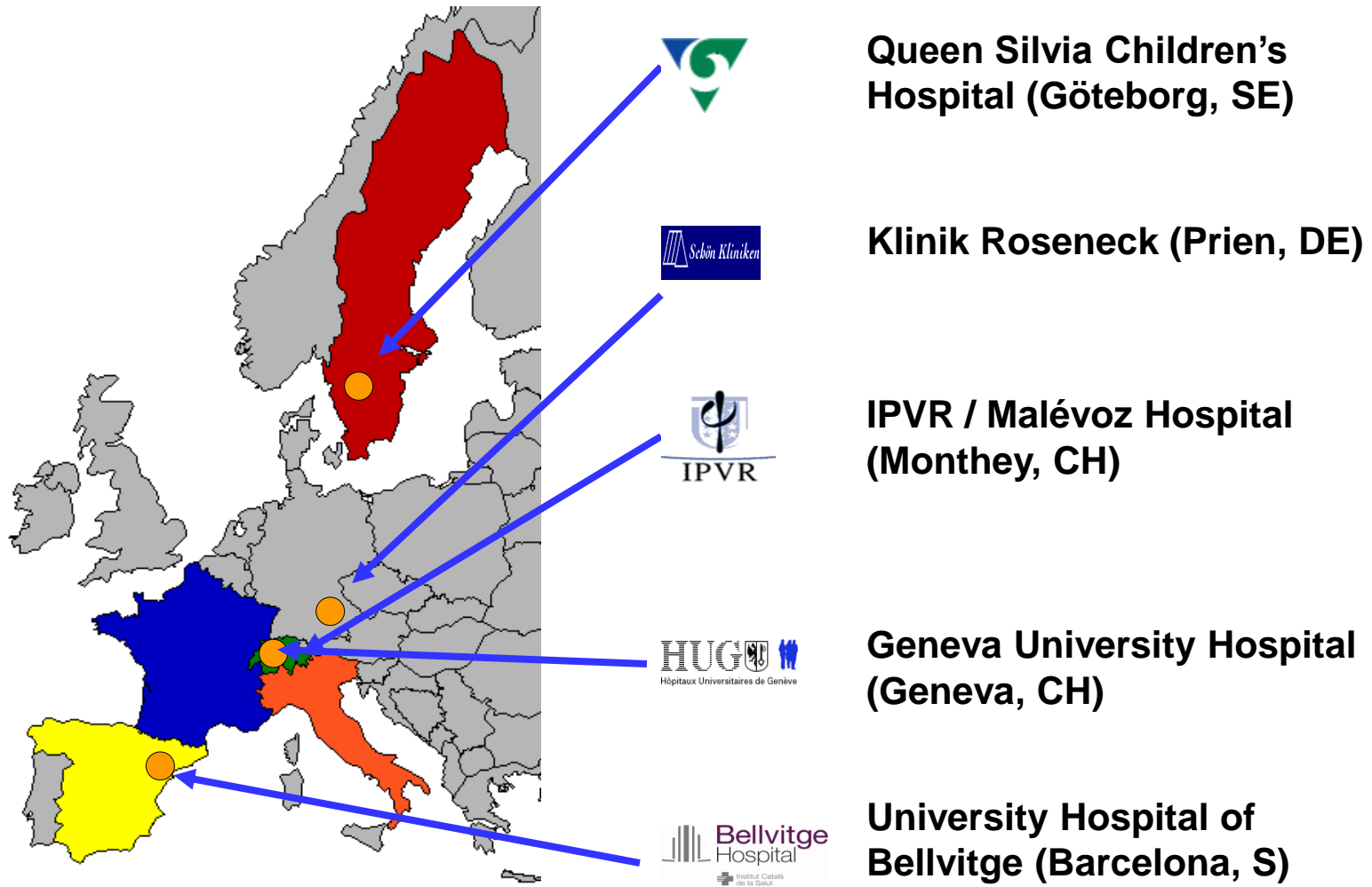
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- Positive results on the use of an **online program for the prevention** of eating disorders in an at risk population (Winzelberg et al, 2000)
- Use of **e-mails** in the identification and treatment of bulimia nervosa (Robinson & Serfaty, 2001)
- CBT treatment for bulimia nervosa delivered by **CD-ROM**
- Internet-based treatment of psychiatric disorders : **depression, PTSD, anxiety disorders**

# The SHG : 7 modules



# Studies centres 2001 - 2004



# Common Protocol

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- Participants
  - Women with BN or EDNOS purging type (DSM-IV)
  - BMI > 17.5
- Evaluations : pre – 4 months
- Core questionnaires : EDI-2 and SCL-90R

# Results

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- **Publications of single country results:**  
(Carrard & Rouget 2006, Liwowsky, 2006, Nevonen, 2006, Fernandez-Aranda, 2008)
- **Preliminary analysis of aggregated European data follows.**

