



Universiteit  
Leiden  
The Netherlands

## Just a click away... E-mental health for eating disorders

Aardoom, J.J.

### Citation

Aardoom, J. J. (2016, December 7). *Just a click away.. E-mental health for eating disorders*. Retrieved from <https://hdl.handle.net/1887/45091>

Version: Not Applicable (or Unknown)

License: [Licence agreement concerning inclusion of doctoral thesis in the Institutional Repository of the University of Leiden](#)

Downloaded from: <https://hdl.handle.net/1887/45091>

**Note:** To cite this publication please use the final published version (if applicable).

Cover Page



Universiteit Leiden



The handle <http://hdl.handle.net/1887/45091> holds various files of this Leiden University dissertation.

**Author:** Aardoom, J.J.

**Title:** Just a click away... E-mental health for eating disorders

**Issue Date:** 2016-12-07

## References

## References

- Aardoom, J. J., Dingemans, A. E., Boogaard, L. H., & van Furth, E. F. (2014). Internet and patient empowerment in individuals with symptoms of an eating disorder: A cross-sectional investigation of a pro-recovery focused e-community. *Eating Behaviors, 15*, 350-356.
- Aardoom, J. J., Dingemans, A. E., Slof Op't Landt, M. C., & van Furth, E. F. (2012). Norms and discriminative validity of the Eating Disorder Examination Questionnaire (EDE-Q). *Eating Behaviors, 13*, 305-309.
- Aardoom, J. J., Dingemans, A. E., Spinhoven, P., Hakkaart-van Roijen, L., & van Furth, E. F. (2013). An Internet-based intervention for eating disorders consisting of automated computer-tailored feedback with or without supplemented frequent or infrequent support from a coach: Study protocol for a randomized controlled trial. *Trials, 14*, 340.
- Aardoom, J. J., Dingemans, A. E., Spinhoven, P., & van Furth, E. F. (2013). Treating eating disorders over the internet: A systematic review and future research directions. *International Journal of Eating Disorders, 46*, 539-552.
- Aardoom, J., Dingemans, A., Spinhoven, P., van Ginkel, J., de Rooij, M., & van Furth, E. (2016). Internet-based fully automated self-help with different levels of therapist support for individuals with eating disorder symptoms: A randomized controlled trial. *Journal of Medical Internet Research, In press*.
- Aardoom, J., Dingemans, A., & van Furth EF (2016). E-health interventions for eating disorders: Emerging findings, issues, and opportunities. *Current Psychiatry Reports, 18*, 42.
- Agh, T., Kovacs, G., Pawaskar, M., Supina, D., Inotai, A., & Voko, Z. (2015). Epidemiology, health-related quality of life and economic burden of binge eating disorder: A systematic literature review. *Eating and Weight Disorders, 20*, 1-12.
- Agras, W. S., Telch, C. F., Arnow, B., Eldredge, K., & Marnell, M. (1997). One-year follow-up of cognitive-behavioral therapy for obese individuals with binge eating disorder. *Journal of Consulting and Clinical Psychology, 65*, 343-347.
- Alfonsson, S., Olsson, E., & Hursti, T. (2015). The effects of therapist support and treatment presentation on the clinical outcomes of an Internet based applied relaxation program. *Internet Interventions, 2*, 289-296.

- Allen, K. L., Byrne, S. M., Oddy, W. H., & Crosby, R. D. (2013). DSM-IV-TR and DSM-5 eating disorders in adolescents: Prevalence, stability, and psychosocial correlates in a population-based sample of male and female adolescents. *Journal of Abnormal Psychology, 122*, 720-732.
- Ambwani, S., Cardi, V., & Treasure, J. (2014). Mobile self-help interventions for anorexia nervosa: Conceptual, ethical, and methodological considerations for clinicians and researchers. *Professional Psychology: Research and Practice, 45*, 316-323.
- American Psychiatric Association (1994). *Diagnostic and Statistical Manual of mental disorders (4<sup>th</sup> ed.)*. Washington DC: American Psychiatric Association.
- American Psychiatric Association (2013). *Diagnostic and statistical manual of mental disorders (5<sup>th</sup> ed.)*. Washington, DC: American Psychiatric Association.
- Andersson, G., Cuijpers, P., Carlbring, P., Riper, H., & Hedman, E. (2014). Guided Internet-based vs. face-to-face cognitive behavior therapy for psychiatric and somatic disorders: A systematic review and meta-analysis. *World Psychiatry, 13*, 288-295.
- Andersson, G., Paxling, B., Wiwe, M., Vernmark, K., Felix, C. B., Lundborg, L., Furmark, T., Cuijpers, P., & Carlbring, P. (2012). Therapeutic alliance in guided internet-delivered cognitive behavioural treatment of depression, generalized anxiety disorder and social anxiety disorder. *Behaviour Research And Therapy, 50*, 544-550.
- Andersson, G. & Cuijpers, P. (2009). Internet-based and other computerized psychological treatments for adult depression: A meta-analysis. *Cognitive Behaviour Therapy, 38*, 196-205.
- Arcelus, J., Mitchell, A. J., Wales, J., & Nielsen, S. (2011). Mortality rates in patients with anorexia nervosa and other eating disorders. A meta-analysis of 36 studies. *Archives of General Psychiatry, 68*, 724-731.
- Baker, T. B., Gustafson, D. H., Shaw, B., Hawkins, R., Pingree, S., Roberts, L., & Strecher, V. (2010). Relevance of CONSORT reporting criteria for research on eHealth interventions. *Patient Education and Counseling, 81*, S77-S86.
- Baron, R. M. & Kenny, D. A. (1986). The moderator-mediator variable distinction in social psychological research: Conceptual, strategic, and statistical considerations. *Journal of Personality and Social Psychology, 51*, 1173-1182.

## References

- Bartlett, Y. K. & Coulson, N. S. (2011). An investigation into the empowerment effects of using online support groups and how this affects health professional/patient communication. *Patient Education and Counseling*, *83*, 113-119.
- Bauer, S. & Moessner, M. (2013). Harnessing the power of technology for the treatment and prevention of eating disorders. *International Journal of Eating Disorders*, *46*, 508-515.
- Bauer, S., Moessner, M., Wolf, M., Haug, S., & Kordy, H. (2009). ES[S]PRIT - an Internet-based programme for the prevention and early intervention of eating disorders in college students. *British Journal of Guidance & Counselling*, *37*, 327-336.
- Bauer, S., Papezova, H., Chereches, R., Caselli, G., McLoughlin, O., Szumska, I., van Furth, E., Ozer, F., & Moessner, M. (2013). Advances in the prevention and early intervention of eating disorders: The potential of Internet-delivered approaches. *Mental Health & Prevention*, *1*, 26-32.
- Bauer, S., Winn, S., Schmidt, U., & Kordy, H. (2005). Construction, scoring and validation of the Short Evaluation of Eating Disorders (SEED). *European Eating Disorders Review*, *13*, 191-200.
- Baumeister, H., Reichler, L., Munzinger, M., & Lin, J. (2015). The impact of guidance on Internet-based mental health interventions: A systematic review. *Internet Interventions*, *1*, 205-215.
- Beck A.T., Rush A.J., Shaw B.F., & Emery G. (1979). *Cognitive therapy of depression*. New York: Guilford Press.
- Becker, A. E., Hadley Arrindell, A., Perloe, A., Fay, K., & Striegel-Moore, R. H. (2010). A qualitative study of perceived social barriers to care for eating disorders: Perspectives from ethnically diverse health care consumers. *International Journal of Eating Disorders*, *43*, 633-647.
- Beintner, I., Jacobi, C., & Taylor, C. B. (2011). Effects of an internet-based prevention programme for eating disorders in the USA and Germany: A meta-analytic review. *European Eating Disorders Review*, *20*, 1-8.
- Berg, K. C., Stiles-Shields, E. C., Swanson, S. A., Peterson, C. B., Lebow, J., & Le, G. D. (2012). Diagnostic concordance of the interview and questionnaire versions of the eating disorder examination. *International Journal of Eating Disorders*, *45*, 850-855.

Berg, K. C., Peterson, C. B., Frazier, P., & Crow, S. J. (2011). Psychometric evaluation of the Eating Disorder Examination and Eating Disorder Examination-Questionnaire: A systematic review of the literature. *International Journal of Eating Disorders, 45*, 428-438.

Berger, T., Caspar, F., Richardson, R., Kneubühler, B., Sutter, D., & Andersson, G. (2011). Internet-based treatment of social phobia: A randomized controlled trial comparing unguided with two types of guided self-help. *Behaviour Research And Therapy, 49*, 158-169.

Berkman, N. D. L. (2007). Outcomes of eating disorders: A systematic review of the literature. *International Journal of Eating Disorders, 40*, 293-309.

Bewell, C. V. & Carter, J. C. (2008). Readiness to change mediates the impact of eating disorder symptomatology on treatment outcome in anorexia nervosa. *International Journal of Eating Disorders, 41*, 368-371.

Blake, W., Turnbull, S., & Treasure, J. (1997). Stages and processes of change in eating disorders: Implications for therapy. *Clinical Psychology & Psychotherapy, 4*, 186-191.

Blankers, M., Koeter, M. W. J., & Schippers, G. M. (2010). Missing data approaches in eHealth research: Simulation study and a tutorial for nonmathematically inclined researchers. *Journal of Medical Internet Research, 12*, e54.

Blankers, M., Nabitz, U., Smit, F., Koeter, M. W., & Schippers, G. M. (2012). Economic evaluation of internet-based interventions for harmful alcohol use alongside a pragmatic randomized controlled trial. *Journal of Medical Internet Research, 14*, e134.

Boevink, W., Kroon, H., & Giesen, F. (2008a). Gaining control over one's life: A conceptual exploration of the concept of empowerment of individuals with mental disabilities [Controle herwinnen over het eigen leven: Een conceptuele verkenning van het begrip empowerment van mensen met psychische handicaps]. *Tijdschrift voor Rehabilitatie, 17*, 16-26.

Boevink, W., Kroon, H., & Giesen, F. (2008b). Empowerment: Construction and validation of a questionnaire [*Empowerment: Constructie en validatie van een vragenlijst*]. Utrecht: Trimbos-Instituut.

