



MONTH TOPIC

USING TEXT MESSAGES AS PART OF TREATMENT FOR BULIMIA AND BINGE EATING

Purpose

The purpose of the study is to illustrate the improvement of bulimic and binge eater due to writing weekly texting and receiving weekly feedback .

Methods

After attending an inpatient program (CBT), researchers from Germany found out that maintaining healthier habits is extremely hard for bulimic and binge eater patients specially after being released. The study focused on 165 women, half of them took part in a text message program as a continuation of the treatment. In the texting program, women sent messages weekly for 16 weeks describing how they felt about their bodies, frequency of binging, and frequency of purging or related behaviors. In response, they received tailored texts offering support and feedback on the use of specific CBT skills to help.

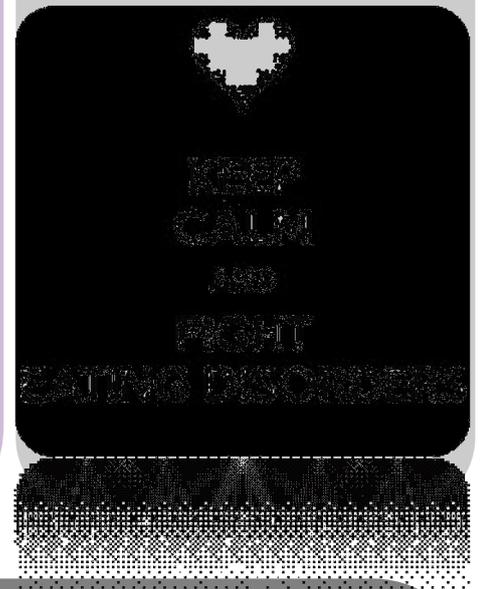
Results

Compared to the control group, women in the text program were better able to maintain the reduction in symptoms they had previously achieved in the hospital:

- They had the chance to monitor their symptoms (a CBT skill termed "self-monitoring")
- The tailored feedback texts helped them to reduce their symptoms by reminding them of appropriate CBT skills

Spring Into Action: Infusing Creativity and Flexibility into the Eating Disorder Field, March 27, 2015, Needham Sheraton - 100 Cabot Street, Needham.

Conferences



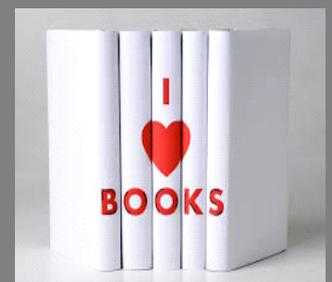
Readings

Obesity eating disorders and the media-Karin Eli , Stanley Ulijaszeck –2014.

Media and youth :A Developmental Perspective-Steven J Kirsh –2010.

Body Dissatisfaction, Eating Disorders and a Media Literacy Intervention Among Tanzanian Females-Moira Hennessey –2008.

Eating Disorders - Suzanne Abraham– 2008 .





Month Topic continued

Conclusion

The study showed the importance of technological tools that people with eating disorders can also benefit from.

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<http://www.bingeeatingbulimia.com/blog/2012/5/23/using-text-messages-as-part-of-treatment-for-bulimia-and-bin.html>

Using text messages as part of treatment for Bulimia and Binge eating, Sumati Gupta, 23 May 2012.

Research

Stephanie A. Valutis, Anthony J. Goreczny, Leena Abdullah, Emily Magee Joseph A. Wister. (2009). Weight Preoccupation, Body Image Dissatisfaction, and Self-Efficacy in Female Undergraduates . Retrieved September 28, 2014, from <http://www.scientificjournals.org/journals2009/articles/1421.pdf>

Natalie Colabianchi, Carolyn E. levers-Landis, Elaine A. Borawski. (2006). Weight Preoccupation as a Function of Observed Physical Attractiveness: Ethnic Differences Among Normal-Weight Adolescent Females. Retrieved September 28, 2014, from <http://jpepsy.oxfordjournals.org/content/31/8/803.full.pdf>.