# Population characteristics

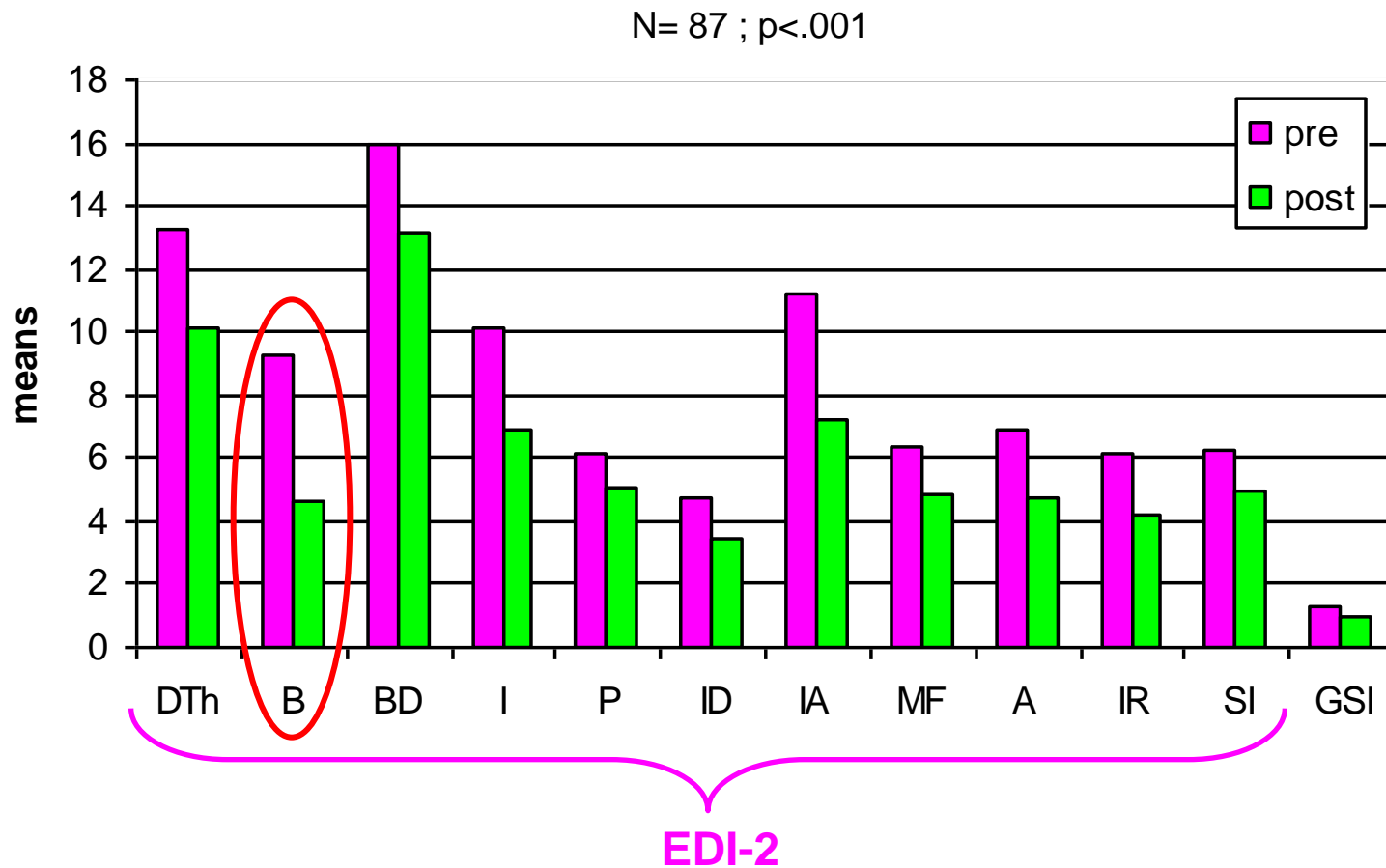
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- 127 women
- Age = 24.7: (range : 18 to 43, SD = 5.1)
- BMI = 21.5: (range : 17.5 to 33.65, SD = 2.9)
- Illness length : 8.4 (range : 1 to 29, SD = 5.4)
  
- Differences among populations
  - German less severe, Swiss in middle, Spain and Sweden more severe.

 Representative of a population met in a clinical setting



# Edi-2 subscales and SCL-90 GSI



# Compliance

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- **42.2%** of completers finished the 7 modules
  - 25.3% modules 1-3
  - 32.7% modules 4-6
- Key Observation: .
  - No correlation between modules completed and BN symptoms at post assessment
  - Food diary and bulimia nervosa symptoms at post assessment :  $r=-0.23$  ,  $p<.05$

# Dropout

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- Definition: Four weeks without any connection or e-mail contact
- 25.2 % for the whole sample
  - Germany : 4%
  - Sweden : 11.8 %
  - Switzerland : 35.7%
  - Spain : 38.7 %
- No predictors found

# Conclusions

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## Encouraging results

- Participants were interested and satisfied
- Good results on EDI-2 and SCL-90 scales

- **Limitations:**

- Control group, short follow up

# Further research

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- Difference in drop out?
  - Coach effect? Severity?
- Longer term follow-up
- More engaging interactions

# Followup studies (2006 – 2009)

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**Austria:** Medical University Vienna

- RCT Bilibiotherapy vs Internet (2006 – 2008)

**Holland:** PYSQ,

- Clinical pilot evaluation (2006 – 2008)

**Sweden:** Stockholm Center for Eating Disorders

- RCT Group therapy, guided Bilibiotherapy, vs Internet (Launch Oct 2009)

# Looking Forward

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- Using serious games, and biofeedback as therapeutic support interactions.
  - Learning planning skills – premediation
  - Tolerance to frustration
  - Relaxation
- Islands - serious game for therapeutic support under development in the Playmancer project.

# **Thank you for your attention !**

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