## References

- Boudreaux, E. D., Sullivan, A., Abar, B., Bernstein, S. L., Ginde, A. A., & Camargo, C. A., Jr. (2012). Motivation rulers for smoking cessation: A prospective observational examination of construct and predictive validity. *Addict.Sci Clin Pract*, 7, 8.
- Bovier, P. A., Chamot, E., & Perneger, T. V. (2002). Brief scales for measurement of functional social support and psychological resources in French-speaking adults. *Sozial- und Präventivmedizin*, 47, 298-306.
- Braun, D. L., Sunday, S. R., & Halmi, K. A. (1994). Psychiatric comorbidity in patients with eating disorders. *Psychological Medicine*, 24, 859-867.
- Bruning Brown, J., Winzelberg, A. J., Abascal, L. B., & Taylor, C. B. (2004). An evaluation of an Internet-delivered eating disorder prevention program for adolescents and their parents. *Journal of Adolescent Health*, 35, 290-296.
- Bulik, C. M., Sullivan, P. F., Tozzi, F., Furberg, H., Lichtenstein, P., & Pedersen, N. L. (2006). Prevalence, heritability, and prospective risk factors for anorexia nervosa. *Archives of General Psychiatry*, 63, 305-312.
- Bulik, C. M., Marcus, M. D., Zerwas, S., Levine, M. D., Hofmeier, S., Trace, S. E., Hamer, R. M., Zimmer, B., Moessner, M., & Kordy, H. (2012). CBT4BN versus CBTF2F: Comparison of online versus face-to-face treatment for bulimia nervosa. *Contemporary Clinical Trials*, 33, 1056-1064.
- Burns, J. W., Kubilus, A., Bruehl, S., Harden, N., & Lofland, K. (2003). Do changes in cognitive factors influence outcome following multidisciplinary treatment for Chronic pain? A crossed-lagged panel analysis. *Journal of Consulting and Clinical Psychology*, 71, 81-91.
- Burns, J. M., Durkin, L. A., & Nicholas, J. (2009). Mental health of young people in the United States: What role can the Internet play in reducing stigma and promoting help seeking? *Journal of Adolescent Health*, 45, 95-97.
- Byford, S., Barrett, B., Roberts, C., Clark, A., Edwards, V., Smethurst, N., & Gowers, S. G. (2007). Economic evaluation of a randomised controlled trial for anorexia nervosa in adolescents. *British Journal of Psychiatry*, 191, 436-440.



Cachelin, F. M., Rebeck, R., Veisel, C., & Striegel-Moore, R. H. (2001). Barriers to treatment for eating disorders among ethnically diverse women. *International Journal of Eating Disorders, 30*, 269-278.

Cachelin, F. M. & Striegel-Moore, R. H. (2006). Help seeking and barriers to treatment in a community sample of Mexican American and European American women with eating disorders. *International Journal of Eating Disorders, 39*, 154-161.

Cardi, V., Clarke, A., & Treasure, J. (2013). The use of guided self-help incorporating a mobile component in people with eating disorders: A pilot study. *European Eating Disorders Review, 21*, 315-322.

Cardi, V., Lounes, N., Kan, C., & Treasure, J. (2013). Meal support using mobile technology in anorexia nervosa. Contextual differences between inpatient and outpatient settings. *Appetite, 60*, 33-39.

Carrard, I., Crépin, C., Rouget, P., Lam, T., Golay, A., & Van der Linden, M. (2011a). Randomised controlled trial of a guided self-help treatment on the internet for binge eating disorder. *Behaviour Research And Therapy, 49*, 482-491.

Carrard, I., Crépin, C., Rouget, P., Lam, T., van der Linden, M., & Golay, A. (2011b). Acceptance and efficacy of a guided Internet self-help treatment program for obese patients with binge eating disorder. *Clinical Practice & Epidemiology in mental health, 7*, 8-18.

Carrard, I., Fernández-Aranda, F., Lam, T., Nevonon, L., Liwowsky, I., Volkart, A. C., Rouget, P., Golay, A., Van der Linden, M., & Norring, C. (2011c). Evaluation of a guided Internet self-treatment programme for bulimia nervosa in several European countries. *European Eating Disorders Review, 19*, 138-149.

Carrard, I., Rouget, P., Fernández-Aranda, F., Volkart, A. C., Damoiseau, M., & Lam, T. (2006). Evaluation and deployment of evidence based patient self-management support program for bulimia nervosa. *International Journal of Medical Informatics, 75*, 101-109.

Carter, J. C., Blackmore, E., Sutandar-Pinnock, K., & Woodside, D. B. (2004). Relapse in anorexia nervosa: A survival analysis. *Psychological Medicine, 34*, 671-679.

## References

- Carter, J. C., Mercer-Lynn, K. B., Norwood, S. J., Bewell-Weiss, C. V., Crosby, R. D., Woodside, D. B., & Olmsted, M. P. (2012). A prospective study of predictors of relapse in anorexia nervosa: Implications for relapse prevention. *Psychiatry Research, 200*, 518-523.
- Celio, A. A., Winzelberg, A. J., Wilfley, D. E., Eppstein-Herald, D., Springer, E. A., Dev, P., & Taylor, C. B. (2000). Reducing risk factors for eating disorders: Comparison of an Internet- and a classroom-delivered psychoeducational program. *Journal of Consulting and Clinical Psychology, 68*, 650-657.
- Chesney, E., Goodwin, G. M., & Fazel, S. (2014). Risks of all-cause and suicide mortality in mental disorders: A meta-review. *World Psychiatry, 13*, 153-160.
- Clausen, L. (2008). Time to remission for eating disorder patients: A 2(1/2)-year follow-up study of outcome and predictors. *Nordic Journal of Psychiatry, 62*, 151-159.
- Cohen, J. (1988). *Statistical Power Analysis for the Behavioral Sciences (2<sup>nd</sup> ed.)* Hillsdale, NJ: Lawrence Erlbaum Associates.
- Cohen, J. (1960). A coefficient of agreement for nominal scales. *Educational and psychological measurement, 20*, 37-46.
- Cohen, J. S., Edmunds, J. M., Brodman, D. M., Benjamin, C. L., & Kendall, P. C. (2013). Using self-monitoring: Implementation of collaborative empiricism in cognitive-behavioral therapy. *Cognitive and Behavioral Practice, 20*, 419-428.
- Cohen, J. (1992). A power primer. *Psychological Bulletin, 112*, 155-159.
- Conte, H. R., Ratto, R., Clutz, K., & Karasu, T. B. (1995). Determinants of outpatients' satisfaction with therapists: Relation to outcome. *Journal of Psychotherapy Practice and Research, 4*, 43-51.
- Cook, J. E. D. C. (2002). Working alliance in online therapy as compared to face-to-face therapy: Preliminary results. *Cyberpsychology & Behavior, 5*, 95-105.
- Cooper, Z., Cooper, P., & Fairburn, C. G. (1989). The validity of the Eating Disorder Examination and its subscales. *British Journal of Psychiatry, 154*, 807-812.
- Council for Public and Health Care (2006). *Sensible and sustainable healthcare [Zinnige en duurzame zorg]*. Zoetermeer: RVZ.

- Cowdrey, F. A. & Park, R. J. (2011). Assessing rumination in eating disorders: Principal component analysis of a minimally modified ruminative response scale. *Eating Behaviors, 12*, 321-324.
- Crow, S. J., Agras, W. S., Halmi, K. A., Fairburn, C. G., Mitchell, J. E., & Nyman, J. A. (2013). A cost effectiveness analysis of stepped care treatment for bulimia nervosa. *International Journal of Eating Disorders, 46*, 302-307.
- Csipke, E. & Horne, O. (2007). Pro-eating disorder websites: User's opinions. *European Eating Disorders Review, 15*, 196-206.
- Cuijpers, P., Marks, I. M., van Straten, A., Cavanagh, K., Gega, L., & Andersson, G. (2009). Computer-aided psychotherapy for anxiety disorders: A meta-analytic review. *Cognitive Behaviour Therapy, 38*, 66-82.
- Cuijpers, P., Straten, A. v., & Andersson, G. (2008). Internet-administered cognitive behavior therapy for health problems: A systematic review. *Journal of Behavioral Medicine, 31*, 169-177.
- Cunningham, J. A., Gulliver, A., Farrer, L., Bennett, K., & Carron-Arthur, B. (2014). Internet interventions for mental health and addictions: Current findings and future directions. *Current Psychiatry Reports, 16*, 521.
- De Jong, H., Oldershaw, A., Sternheim, L., Samarawickrema, N., Kenyon, M. D., Broadbent, H., Lavender, A., Startup, H., Treasure, J., & Schmidt, U. (2013). Quality of life in anorexia nervosa, bulimia nervosa and eating disorder not-otherwise-specified. *Journal of Eating Disorders, 1*, 43.
- de la Rie, S., Noordenbos, G., Donker, M., & van Furth, E. (2006). Evaluating the treatment of eating disorders from the patient's perspective. *International Journal of Eating Disorders, 39*, 667-676.
- de la Rie, S.M., van Furth, E.F., de Koning, A., Noordenbos, G., & Donker, M.C.H. (2005). The quality of life of family caregivers of eating disorder patients. *Eating Disorders, 13*, 345-351.
- de Zwaan, M., Herpertz, S., Zipfel, S., Tuschen-Caffier, B., Friederich, H. C., Schmidt, F., Gefeller, O., Mayr, A., Lam, T., Schade-Brittinger, C., & Hilbert, A. (2012). INTERBED:

## References

Internet-based guided self-help for overweight and obese patients with full or subsyndromal binge eating disorder. A multicenter randomized controlled trial. *Trials*, *13*, 220.

Deloitte (2015). *Global health care outlook: Common goals, competing priorities*. Retrieved from <http://www2.deloitte.com/content/dam/Deloitte/global/Documents/Life-Sciences-Health-Care/gx-lshc-2015-health-care-outlook-global.pdf>.

Dickerson, J. F., DeBar, L., Perrin, N. A., Lynch, F., Wilson, G. T., Rosselli, F., Kraemer, H. C., & Striegel-Moore, R. H. (2011). Health-service use in women with binge eating disorders. *International Journal of Eating Disorders*, *44*, 524-530.

Dingemans, A., van Son, G., Aardoom, J., Bruidegom, K., Slof-Op 't Landt, M., & van Furth, E. (2016). Predictors of psychological outcome in patients with eating disorders: A routine outcome monitoring study. *International Journal of Eating Disorders*, *In press*.

