

Plan Overview

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Title: Development of an improved and accessible treatment program for people with binge eating disorder and comorbid overweight or obesity

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Project abstract:

Eating disorders and obesity are independent public health concerns in both developed and developing countries. Nonetheless, there is a significant occurrence of eating disorders, especially binge eating disorder, in individuals with obesity. This is concerning because eating disorders can contribute to obesity and vice-versa. Additionally, individuals with eating disorders as well as comorbid obesity are at higher risk of health complications than individuals with either condition alone. A new treatment designed to simultaneously reduce eating disorder behaviors and assist with weight management - the HAPIFED Program - has been developed. This program - as originally developed in Australia - includes 30 sessions of therapy, nonetheless this extended treatment duration is not suitable for Brazil where resources in the public health system are scarce and private health care is not affordable for a significant proportion of the population. Thus, it is important to develop and test a short-version of the HAPIFED Program because shortened treatment duration

can reduce the burden on public health systems and also reduce cost of private treatment. This study compares a short and online version of the HAPIFED Program (i.e. 12 sessions of therapy) versus the usual care, cognitive behavior therapy (CBT) in simultaneously treating binge eating disorder and overweight/obesity. A hundred and twenty participants with binge eating disorder and comorbid overweight/obesity will be randomized to group treatment with the short and online version of the HAPIFED Program or CBT. Eating disorders, body mass index, mental health and quality of life will be assessed at baseline, 12 weeks and 24 weeks after treatment commencement. The outcomes of this study will inform on the effectiveness of a new integrated and time-efficient therapy for individuals with binge eating disorder and comorbid overweight/obesity.

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Development of an improved and accessible treatment program for people with binge eating disorder and comorbid overweight or obesity - Descrição dos Dados e Metadados produzidos pelo projeto

Descrição dos dados e metadados produzidos

Que dados serão coletados ou criados?

-Demographic questionnaire

-Eating Disorders Examination – Questionnaire (EDE-Q)

-Loss of Control over Eating Scale (LOCES)

-Depression, Anxiety and Stress Scale (DASS-21)

-12-Item Short Form Survey (SF-12)

-Mindful Eating Scale (MES)

-Difficulties in emotion regulation scale (DERS)

-Body Checking and Avoidance Questionnaire (BCAQ)

-Physical activity questions based on the Surveillance System for Risk Factors for Chronic Non-communicable Diseases (VIGITEL)

-Pittsburgh Sleep Quality Index (PSQI)

-Treatment Acceptance Questions

-Qualitative interviews

Como os dados serão coletados ou criados

Os dados serão coletados usando a plataforma online RedCap e entrevistas qualitativas pelo Zoom e telefone.
