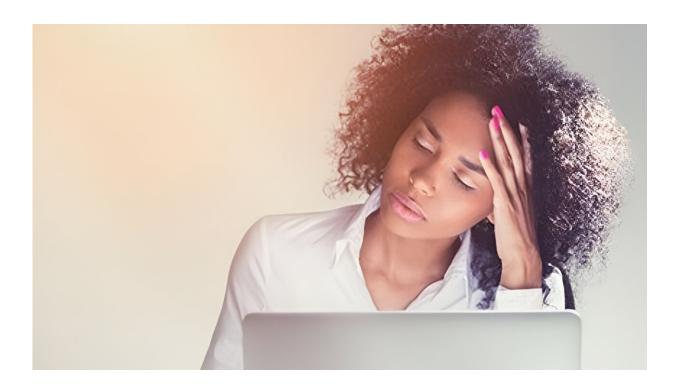


## Web-based self-help intervention found to be beneficial for binge eating disorder

May 17 2024, by Elana Gotkine



For patients with binge eating disorder (BED), a web-based cognitive behavioral self-help intervention leads to significant reductions in binge eating episodes and improvements in mental health outcomes, <u>according</u>



to a study published online May 16 in JAMA Network Open.

Luise Pruessner, from Heidelberg University in Germany, and colleagues examined the effectiveness of a web-based cognitive behavioral self-help intervention for individuals with BED in a two-arm, parallel-group randomized clinical trial. A total of 154 patients aged 18 to 65 years who met the <u>diagnostic criteria</u> for BED were enrolled and randomly assigned to a web-based self-help intervention or a waiting-list control condition (77 to each).

The researchers observed significant improvements in binge eating episodes (Cohen's d, -0.79) and in global eating psychopathology, weekly binge eating, clinical impairment, well-being, depression, anxiety, <u>self-esteem</u>, and emotional regulation (difficulties and repertoire) with the web-based intervention.

"The provision of accessible and effective treatment options holds promise for improving the everyday experiences of patients with BED, as well as for diminishing its <u>adverse health effects</u>," the authors write. "Providing these programs to those in need of treatment can contribute to alleviating the burden that BED places on patients, their families, and society."

**More information:** Luise Pruessner et al, Effectiveness of a Web-Based Cognitive Behavioral Self-Help Intervention for Binge Eating Disorder, *JAMA Network Open* (2024). DOI: 10.1001/jamanetworkopen.2024.11127

Andrea K. Graham, Digital Interventions to Close the Treatment Gap for Binge Eating, *JAMA Network Open* (2024). DOI: 10.1001/jamanetworkopen.2024.11108



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