Dolemeyer, R., Tietjen, A., Kersting, A., & Wagner, B. (2013). Internet-based interventions for eating disorders in adults: A systematic review. *BioMed Central Psychiatry*, *13*, 207.

Donker, T., Blankers, M., Hedman, E., Ljotsson, B., Petrie, K., & Christensen, H. (2015). Economic evaluations of Internet interventions for mental health: A systematic review. *Psychological Medicine*, *45*, 3357-3376.

Doove, L. L., Dusseldorp, E., van Deun, K., & van Mechelen, I. (2014). A comparison of five recursive partitioning methods to find person subgroups involved in meaningful treatment–subgroup interactions. *Advances in Data Analysis and Classification*, *8*, 403-425.

Doove, L. L., Van Buuren, S., & Dusseldorp, E. (2014). Recursive partitioning for missing data imputation in the presence of interaction effects. *Computational Statistics and Data Analysis*, *72*, 92-104.

Duncan, B. L., Miller, S. D., Sparks, J. A., Claud, D. A., Reynolds, L. R., Brown, J., & Johnson, L. D. (2003). The session rating scale: Preliminary psychometric properties of a "working" alliance measure. *Journal of Brief Therapy*, *3*, 3-12.

Dutch Healthcare Authority (NZa) (2016). Prices general practitioner and multidisciplinary care [Tariefbeschikking Huisartsenzorg en multidisciplinaire zorg]. Retrieved from

[https://www.nza.nl/1048076/1048155/Bijlage\\_bij\\_TB\\_CU\\_7089\\_01\\_Tarievenlijst\\_huisarts\\_enzorg\\_en\\_multidisciplinaire\\_zorg.pdf](https://www.nza.nl/1048076/1048155/Bijlage_bij_TB_CU_7089_01_Tarievenlijst_huisarts_enzorg_en_multidisciplinaire_zorg.pdf).

Eekhout, I., de Vet, H. C., Twisk, J. W., Brand, J. P., de Boer, M. R., & Heymans, M. W. (2014). Missing data in a multi-item instrument were best handled by multiple imputation at the item score level. *Journal of Clinical Epidemiology*, *67*, 335-342.

Ehring, T., Raes, F., Weidacker, K., & Emmelkamp, P. M. G. (2012). Validation of the Dutch version of the Perseverative Thinking Questionnaire (PTQ-NL). *European Journal of Psychological Assessment*, *28*, 102-108.

Ehring, T., Zetsche, U., Weidacker, K., Wahl, K., Schönfeld, S., & Ehlers, A. (2011). The Perseverative Thinking Questionnaire (PTQ): Validation of a content-independent measure of repetitive negative thinking. *Journal of Behavior Therapy and Experimental Psychiatry*, *42*, 225-232.

Engel, S. G., Adair, C. E., Las, H. C., & Abraham, S. (2009). Health-related quality of life and eating disorders: A review and update. *International Journal of Eating Disorders*, *42*, 179-187.

Engel, S. G. & Wonderlich, S. (2010). *New technologies in treatments for eating disorders*. In C.M.Grilo & S. A. Wonderlich (Eds.), *The treatment of eating disorders: A clinical handbook* (pp. 500-509). New York: Guilford Press.

Engel, S. G., Wonderlich, S. A., Crosby, R. D., Mitchell, J. E., Crow, S., Peterson, C. B., Le Grange, D., Simonich, H. K., Cao, L., Lavender, J. M., & Gordon, K. H. (2013). The role of affect in the maintenance of anorexia nervosa: Evidence from a naturalistic assessment of momentary behaviors and emotion. *Journal of Abnormal Psychology*, *122*, 709-719.

Engel, S. G., Wittrock, D. A., Crosby, R. D., Wonderlich, S. A., Mitchell, J. E., & Kolotkin, R. L. (2006). Development and psychometric validation of an eating disorder-specific health-related quality of life instrument. *International Journal of Eating Disorders*, *39*, 62-71.

Escobar-Koch, T., Banker, J. D., Crow, S., Cullis, J., Ringwood, S., Smith, G., van Furth, E., Westin, K., & Schmidt, U. (2010). Service users' views of eating disorder services: An international comparison. *International Journal of Eating Disorders*, *43*, 549-559.

EuroQol Group (1990). EuroQol-a new facility for the measurement of health-related quality of life. *Health Policy*, *16*, 199-208.

## References

- Evans, E. J., Hay, P. J., Mond, J., Paxton, S. J., Quirk, F., Rodgers, B., Jhajj, A. K., & Sawoniewska, M. A. (2011). Barriers to help-seeking in young women with eating disorders: A qualitative exploration in a longitudinal community survey. *Eating Disorders, 19*, 270-285.
- Eysenbach, G. (2001). What is e-health? *Journal of Medical Internet Research, 3*, e20.
- Eysenbach, G. (2005). The law of attrition. *Journal of Medical Internet Research, 7*, e11.
- Eysenbach, G. & CONSORT-EHEALTH Group (2011). CONSORT-EHEALTH: Improving and standardizing evaluation reports of Web-based and mobile health interventions. *Journal of Medical Internet Research, 13*, e126.
- Fairburn, C. G., Bailey-Straebler, S., Basden, S., Doll, H. A., Jones, R., Murphy, R., O'Connor, M. E., & Cooper, Z. (2015). A transdiagnostic comparison of enhanced cognitive behaviour therapy (CBT-E) and interpersonal psychotherapy in the treatment of eating disorders. *Behaviour Research And Therapy, 70*, 64-71.
- Fairburn, C. G. & Beglin, S. J. (1994). Assessment of eating disorders: Interview or self-report questionnaire? *International Journal of Eating Disorders, 16*, 363-370.
- Fairburn, C. G. & Beglin, S. J. (2008). *Eating Disorder Examination Questionnaire (EDE-Q 6.0)*. In C.G.Fairburn (Eds.), *Cognitive behavior therapy and eating disorders* (pp. 309-313). New York: Guilford Press.
- Fairburn, C. G., Cooper, Z., Doll, H. A., Norman, P., & O'Connor, M. (2000). The natural course of bulimia nervosa and binge eating disorder in young women. *Archives of General Psychiatry, 57*, 659-665.
- Fairburn, C. G., Cooper, Z., & Shafran, R. (2003). Cognitive behaviour therapy for eating disorders: A "transdiagnostic" theory and treatment. *Behaviour Research Therapy, 41*, 509-528.
- Fairburn, C. G. & Rothwell, E. R. (2015). Apps and eating disorders: A systematic clinical appraisal. *International Journal of Eating Disorders*.
- Featback (2016). <http://www.featback.nl/>. WebCite Cache ID 6fgl6ha4A.

- Federici, A. & Kaplan, A. S. (2008). The patient's account of relapse and recovery in anorexia nervosa: a qualitative study. *European Eating Disorders Review, 16*, 1-10.
- Feingold, A. (2015). Confidence interval estimation for standardized effect sizes in multilevel and latent growth modeling. *Journal of Consulting and Clinical Psychology, 83*, 157-168.
- Fernández-Aranda, F., Nunez, A., Martinez, C., Krug, I., Cappozzo, M., Carrard, I., Rouget, P., Jimenez-Murcia, S., Granero, R., Penelo, E., Santamaria, J., & Lam, T. (2009). Internet-based cognitive-behavioral therapy for bulimia nervosa: A controlled study. *Cyberpsychology & Behavior, 12*, 37-41.
- Fichter, M. M., Quadflieg, N., & Hedlund, S. (2006). Twelve-year course and outcome predictors of anorexia nervosa. *International Journal of Eating Disorders, 39*, 87-100.
- Fichter, M. M., Quadflieg, N., & Lindner, S. (2013). Internet-based relapse prevention for anorexia nervosa: Nine- month follow-up. *Journal of Eating Disorders, 1*, 23.
- Field, A. E., Herzog, D. B., Keller, M. B., West, J., Nussbaum, K., & Colditz, G. A. (1997). Distinguishing recovery from remission in a cohort of bulimic women: How should asymptomatic periods be described? *Journal of Clinical Epidemiology, 50*, 1339-1345.
- Fokkema, M., Smits, N., Kelderman, H., & Penninx, B. W. (2015). Connecting clinical and actuarial prediction with rule-based methods. *Psychological Assessment, 27*, 636-644.
- Frazier, P. A., Tix, A. P., & Barron, K. E. (2004). Testing moderator and mediator effects in counseling psychology research. *Journal of Counseling Psychology, 51*, 115-134.
- Gainsbury, S. & Blaszczynski, A. (2011). A systematic review of Internet-based therapy for the treatment of addictions. *Clinical Psychology Review, 31*, 490-498.
- Gatt, L., Jan, S., Mondraty, N., Horsfield, S., Hart, S., Russell, J., Laba, T. L., & Essue, B. (2014). The household economic burden of eating disorders and adherence to treatment in Australia. *BioMed Central Psychiatry, 14*, 338.
- Genders, R. & Tchanturia, K. (2010). Cognitive remediation therapy (CRT) for anorexia in group format: A pilot study. *Eating and Weight Disorders, 15*, e234-e239.

## References

Gerhards, S. A., de Graaf, L. E., Jacobs, L. E., Severens, J. L., Huibers, M. J., Arntz, A., Riper, H., Widdershoven, G., Metsemakers, J. F., & Evers, S. M. (2010). Economic evaluation of online computerised cognitive-behavioural therapy without support for depression in primary care: Randomised trial. *British Journal of Psychiatry*, *196*, 310-318.

Ghaemi, S. N. & Soldani, F. (2003). Meta-analysis of observational studies: the case of rapid-cycling bipolar disorder. *Acta Psychiatrica Scandinavica*, *108*, 1-3.

Glaser, B. G. & Strauss, A. L. (1967). *The discovery of grounded theory: Strategies for qualitative research*. Chicago: Aldine.

Gold M, Siegel J, Russell L, Weinstein M. Cost-effectiveness in health and medicine (1996). New York: Oxford University Press.

Goldschmidt, A. B., Wonderlich, S. A., Crosby, R. D., Engel, S. G., Lavender, J. M., Peterson, C. B., Crow, S. J., Cao, L., & Mitchell, J. E. (2014). Ecological momentary assessment of stressful events and negative affect in bulimia nervosa. *Journal of Consulting and Clinical Psychology*, *82*, 30-39.

