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## **Evaluating a mindfulness-based therapy for binge eating in women: A multiple case study**

As part of her doctoral degree, Rebecca is currently seeking women, between 18 and 55 years of age, who are experiencing binge eating problems to participate in a study involving participating in a mindfulness-based therapy program. The aim of Rebecca's research project is to develop, implement, and evaluate a mindfulness-based therapy for the individual treatment of women experiencing difficulties managing their eating behaviour. The therapy is manualised, and is based on the Mindful Moderate Eating Group (MMEG) program, developed by Dr. Naomi Crafti, a group program that has been running at the Clinic since 1995.

The therapy is suited to someone who has a desire to address some of the psychological and emotional issues associated with their eating problem, whether mild or severe, and who would prefer to work individually rather than in a group setting. An initial assessment interview will be conducted, to discuss the individual's concerns and help determine whether the therapy is the most suitable option.

Participants will be invited to complete a series of questionnaires throughout the course of therapy that ask about personality, coping styles, self-awareness, emotions, attitudes and eating habits. Following completion, participants will also be invited to take part in an interview, to provide feedback on what it was like. The data will be presented as a series of 'case studies.' Participation in the study is voluntary and you are free to refuse to participate or withdraw at any time. Your decision to refuse to participate or withdraw from the study will not impact on the therapeutic support you receive in any way.

The therapy is to be carried out at the Swinburne Psychology Clinic over approximately 12-18 sessions. The cost of the mindfulness-based therapy program includes an assessment fee of \$25 plus a program fee of \$400. A workbook and mindfulness CDs are provided. If you are unable to pay the program fee in one lump sum, please contact the Project Officer 9214 5528 to discuss alternate arrangements, for example, it is possible to pay two instalments of \$200.

If you, or someone you know, are looking for help for binge eating concerns, and would like to find out more about the therapy and its evaluation, please contact at [abrydon@swin.edu.au](mailto:abrydon@swin.edu.au) or 9214 5528 to obtain an information pack. Interested participants will then be contacted by Rebecca to discuss potential involvement and address any queries. To find out more about the Clinic, visit [www.swin.edu.au/clinic](http://www.swin.edu.au/clinic)