

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

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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, [according](#)

[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 [diagnostic criteria](#) 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, [self-esteem](#), 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 [adverse health effects](#)," 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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