Goorden, M., Muntingh, A., van Marwijk, H., Spinhoven, P., Adèr, H., van Balkom, A., Feltz-Cornelis, C., & Hakkaart-van Roijen, L. (2014). Cost utility analysis of a collaborative stepped care intervention for panic and generalized anxiety disorders in primary care. *Journal of Psychosomatic Research*, *77*, 57-63.

Gorini, A., Gaggioli, A., Vigna, C., & Riva, G. (2008). A second life for eHealth: Prospects for the use of 3-D virtual worlds in clinical psychology. *Journal of Medical Internet Research*, *10*, e21.

Graff Low, K., Charanasomboon, S., Lesser, J., Reinhalter, K., Martin, R., Jones, H., Winzelberg, A., Abascal, L., & Taylor, C. B. (2006). Effectiveness of a computer-based interactive eating disorders prevention program at long-term follow-up. *Eating Disorders: The Journal of Treatment and Prevention*, *14*, 17-30.

Graham, J. W. (2009). Missing data analysis: Making it work in the real world. *Annual Review of Psychology*, *60*, 549-576.

Grenon, R., Tasca, G. A., Cwinn, E., Coyle, D., Sumner, A., Gick, M., & Bissada, H. (2010). Depressive symptoms are associated with medication use and lower health-related quality



of life in overweight women with binge eating disorder. *Womens Health Issues, 20*, 435-440.

Griffiths, S., Mond, J. M., Murray, S. B., & Touyz, S. (2015). The prevalence and adverse associations of stigmatization in people with eating disorders. *International Journal of Eating Disorders, 48*, 767-774.

Grilo, C. M., Masheb, R. M., & Crosby, R. D. (2012). Predictors and moderators of response to cognitive behavioral therapy and medication for the treatment of binge eating disorder. *Journal of Consulting and Clinical Psychology, 80*, 897-906.

Grilo, C. M., Pagano, M. E., Skodol, A. E., Sanislow, C. A., McGlashan, T. H., Gunderson, J. G., & Stout, R. L. (2007). Natural course of bulimia nervosa and of eating disorder not otherwise specified: 5-year prospective study of remissions, relapses, and the effects of personality disorder psychopathology. *Journal of Clinical Psychiatry, 68*, 738-746.

Gulec, H., Moessner, M., Tury, F., Fiedler, P., Mezei, A., & Bauer, S. (2014). A randomized controlled trial of an internet-based posttreatment care for patients with eating disorders. *Telemedicine Journal and E-Health, 20*, 916-922.

Gulec, H., Moessner, M., Mezei, A., Kohls, E., Túry, F., & Bauer, S. (2011). Internet-based maintenance treatment for patients with eating disorders. *Professional Psychology: Research and Practice, 42*, 479-486.

Gulliksen, K. S., Espeset, E. M., Nordbo, R. H., Skarderud, F., Geller, J., & Holte, A. (2012). Preferred therapist characteristics in treatment of anorexia nervosa: The patient's perspective. *International Journal of Eating Disorders, 45*, 932-941.

Gulliver, A., Griffiths, K., & Christensen, H. (2010). Perceived barriers and facilitators to mental health help-seeking in young people: A systematic review. *BioMed Central Psychiatry, 10*, 113.

Haedt-Matt, A. A. & Keel, P. K. (2015). Affect regulation and purging: An ecological momentary assessment study in purging disorder. *Journal of Abnormal Psychology, 124*, 399-411.

Hakkaart-van Roijen, L., Donker, M., & Tiemens, B. (2002). *Manual trimbos/iMTA questionnaire for costs associated with psychiatric illness (TiC-P)*. Retrieved from

## References

[https://www.bmg.eur.nl/fileadmin/ASSETS/bmg/english/iMTA/Publications/Manuals\\_Questionnaires/Handleiding TIC P Nederlands september 2010.pdf](https://www.bmg.eur.nl/fileadmin/ASSETS/bmg/english/iMTA/Publications/Manuals_Questionnaires/Handleiding_TIC_P_Nederlands_september_2010.pdf).

Hakkaart-van Roijen, L., Tan, S. S., & Bouwmans, C. A. M. (2010). *Dutch manual for costing in health economic evaluations [Handleiding voor kostenonderzoek: Methoden en standaard kostprijzen voor economische evaluaties in de gezondheidszorg]*. Diemen: College voor zorgverzekeringen.

Halmi, K. A., Agras, W. S., Mitchell, J., Wilson, G. T., Crow, S., Bryson, S. W., & Kraemer, H. (2002). Relapse predictors of patients with bulimia nervosa who achieved abstinence through cognitive behavioral therapy. *Archives of General Psychiatry, 59*, 1105-1109.

Harris, E. C. & Barraclough, B. (1998). Excess mortality of mental disorder. *British Journal of Psychiatry, 173*, 11-53.

Hart, L. M., Granillo, M. T., Jorm, A. F., & Paxton, S. J. (2011). Unmet need for treatment in the eating disorders: A systematic review of eating disorder specific treatment seeking among community cases. *Clinical Psychology Review, 31*, 727-735.

Heatherton, T. F. & Baumeister, R. F. (1991). Binge eating as escape from self-awareness. *Psychological Bulletin, 110*, 86-108.

Hedman, E., Andersson, E., Ljótsson, B., Andersson, G., Rück, C., & Lindefors, N. (2011). Cost-effectiveness of Internet-based cognitive behavior therapy vs. cognitive behavioral group therapy for social anxiety disorder: Results from a randomized controlled trial. *Behaviour Research And Therapy, 49*, 729-736.

Heinicke, B. E., Paxton, S. J., Mclean, S. A., & Wertheim, E. H. (2007). Internet-delivered targeted group intervention for body dissatisfaction and disordered eating in adolescent girls: A randomized controlled trial. *Journal of Abnormal Child Psychology, 35*, 379-391.

Hepworth, N. & Paxton, S. J. (2007). Pathways to help-seeking in bulimia nervosa and binge eating problems: A concept mapping approach. *International Journal of Eating Disorders, 40*, 493-504.

Herzog, D. B., Dorer, D. J., Keel, P. K., Selwyn, S. E., Ekeblad, E. R., Flores, A. T., Greenwood, D. N., Burwell, R. A., & Keller, M. B. (1999). Recovery and relapse in anorexia and bulimia nervosa: A 7.5-year follow-up study. *Journal of the American Academy of Child and Adolescent Psychiatry, 38*, 829-837.

Higgins, J. P. T. & Green, S. (2011). *Cochrane handbook for systematic reviews of interventions (version 5.1.0)*. West Sussex, England: The Cochrane Collaboration and John Wiley & Sons Ltd.

Hilbert, A. & Tuschen-Caffier, B. (2007). Maintenance of binge eating through negative mood: a naturalistic comparison of binge eating disorder and bulimia nervosa. *International Journal of Eating Disorders, 40*, 521-530.

Hilbert, A., Bishop, M. E., Stein, R. I., Tanofsky-Kraff, M., Swenson, A. K., Welch, R. R., & Wilfley, D. E. (2012). Long-term efficacy of psychological treatments for binge eating disorder. *The British Journal of Psychiatry, 200*, 232-237.

Hoek, H. W. & van Hoeken, D. (2003). Review of the prevalence and incidence of eating disorders. *International Journal of Eating Disorders, 34*, 383-396.

Hogdahl, L., Birgegård, A., & Bjorck, C. (2013). How effective is bibliotherapy-based self-help cognitive behavioral therapy with Internet support in clinical settings? Results from a pilot study. *Eating and Weight Disorders, 18*, 37-44.

Holländare, F., Gustafsson, S. A., Berglind, M., Grape, F., Carlbring, P., Andersson, G., Hadjistavropoulos, H., & Tillfors, M. (2015). Therapist behaviours in internet-based cognitive behaviour therapy (ICBT) for depressive symptoms. *Internet Interventions, 3*, 1-7.

Hollingshurst, S., Peters, T. J., Kaur, S., Wiles, N., Lewis, G., & Kessler, D. (2010). Cost-effectiveness of therapist-delivered online cognitive behavioural therapy for depression: Randomised controlled trial. *British Journal of Psychiatry, 197*, 297-304.

Hollis, S. & Campbell, F. (1999). What is meant by intention to treat analysis? Survey of published randomised controlled trials. *British Medical Journal, 319*, 670-674.

Hothorn, T. & Zeileis, A. (2015). Partykit: A modular toolkit for recursive partytioning in R. *Journal of Machine Learning Research, 16*, 3905–3909.

Hötzel, K., von Brachel, R., Schmidt, U., Rieger, E., Kosfelder, J., Hechler, T., Schulte, D., & Vocks, S. (2014). An Internet-based program to enhance motivation to change in females with symptoms of an eating disorder: A randomized controlled trial. *Psychological Medicine, 44*, 1947-1963.

## References

- Hsieh, H. F. & Shannon, S. E. (2005). Three approaches to qualitative content analysis. *Qualitative Health Research, 15*, 1277-1288.
- Hudson, J. I., Hiripi, E., Pope, J., & Kessler, R. C. (2007). The prevalence and correlates of eating disorders in the national comorbidity survey replication. *Biological Psychiatry, 61*, 348-358.
- Internet World Stats (2012). *World Internet usage and population statistics*. Retrieved from <http://www.internetworldstats.com/stats.htm>.
- Jacobi, C., Abascal, L., & Taylor, C. B. (2004). Screening for eating disorders and high-risk behavior: Caution. *International Journal of Eating Disorders, 36*, 280-295.
- Jacobi, C., Morris, L., Beckers, C., Bronisch-Holtze, J., Winter, J., Winzelberg, A. J., & Taylor, C. B. (2007). Maintenance of Internet-based prevention: A randomized controlled trial. *International Journal of Eating Disorders, 40*, 114-119.
- Jacobi, C., Völker, U., Trockel, M. T., & Taylor, C. B. (2011). Effects of an Internet-based intervention for subthreshold eating disorders: A randomized controlled trial. *Behaviour Research And Therapy, 50*, 93-99.
- Jenkins, P. E., Hoste, R. R., Meyer, C., & Blissett, J. M. (2011). Eating disorders and quality of life: A review of the literature. *Clinical Psychology Review, 31*, 113-121.
- Jenkins, P. E., Luck, A., Burrows, A., & Boughton, N. (2014). Comparison of face-to-face versus email guided self-help for binge eating: Study protocol for a randomised controlled trial. *Trials, 15*, 181.
- Johnson, J. G., Cohen, P., Kasen, S., & Brook, J. S. (2002). Eating disorders during adolescence and the risk for physical and mental disorders during early adulthood. *Archives of General Psychiatry, 59*, 545-552.
- Jones, M., Luce, K. H., Osborne, M. I., Taylor, K., Cunning, D., Doyle, A. C., Wilfley, D. E., & Taylor, C. B. (2008). Randomized controlled trial of an Internet-facilitated intervention for reducing binge eating and overweight in adolescents. *Pediatrics, 121*, 453-462.

