

HEC21425: Stepped Care 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 guided self-help stepped care treatment for eating disorders. We hope to learn whether providing guided self-help in the first instance can increase access to eating disorder treatment and how best to design a larger treatment program in a community service such as Eating Disorders Victoria.

You May Qualify if You

- Are 18 years or over
- Are experiencing an eating disorder
- Have a BMI greater than 17.5kg/m²
- Are willing to have an assessment with 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 randomized to receive either guided self-help stepped care or cognitive behaviour therapy for eating disorders
- Attend face-to-face appointments at Eating Disorders Victoria in Abbotsford and via telehealth
- 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.

Options to find out more

1. If you would like to see if you may be eligible, you can complete the following brief screening questionnaire. At the end of the questionnaire you will have the option of entering your first name and contact details if you would like to be contacted for further information or express interest in the study:

<https://redcap.link/4k55knuq>

OR

2. If you would like to contact the study coordinator directly for further information, please contact:

| | |
|-------------------------------|--|
| Name: | Study Coordinator: Annemarie Hindle |
| School/Department | Department of PsychologyCounselling and Therapy |
| Email: | a.hindle@latrobe.edu.au |
| Ethics Approval Number | HEC21425 |