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The Web-based intervention is based on the principles of cognitive-behavioral therapy and motivational interviewing. In part 1, patients analyze their eating attitudes and behaviors. Part 2 focuses on behavioral change. During the program, patients receive messages, assignments, exercises, and psychoeducation from their therapists. The program includes four assignments and at least seven contacts in part 1 and six assignments and at least 14 contacts in part 2. Examples of part 1 assignments are daily registering of eating behavior and related thoughts and feelings, analyzing eating situations, and describing advantages and disadvantages of the disorder. Part 2 assignments include setting goals in regard to eating, exercising, checking weight, and (if applicable) compensation behaviors, changing thoughts, changing behaviors, improving self-image, and writing a relapse prevention plan. The average duration of the program is 15 weeks. After completing the program, patients can participate in an aftercare program consisting of six weekly sessions.

In June 2009, our intervention was first tested in a population of 28 patients with eating disorders who were recruited via the Web site of a Dutch patient organization. The main aim of this pilot study was to evaluate patients’ satisfaction and program feasibility. Initial effectiveness data were also measured. In addition to the regular online research questionnaires, the researcher interviewed each patient by telephone. The results of the pilot study were positive and suggested that the program was an acceptable and feasible intervention for patients with eating disorders. Several suggestions for improvement were received and implemented. Based on the positive results, in January 2010 the program was made widely available via the Internet for all patients with eating disorders. To highlight the intervention and to recruit patients, a nationwide press statement was released, and relevant health care institutions were informed about the intervention.

As a result, a total of 165 patients started the Web-based intervention in 2010. To evaluate the program, all patients were asked to complete online self-report measures at baseline, post-treatment, and six-week and six-month follow-up. Results showed that the Web-based intervention successfully changed eating disorder psychopathology, with most of the improvements sustained at the six-month follow-up. Physical and mental health also improved, and patients were much more satisfied with their body image. The patients evaluated the support of the therapist as most important, confirming our assumptions at the start of program development. To prove the efficacy of the program, we started a randomized controlled trial in March 2011. We expect those results to be available in January 2014.

Because of the wide availability of the Internet, our successful intervention is accessible for all patients with eating disorders in the Netherlands. We think it can easily be transformed to a worldwide intervention by translating the program to other languages.

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