- Juarascio, A. S., Manasse, S. M., Goldstein, S. P., Forman, E. M., & Butryn, M. L. (2015). Review of smartphone applications for the treatment of eating disorders. *European Eating Disorders Review, 23*, 1-11.
- Kass, A. E., Kolko, R. P., & Wilfley, D. E. (2013). Psychological treatments for eating disorders. *Current Opinions in Psychiatry, 26*, 549-555.
- Keel, P. K., Crow, S., Davis, T. L., & Mitchell, J. E. (2002). Assessment of eating disorders: Comparison of interview and questionnaire data from a long-term follow-up study of bulimia nervosa. *Journal of Psychosomatic Research, 53*, 1043-1047.
- Keel, P. K., Dorer, D. J., Franko, D. L., Jackson, S. C., & Herzog, D. B. (2005). Postremission predictors of relapse in women with eating disorders. *American Journal of Psychiatry, 162*, 2263-2268.
- Keel, P. K. & Mitchell, J. E. (1997). Outcome in bulimia nervosa. *American Journal of Psychiatry, 154*, 313-321.
- Keel, P. K. & Brown, T. A. (2010). Update on course and outcome in eating disorders. *International Journal of Eating Disorders, 43*, 195-204.
- Kelders, S. M., Bohlmeijer, E. T., Pots, W. T., & van Gemert-Pijnen, J. E. (2015). Comparing human and automated support for depression: Fractional factorial randomized controlled trial. *Behaviour Research And Therapy, 72*, 72-80.
- Kenter, R. M. F., van de Ven, P. M., Cuijpers, P., Koole, G., Niamat, S., Gerrits, R. S., Willems, M., & van Straten, A. (2015). Costs and effects of Internet cognitive behavioral treatment blended with face-to-face treatment: Results from a naturalistic study. *Internet Interventions, 2*, 77-83.
- Keski-Rahkonen, A., Hoek, H. W., Linna, M. S., Raevuori, A., Sihvola, E., Bulik, C. M., Rissanen, A., & Kaprio, J. (2009). Incidence and outcomes of bulimia nervosa: A nationwide population-based study. *Psychological Medicine, 39*, 823-831.
- Keski-Rahkonen, A., Hoek, H. W., Susser, E. S., Linna, M. S., Sihvola, E., Raevuori, A., Bulik, C. M., Kaprio, J., & Rissanen, A. (2007). Epidemiology and course of anorexia nervosa in the community. *American Journal of Psychiatry, 164*, 1259-1265.

## References

Keski-Rahkonen, A. & Tozzi, F. (2005). The process of recovery in eating disorder sufferers' own words: An Internet-based study. *International Journal of Eating Disorders, 37*, s80-s86.

Kessler, R. C., Berglund, P. A., Chiu, W. T., Deitz, A. C., Hudson, J. I., Shahly, V., Aguilar-Gaxiola, S., Alonso, J., Angermeyer, M. C., Benjet, C., Bruffaerts, R., de, G. G., de, G. R., Maria, H. J., Kovess-Masfety, V., O'Neill, S., Posada-Villa, J., Sasu, C., Scott, K., Viana, M. C., & Xavier, M. (2013). The prevalence and correlates of binge eating disorder in the World Health Organization World Mental Health Surveys. *Biological Psychiatry, 73*, 904-914.

Killen, J. D., Taylor, C. B., Hammer, L. D., Litt, I., Wilson, D. M., Rich, T., Hayward, C., Simmonds, B., Kraemer, H., & Varady, A. (1993). An attempt to modify unhealthy eating attitudes and weight regulation practices of young adolescent girls. *International Journal of Eating Disorders, 13*, 369-384.

Killen, J. D., Taylor, C. B., Hayward, C., Wilson, D. M., Haydel, K. F., Hammer, L. D., Simmonds, B., Robinson, T. N., Litt, I., Varady, A., & Kraemer, H. (1994). Pursuit of thinness and onset of eating disorder symptoms in a community sample of adolescent girls: A three-year prospective analysis. *International Journal of Eating Disorders, 16*, 227-238.

Kiluk, B. D., Sugarman, D. E., Nich, C., Gibbons, C. J., Martino, S., Rounsaville, B. J., & Carroll, K. M. (2011). A methodological analysis of randomized clinical trials of computer-assisted therapies for psychiatric disorders: Toward improved standards for an emerging field. *American Journal of Psychiatry, 168*, 790-799.

Kim, S. C., Kim, S., & Boren, D. (2008). The quality of therapeutic alliance between patient and provider predicts general satisfaction. *Military Medicine, 173*, 85-90.

Klein, B., Mitchell, J., Gilson, K., Shandley, K., Austin, D., Kiropoulos, L., Abbott, J., & Cannard, G. (2009a). A therapist-assisted Internet-based CBT intervention for posttraumatic stress disorder: Preliminary results. *Cognitive Behaviour Therapy, 38*, 121-131.

Klein, B., Austin, D., Pier, C., Kiropoulos, L., Shandley, K., Mitchell, J., Gilson, K., & Ciechowski, L. (2009b). Internet-based treatment for panic disorder: Does frequency of therapist contact make a difference? *Cognitive Behaviour Therapy, 38*, 100-113.

- Knaevelsrud, C. & Maercker, A. (2006). Does the quality of the working alliance predict treatment outcome in online psychotherapy for traumatized patients? *Journal of Medical Internet Research*, 8, e31.
- Knaevelsrud, C. & Maercker, A. (2007). Internet-based treatment for PTSD reduces distress and facilitates the development of a strong therapeutic alliance: a randomized controlled clinical trial. *BioMed Central Psychiatry*, 7, 13.
- Kohn, R., Saxena, S., Levav, I., & Saraceno, B. (2004). The treatment gap in mental health care. *Bulletin of the World Health Organization*, 82, 858-866.
- Kok, G., Burger, H., Riper, H., Cuijpers, P., Dekker, J., van Marwijk, H., Smit, F., Beck, A., & Bockting, C. L. (2015). The three-month effect of mobile Internet-based cognitive therapy on the course of depressive symptoms in remitted recurrently depressed patients: Results of a randomized controlled trial. *Psychotherapy and Psychosomatics*, 84, 90-99.
- Kraemer, H. C., Wilson, G. T., Fairburn, C. G., & Agras, W. S. (2002). Mediators and moderators of treatment effects in randomized clinical trials. *Archives of General Psychiatry*, 59, 877-883.
- Krauth, C., Buser, K., & Vogel, H. (2002). How high are the costs of eating disorders - anorexia nervosa and bulimia nervosa - for German society? *European Journal of Health Economics*, 3, 244-250.
- Kroenke, K., Spitzer, R. L., Williams, J. B. W., & Löwe, B. (2009). An ultra-brief screening scale for anxiety and depression: The PHQ-4. *Psychosomatics*, 50, 613-621.
- Kuester, A., Niemeier, H., & Knaevelsrud, C. (2016). Internet-based interventions for posttraumatic stress: A meta-analysis of randomized controlled trials. *Clinical Psychology Review*, 43, 1-16.
- Kummervold, P. E., Chronaki, C. E., Lausen, B., Prokosch, H. U., Rasmussen, J., Santana, S., Staniszewski, A., & Wangberg, S. C. (2008). eHealth trends in Europe 2005-2007: A population-based survey. *Journal of Medical Internet Research*, 10, e42.
- Lamers, L. M., Stalmeier, P. F., McDonnell, J., Krabbe, P. F., van Busschbach, J. J. (2005). Measuring the quality of life in economic evaluations: The Dutch EQ-5D tariff. *Nederlands Tijdschrift voor Geneeskunde*, 149, 1574-1578.

## References

Landelijke stuurgroep multidisciplinaire richtlijnontwikkeling GGZ (2006). Dutch multidisciplinary guideline for eating disorders: Guideline for diagnostics and treatment of eating disorders [*Multidisciplinaire richtlijn eetstoornissen: Richtlijn voor de diagnostiek en behandeling van eetstoornissen*]. Utrecht: Trimbos instituut.

Le Grange, D., Fitzsimmons-Craft, E. E., Crosby, R. D., Hay, P., Lacey, H., Bamford, B., Stiles-Shields, C., & Touyz, S. (2014). Predictors and moderators of outcome for severe and enduring anorexia nervosa. *Behaviour Research And Therapy, 56*, 91-98.

Leung, S. F., Ma, J., & Russell, J. (2013a). Enhancing motivation to change in eating disorders with an online self-help program. *International Journal of Mental Health Nursing, 22*, 329-339.

Leung, S. F., Ma, J. L. C., & Russell, J. (2013b). Enhancing quality of life in people with disordered eating using an online self-help programme. *Journal of eating disorders, 1*, 9.

Leung, S. F., Joyce Ma, L. C., & Russell, J. (2013c). An open trial of self-help behaviours of clients with eating disorders in an online programme. *Journal of Advanced Nursing, 69*, 66-76.

Lindenberg, K., Moessner, M., Harney, J., McLaughlin, O., & Bauer, S. (2011). E-Health for individualized prevention of eating disorders. *Clinical Practice & Epidemiology in mental health, 7*, 74-83.

Linville, D., Brown, T., Sturm, K., & McDougal, T. (2012). Eating disorders and social support: Perspectives of recovered individuals. *Eating Disorders: The Journal of Treatment and Prevention, 20*, 216-231.

Ljotsson, B., Lundin, C., Mitsell, K., Carlbring, P., Ramklint, M., & Ghaderi, A. (2007). Remote treatment of bulimia nervosa and binge eating disorder: A randomized trial of Internet-assisted cognitive behavioural therapy. *Behaviour Research And Therapy, 45*, 649-661.

Loucas, C. E., Fairburn, C. G., Whittington, C., Pennant, M. E., Stockton, S., & Kendall, T. (2014). E-therapy in the treatment and prevention of eating disorders: A systematic review and meta-analysis. *Behaviour Research And Therapy, 63C*, 122-131.

Löwe, B., Wahl, I., Rose, M., Spitzer, C., Glaesmer, H., Wingenfeld, K., Schneider, A., & Brähler, A. (2010). A 4-item measure of depression and anxiety: Validation and



standardization of the Patient Health Questionnaire-4 (PHQ-4) in the general population. *Journal Of Affective Disorders*, 122, 86-95.

Lynch, F. L., Striegel-Moore, R. H., Dickerson, J. F., Perrin, N., DeBar, L., Wilson, G. T., & Kraemer, H. C. (2010). Cost-effectiveness of guided self-help treatment for recurrent binge eating. *Journal of Consulting and Clinical Psychology*, 78, 322-333.

Machado, P. P., Martins, C., Vaz, A. R., Conceicao, E., Bastos, A. P., & Goncalves, S. (2014). Eating disorder examination questionnaire: psychometric properties and norms for the Portuguese population. *European Eating Disorders Review*, 22, 448-453.

Martignon, L., Vitouch, O., Takezawa, M., & Forster, M. (2003). *Naive and yet enlightened: From natural frequencies to fast and frugal decision trees*. In Wiley (Eds.), *Thinking: Psychological perspective on reasoning, judgement, and decision making* (pp. 189-211). West Sussex, England: Wiley.

Martin, D. J., Garske, J. P., & Davis, M. K. (2000). Relation of the therapeutic alliance with outcome and other variables: A meta-analytic review. *Journal of Consulting and Clinical Psychology*, 68, 438-450.

McAllister, M., Dunn, G., Payne, K., Davies, L., & Todd, C. (2012). Patient empowerment: The need to consider it as a measurable patient-reported outcome for chronic conditions. *BioMed Central Health Services Research*, 12, 157.

McClay, A. C., Waters, L., Schmidt, U., & Williams, C. (2014). A survey of attitudes towards computerized self-help for eating disorders within a community-based sample. *Behavioural and Cognitive Psychotherapy*, 28, 1-14.

McCormack, A. (2010). Individuals with eating disorders and the use of online support groups as a form of social support. *Computers, Informatics, Nursing*, 28, 12-19.

McFarlane, T., Olmsted, M. P., & Trottier, K. (2008). Timing and prediction of relapse in a transdiagnostic eating disorder sample. *International Journal of Eating Disorders*, 41, 587-593.

Melioli, T., Bauer, S., Franko, D. L., Moessner, M., Ozer, F., Chabrol, H., & Rodgers, R. F. (2016). Reducing eating disorder symptoms and risk factors using the internet: A meta-analytic review. *International Journal of Eating Disorders*, 49, 19-31.

## References

- Melville, K. M., Casey, L. M., & Kavanagh, D. J. (2010). Dropout from Internet-based treatment for psychological disorders. *British Journal of Clinical Psychology, 49*, 455-471.
- Menon, S. T. (2002). Toward a model of psychological health empowerment: Implications for health care in multicultural communities. *Nurse Education Today, 22*, 28-39.
- Mitchell, J. E. & Crow, S. (2006). Medical complications of anorexia nervosa and bulimia nervosa. *Current Opinions in Psychiatry, 19*, 438-443.
- Mitchell, J. E., Myers, T., Crosby, R., O'Neill, G., Carlisle, J., & Gerlach, S. (2009). Health care utilization in patients with eating disorders. *International Journal of Eating Disorders, 42*, 571-574.
- Mitchell, J. E., Agras, S., Crow, S., Halmi, K., Fairburn, C. G., Bryson, S., & Kraemer, H. (2011). Stepped care and cognitive-behavioural therapy for bulimia nervosa: Randomised trial. *British Journal of Psychiatry, 198*, 391-397.
- Mitchison, D. & Mond, J. (2015). Epidemiology of eating disorders, eating disordered behaviour, and body image disturbance in males: A narrative review. *Journal of eating disorders, 3*, 20.
- Mo, P. K. H. & Coulson, N. S. (2010). Empowering processes in online support groups among people living with HIV/AIDS: A comparative analysis of 'lurkers' and 'posters'. *Computers in Human Behavior, 26*, 1183-1193.
- Moessner, M., Fassnacht, D., & Bauer, S. (2015). Online assessment of eating disorders: The Clinical and Research Inventory for Eating Disorders (CR-EAT). *Mental Health & Prevention, 3*, 170-177.
- Moessner, M. & Bauer, S. (2012). Online counselling for eating disorders: Reaching an underserved population? *Journal of Mental Health, 21*, 336-345.
- Mohr, D. C., Duffecy, J., Ho, J., Kwasny, M., Cai, X., Burns, M. N., & Begale, M. (2013). A randomized controlled trial evaluating a manualized TeleCoaching protocol for improving adherence to a web-based intervention for the treatment of depression. *PLoS one, 8*, e70086.
- Mohr, D. C., Ho, J., Duffecy, J., Reifler, D., Sokol, L., Burns, M. N., Jin, L., & Siddique, J. (2012). Effect of telephone-administered vs face-to-face cognitive behavioral therapy on

- adherence to therapy and depression outcomes among primary care patients. *Journal of the American Medical Association*, 307, 2278-2285.
- Mortelmans, D. (2007). *Handbook of qualitative research methods [Handboek kwalitatieve onderzoeksmethoden]*. Leuven, Belgium: Acco.
- Myers, T. C., Swan-Kremeier, L., Wonderlich, S., Lancaster, K., & Mitchell, J. E. (2004). The use of alternative delivery systems and new technologies in the treatment of patients with eating disorders. *International Journal of Eating Disorders*, 36, 123-143.
- National Healthcare Institute (2015). *Medicine prices [Medicijnkosten]*. Retrieved from <https://www.medicijnkosten.nl/>.
- National Institute for Clinical Excellence (2004). *Eating disorders: Core interventions in the treatment and management of anorexia nervosa, bulimia nervosa, and related eating disorders*. London: National Institute for Clinical Excellence.
- Nevonen, L., Mark, M., Levin, B., Lindström, M., & Paulson-Karlsson, G. (2006). Evaluation of a new Internet-based self-help guide for patients with bulimic symptoms in Sweden. *Nordic Journal of Psychiatry*, 60, 463-468.
- Nolen-Hoeksema, S., Stice, E., Wade, E., & Bohon, C. (2007). Reciprocal relations between rumination and bulimic, substance abuse, and depressive symptoms in female adolescents. *Journal of Abnormal Psychology*, 116, 198-207.
- O'Brien, K. M. & Vincent, N. K. (2003). Psychiatric comorbidity in anorexia and bulimia nervosa: Nature, prevalence, and causal relationships. *Clinical Psychology Review*, 23, 57-74.
- Olmsted, M. P., Kaplan, A. S., & Rockert, W. (1994). Rate and prediction of relapse in bulimia nervosa. *American Journal of Psychiatry*, 151, 738-743.
- Olmsted, M. P., Kaplan, A. S., & Rockert, W. (2005). Defining remission and relapse in bulimia nervosa. *International Journal of Eating Disorders*, 38, 1-6.
- Olthuis, J. V., Watt, M. C., Bailey, K., Hayden, J. A., & Stewart, S. H. (2015). Therapist-supported Internet cognitive behavioural therapy for anxiety disorders in adults. *Cochrane Database of Systematic Reviews*, 3, CD011565.

## References

- Pallister, E. & Waller, G. (2008). Anxiety in the eating disorders: Understanding the overlap. *Clinical Psychology Review, 28*, 366-386.
- Palmqvist, B., Carlbring, P., & Andersson, G. (2007). Internet-delivered treatments with or without therapist input: Does the therapist factor have implications for efficacy and cost? *Expert Reviews of Pharmacoeconomics and Outcomes Research, 7*, 291-297.
- Paxling, B., Lundgren, S., Norman, A., Almlov, J., Carlbring, P., Cuijpers, P., & Andersson, G. (2012). Therapist behaviours in Internet-delivered cognitive behaviour therapy: Analyses of e-mail correspondence in the treatment of generalized anxiety disorder. *Behavioural and Cognitive Psychotherapy* 1-10.
- Paxton, S.J., McLean, S., Gollings, E.K., Faulkner, C., & Wertheim, E.H. (2007). Comparison of face-to-face and Internet interventions for body image and eating problems in adult women: An RCT. *International Journal of Eating Disorders, 40*, 692-704.
- Percevic, R. (2004). Computer-supported monitoring of patient treatment response. *Journal of Clinical Psychology, 60*, 285-299.
- Perkins, S. J., Murphy, R. M., Schmidt, U. S., & Williams, C. (2006). Self-help and guided self-help for eating disorders. *Cochrane Database of Systematic Reviews, 19*, CD004191.
- Pew Research Center (2015). *Health online 2013*. Retrieved from <http://pewinternet.org/Reports/2013/Health-online.aspx>.
- Pew Research Center (2015b). *Social media usage: 2005-2015*. Retrieved from <http://www.pewinternet.org/2015/10/08/social-networking-usage-2005-2015/>.
- Preacher, K. J. & Hayes, A. F. (2008). Asymptotic and resampling strategies for assessing and comparing indirect effects in multiple mediator models. *Behavior Research Methods, 40*, 879-891.
- Pretorius, N., Arcelus, J., Beecham, J., Dawson, H., Doherty, F., Eisler, I., Gallagher, C., Gowers, S., Isaacs, G., Johnson-Sabine, E., Jones, A., Newell, C., Morris, J., Richards, L., Ringwood, S., Rowlands, L., Simic, M., Treasure, J., Waller, G., Williams, C., Yi, I., Yoshioka, M., & Schmidt, U. (2009). Cognitive-behavioural therapy for adolescents with bulimic symptomatology: The acceptability and effectiveness of Internet-based delivery. *Behaviour Research and Therapy, 47*, 729-736.

Proud2Bme (2016). <http://www.proud2bme.nl>. WebCite Cache ID 6fgHnixVa.

Quirk, M. P., Erdberg, P., Crosier, M., & Steinfeld, B. (2007). Personality assessment in today's health care environment: Therapeutic alliance and patient satisfaction. *Journal of Personality Assessment, 89*, 95-104.

R Development Core Team (2014). R: A language and environment for statistical computing [Computer software]. Vienna, Austria: R Foundation for Statistical Computing.

Reas, D. L., Williamson, D. A., Martin, C. K., & Zucker, N. L. (2000). Duration of illness predicts outcome for bulimia nervosa: A long-term follow-up study. *International Journal of Eating Disorders, 27*, 428-434.

Rheker, J., Andersson, G., & Weise, C. (2015). The role of "on demand" therapist guidance vs. no support in the treatment of tinnitus via the internet: A randomized controlled trial. *Internet Interventions, 2*, 189-199.

Richard, M., Bauer, S., Kordy, H., & COST Action B6 (2005). Relapse in anorexia and bulimia nervosa-A 2.5-year follow-up study. *European Eating Disorders Review, 13*, 180-190.

Riper, H., Blankers, M., Hadiwijaya, H., Cunningham, J., Clarke, S., Wiers, R., Ebert, D., & Cuijpers, P. (2014). Effectiveness of guided and unguided low-intensity internet interventions for adult alcohol misuse: A meta-analysis. *PLoS one, 9*, e99912.

Riper, H., Smit, F., Zanden, R., van der Conijn, B., Kramer, J., & Mutsaers, K. (2007). *E-mental health. High tech, high touch, high trust*. Utrecht: Trimbos Instituut.

Ro, O., Reas, D. L., & Stedal, K. (2015). Eating Disorder Examination Questionnaire (EDE-Q) in Norwegian adults: Discrimination between female controls and eating disorder patients. *European Eating Disorders Review, 23*, 408-412.

Robinson, E., Titov, N., Andrews, G., McIntyre, K., Schwencke, G., & Solley, K. (2010). Internet treatment for generalized anxiety disorder: A randomized controlled trial comparing clinician vs. technician assistance. *PLoS one, 5*, e10942.

Robinson, P. & Serfaty, M. (2003). Computers, e-mail and therapy in eating disorders. *European Eating Disorders Review, 11*, 210-221.

## References

- Robinson, P. & Serfaty, M. (2008). Getting better byte by byte: A pilot randomised controlled trial of email therapy for bulimia nervosa and binge eating disorder. *European Eating Disorders Review*, *16*, 84-93.
- Robinson, P. H. & Serfaty, M. A. (2001). The use of e-mail in the identification of bulimia nervosa and its treatment. *European Eating Disorders Review*, *9*, 182-193.
- Rosenvinge, J. H. & Klusmeier, A. K. (2000). Treatment for eating disorders from a patient satisfaction perspective: A Norwegian replication of a British study. *European Eating Disorders Review*, *8*, 293-300.
- Rosenvinge, J. H., Martinussen, M., & Ostensen, E. (2000). The comorbidity of eating disorders and personality disorders: A meta-analytic review of studies published between 1983 and 1998. *Eating and Weight Disorders*, *5*, 52-61.
- Rouleau, C. R. & von Ranson, K. M. (2011). Potential risks of pro-eating disorder websites. *Clinical Psychology Review*, *31*, 525-531.
- Rubin, D. B. (1987). *Multiple Imputation for Nonresponse in Surveys*. New York: Wiley.
- Ruwaard, J., Lange, A., Broeksteeg, J., Renteria-Agirre, A., Schrieken, B., Dolan, C. V., & Emmelkamp, P. (2012). Online cognitive behavioural treatment of bulimic symptoms: A randomized controlled trial. *Clinical Psychology & Psychotherapy*, *20*, 308-318.
- Safer, D. L., Lively, T. J., Telch, C. F., & Agras, W. S. (2002). Predictors of relapse following successful dialectical behavior therapy for binge eating disorder. *International Journal of Eating Disorders*, *32*, 155-163.
- Sánchez-Ortiz, V. C., House, J., Munro, C., Treasure, J., Startup, H., Williams, C., & Schmidt, U. (2011a). "A computer isn't gonna judge you": A qualitative study of users' views of an internet-based cognitive behavioural guided self-care treatment package for bulimia nervosa and related disorders. *Eating and Weight Disorders*, *16*, e93-e101.
- Sánchez-Ortiz, V. C., Munro, C., Stahl, D., House, J., Startup, H., Treasure, J., Williams, C., & Schmidt, U. (2011b). A randomized controlled trial of Internet-based cognitive-behavioural therapy for bulimia nervosa or related disorders in a student population. *Psychological Medicine*, *41*, 407-417.

- Sánchez-Ortiz, V. C., Munro, C., Startup, H., Treasure, J., & Schmidt, U. (2011). The role of email guidance in Internet-based cognitive-behavioural self-care treatment for bulimia nervosa. *European Eating Disorders Review, 19*, 342-348.
- Sareen, J., Jagdeo, A., Cox, B. J., Clara, I., ten Have, M., Belik, S. L., de Graaf, R., & Stein, M. B. (2007). Perceived barriers to mental health service utilization in the United States, Ontario, and the Netherlands. *Psychiatric Services, 58*, 357-364.
- Schafer, J. L. & Graham, J. W. (2002). Missing data: Our view of the state of the art. *Psychological Methods, 7*, 147-177.
- Schalken, F., Wolters, W., Tilanus, M., Gemert, M., Hoogenhuyze, C., Meijer, E., Kraefft, E., Brenninkmeijer, M., & Postel, M. (2010). *Handbook of Online Counseling [Handboek online hulpverlening]*. Houten: Bohn Stafleu van Loghum.
- Schlegl, S., Burger, C., Schmidt, L., Herbst, N., & Voderholzer, U. (2015). The potential of technology-based psychological interventions for anorexia and bulimia nervosa: A systematic review and recommendations for future research. *Journal of Medical Internet Research, 17*, e85.
- Schmidt, U., Adan, R., Bohm, I., Campbell, I. C., Dingemans, A., Ehrlich, S., Elzakkars, I., Favaro, A., Giel, K., Harrison, A., Himmerich, H., Hoek, H. W., Herpertz-Dahlmann, B., Kas, M. J., Seitz, J., Smeets, P., Sternheim, L., Tenconi, E., van, E. A., van, F. E., & Zipfel, S. (2016). Eating disorders: The big issue. *Lancet Psychiatry, 3*, 313-315.
- Schmidt, U. & Treasure, J. (2006). Anorexia nervosa: Valued and visible. A cognitive-interpersonal maintenance model and its implications for research and practice. *British Journal of Clinical Psychology, 45*, 343-366.
- Schulz, K., Altman, D., & Moher, D. (2010). CONSORT 2010 Statement: Updated guidelines for reporting parallel group randomised trials. *Annals of Internal Medicine, 152*, 726-732.
- Shapiro, J. R., Berkman, N. D., Brownley, K. A., Sedway, J. A., Lohr, K. N., & Bulik, C. M. (2007). Bulimia nervosa treatment: A systematic review of randomized controlled trials. *International Journal of Eating Disorders, 40*, 321-336.
- Shingleton, R. M., Richards, L. K., & Thompson-Brenner, H. (2013). Using technology within the treatment of eating disorders: A clinical practice review. *Psychotherapy (Chic.), 50*, 576-582.

## References

- Simon, J., Schmidt, U., & Pilling, S. (2005). The health service use and cost of eating disorders. *Psychological Medicine, 35*, 1543-1551.
- Smink, F., van Hoeken, D., Oldehinkel, A., & Hoek, H. (2014). Prevalence and severity of DSM-5 eating disorders in a community cohort of adolescents. *International Journal of Eating Disorders, 47*, 610-619.
- Smink, F., van Hoeken, D., & Hoek, H. (2013). Epidemiology, course, and outcome of eating disorders. *Current Opinions in Psychiatry, 26*, 543-548.
- Smit, E. S., Evers, S. M., de Vries, H., & Hoving, C. (2013). Cost-effectiveness and cost-utility of Internet-based computer tailoring for smoking cessation. *Journal of Medical Internet Research, 15*, e57.
- Smyth, J. M., Wonderlich, S. A., Heron, K. E., Sliwinski, M. J., Crosby, R. D., Mitchell, J. E., & Engel, S. G. (2007). Daily and momentary mood and stress are associated with binge eating and vomiting in bulimia nervosa patients in the natural environment. *Journal of Consulting and Clinical Psychology, 75*, 629-638.
- Spek, V., Cuijpers, P., Nyklíček, N., Riper, H., Keyzer, J., & Pop, V. (2007). Internet-based cognitive behaviour therapy for symptoms of depression and anxiety: A meta-analysis. *Psychological Medicine, 37*, 319-328.
- Spinhoven, P., Drost, J., van, H. B., & Penninx, B. W. (2015). Common rather than unique aspects of repetitive negative thinking are related to depressive and anxiety disorders and symptoms. *Journal of Anxiety Disorders, 33*, 45-52.
- Statistics Netherlands (2015). *Netherlands Consumer Price Index [Consumentenprijzen]*. Retrieved from <http://statline.cbs.nl/StatWeb/publication/?VW=T&DM=SLNL&PA=71311ned&D1=0-1,4-5&D2=0&D3=a&HD=080521-1622&HDR=G1,T&STB=G>
- Steinhausen, H. C. (2002). The outcome of anorexia nervosa in the 20th century. *American Journal of Psychiatry, 159*, 1284-1293.
- Steinhausen, H. C. & Weber, S. (2009). The outcome of bulimia nervosa: Findings from one-quarter century of research. *American Journal of Psychiatry, 166*, 1331-1341.



Sterne, J. A., White, I. R., Carlin, J. B., Spratt, M., Royston, P., Kenward, M. G., Wood, A. M., & Carpenter, J. R. (2009). Multiple imputation for missing data in epidemiological and clinical research: Potential and pitfalls. *British Medical Journal*, *338*, b2393.

Stevens, J. (2009). *Applied multivariate statistics for the social sciences*. Hillsdale, NJ: Taylor & Francis.

Stewart, W. F., Ricci, J. A., Chee, E., Hahn, S. R., & Morganstein, D. (2003). Cost of lost productive work time among US workers with depression. *Journal of the American Medical Association*, *289*, 3135-3144.

Stice, E., Marti, C. N., & Rohde, P. (2013). Prevalence, incidence, impairment, and course of the proposed DSM-5 eating disorder diagnoses in an 8-year prospective community study of young women. *Journal of Abnormal Psychology*, *122*, 445-457.

Stice, E., Rohde, P., Shaw, H., & Marti, C. N. (2012). Efficacy trial of a selective prevention program targeting both eating disorder symptoms and unhealthy weight gain among female college students. *Journal of Consulting and Clinical Psychology*, *80*, 164-170.

Stice, E., Rohde, P., Shaw, H., & Marti, C. N. (2013). Efficacy trial of a selective prevention program targeting both eating disorders and obesity among female college students: 1- and 2-year follow-up effects. *Journal of Consulting and Clinical Psychology*, *81*, 183-189.

Stice, E. (2002). Risk and maintenance factors for eating pathology: A meta-analytic review. *Psychological Bulletin*, *128*, 825-848.

Stice, E., Marti, N., Shaw, H., & O'Neil, K. (2008). General and program-specific moderators of two eating disorder prevention programs. *International Journal of Eating Disorders*, *41*, 611-617.

Stice, E., Rohde, P., Durant, S., & Shaw, H. (2012). A preliminary trial of a prototype Internet dissonance-based eating disorder prevention program for young women with body image concerns. *Journal of Consulting and Clinical Psychology*, *80*, 907-916.

Striegel-Moore, R. H., Leslie, D., Petrill, S. A., Garvin, V., & Rosenheck, R. A. (2000). One-year use and cost of inpatient and outpatient services among female and male patients with an eating disorder: Evidence from a national database of health insurance claims. *International Journal of Eating Disorders*, *27*, 381-389.

## References

- Striegel-Moore, R. H., Rosselli, F., Perrin, N., DeBar, L., Wilson, G. T., May, A., & Kraemer, H. C. (2009). Gender difference in the prevalence of eating disorder symptoms. *International Journal of Eating Disorders, 42*, 471-474.
- Strober, M., Freeman, R., & Morrell, W. (1997). The long-term course of severe anorexia nervosa in adolescents: Survival analysis of recovery, relapse, and outcome predictors over 10-15 years in a prospective study. *International Journal of Eating Disorders, 22*, 339-360.
- Stuhldreher, N., Wild, B., König, H. H., Konnopka, A., Zipfel, S., & Herzog, W. (2015). Determinants of direct and indirect costs in anorexia nervosa. *International Journal of Eating Disorders, 48*, 139-146.
- Stuhldreher, N., Konnopka, A., Wild, B., Herzog, W., Zipfel, S., Löwe, B., & König, H. H. (2012). Cost-of-illness studies and cost-effectiveness analyses in eating disorders: A systematic review. *International Journal of Eating Disorders, 45*, 476-491.
- Sucala, M., Schnurr, J. B., Constantino, M. J., & Miller, S. J., Brackmann, E. H., & Montgomery G. H. (2012). The therapeutic relationship in E-therapy for mental health: A systematic review. *Journal of Medical Internet Research, 14*, e110.
- Svartvatten, N., Segerlund, M., Denhag, I., Andersson, G., & Carlbring, P. (2015). A content analysis of client e-mails in guided internet-based cognitive behavior therapy for depression. *Internet Interventions, 2*, 121-127.
- Swanson, S. A., Crow, S. J., Le Grange, D., Swendsen, J., & Merikangas, K. R. (2011). Prevalence and correlates of eating disorders in adolescents. Results from the national comorbidity survey replication adolescent supplement. *Archives of General Psychiatry, 68*, 714-723.
- Sysko, R., Walsh, B. T., & Fairburn, C. G. (2005). Eating Disorder Examination-Questionnaire as a measure of change in patients with bulimia nervosa. *International Journal of Eating Disorders, 37*, 100-106.
- Sysko, R. & Walsh, B. T. (2008). A critical evaluation of the efficacy of self-help interventions for the treatment of bulimia nervosa and binge-eating disorder. *International Journal of Eating Disorders, 41*, 97-112.

Tate, D. F., Jackvony, E. H., & Wing, R. R. (2006). A randomized trial comparing human e-mail counseling, computer-automated tailored counseling, and no counseling in an Internet weight loss program. *Archives of Internal Medicine*, *166*, 1620-1625.

Taylor, C. B., Bryson, S., Luce, K. H., Cunning, D., Doyle, A. C., Abascal, L. B., Rockwell, R., Dev, P., Winzelberg, A. J., & Wilfley, D. E. (2006). Prevention of eating disorders in at-risk college-age women. *Archives of General Psychiatry*, *63*, 881-888.

ter Huurne, E. D., de Haan, H. A., Postel, M. G., van der Palen, J., Van der Nagel, J. E., & de Jong, C. A. (2015a). Web-based cognitive behavioral therapy for female patients with eating disorders: Randomized controlled trial. *Journal of Medical Internet Research*, *17*, e152.

ter Huurne, E. D., de Haan, H. A., ten Napel-Schutz, M. C., Postel, M. G., Menting, J., van der Palen, J., Vroling, M. S., & de Jong, C. A. (2015b). Is the Eating Disorder Questionnaire-Online (EDQ-O) a valid diagnostic instrument for the DSM-IV-TR classification of eating disorders? *Comprehensive Psychiatry*, *57*, 167-176.

Thiels, C., Schmidt, U., Troop, N., Treasure, J., & Garthe, R. (2001). Compliance with a self-care manual in guided self-change for bulimia nervosa. *European Eating Disorders Review*, *9*, 255-262.

Titov, N., Andrews, G., Davies, M., McIntyre, K., Robinson, E., & Soley, K. (2010). Internet treatment for depression: A randomized controlled trial comparing clinician vs. technician assistance. *PLoS one*, *6*, e10939.

Tolin, D. F., Diefenbach, G. J., & Gilliam, C. M. (2011). Stepped care versus standard cognitive-behavioral therapy for obsessive-compulsive disorder: A preliminary study of efficacy and costs. *Depression and Anxiety*, *28*, 314-323.

Tozzi, F., Thornton, L. M., Klump, K. L., Fichter, M. M., Halmi, K. A., Kaplan, A. S., Strober, M., Woodside, D. B., Crow, S., Mitchell, J., Rotondo, A., Mauri, M., Cassano, G., Keel, P., Plotnicov, K. H., Pollice, C., Lilenfeld, L. R., Berrettini, W. H., Bulik, C. M., & Kaye, W. H. (2005). Symptom fluctuation in eating disorders: Correlates of diagnostic crossover. *American Journal of Psychiatry*, *162*, 732-740.

Trace, S. E., Thornton, L. M., Root, T. L., Mazzeo, S. E., Lichtenstein, P., Pedersen, N. L., & Bulik, C. M. (2012). Effects of reducing the frequency and duration criteria for binge eating

## References

on lifetime prevalence of bulimia nervosa and binge eating disorder: implications for DSM-5. *International Journal of Eating Disorders*, 45, 531-536.

Traviss, G. D., Heywood-Everett, S., & Hill, A. J. (2013). Understanding the 'guide' in guided self-help for disordered eating: A qualitative process study. *Psychology and Psychotherapy*, 86, 86-104.

Treasure, J., Schmidt, U., Troop, N., Tiller, J., Todd, G., & Turnbull, S. (1996). Sequential treatment for bulimia nervosa incorporating a self-care manual. *British Journal of Psychiatry*, 168, 94-98.

Tregarthen, J., Lock, J., & Darcy, A. (2015). Development of a smartphone application for eating disorder self-monitoring. *International Journal of Eating Disorders*, 48, 972-982.

Troop, N. A., Holbrey, A., & Treasure, J. L. (1998). Stress, coping, and crisis support in eating disorders. *International Journal of Eating Disorders*, 24, 157-166.

Unikel, C., Sánchez, M., Trujillo, E., Bauer, S., & Moessner, M. (2015). Internet-based aftercare program for patients with bulimia nervosa in Mexico: A pilot study. *Revista Mexicana de Trastornos Alimentarios*, 6, 64-69.

van der Vaart, R., Witting, M., Riper, H., Kooistra, L., Bohlmeijer, E. T., & van Gemert-Pijnen, L. (2014). Blending online therapy into regular face-to-face therapy for depression: Content, ratio and preconditions according to patients and therapists using a Delphi study. *BioMed Central Psychiatry* 355.

van Roijen L., Essink-Bot, M. L., Koopmanschap, M. A., Bonsel, G., & Rutten, F. F. (1996). Labor and health status in economic evaluation of health care. The Health and Labor Questionnaire. *International Journal of Technology and Assessment in Health Care*, 12, 405-415.

van Son, G. E., van Hoeken, D., van Furth, E. F., Donker, G. A., & Hoek, H. W. (2010). Course and outcome of eating disorders in a primary care-based cohort. *International Journal of Eating Disorders*, 43, 130-138.

van Spijker, B. A., Majo, m. C., Smit, F., van, S. A., & Kerkhof, A. J. (2012). Reducing suicidal ideation: Cost-effectiveness analysis of a randomized controlled trial of unguided web-based self-help. *Journal of Medical Internet Research*, 14, e141.

- van Uden-Kraan, C. F., Drossaert, C. H. C., Taal, E., Seydel, E. R., & Van de Laar, M. A. F. J. (2009). Participation in online patient support groups endorses patients' empowerment. *Patient Education and Counseling*, *74*, 61-69.
- van Uden-Kraan, C. F., Drosseart, C. H. C., Taal, E., Seydel, E. R., & Van de Laar, M. A. F. J. (2008). Self-reported differences in empowerment between lurkers and posters in online patient support groups. *Journal of Medical Internet Research*, *10*, e18.
- van Uden-Kraan, C. F., Drossaert, C. H. C., Taal, E., Shaw, B. R., Seydel, E. R., & van de Laar, M. A. F. J. (2008). Empowering processes and outcomes of participation in online support groups for patients with breast cancer, arthritis, or fibromyalgia. *Qualitative Health Research*, *18*, 405-417.
- Veer-Tazelaar, P., Smit, F., van, H. H., van, O. P., van der Horst, H., Beekman, A., & van, M. H. (2010). Cost-effectiveness of a stepped care intervention to prevent depression and anxiety in late life: Randomised trial. *British Journal of Psychiatry*, *196*, 319-325.
- Ventola, C. L. (2014). Mobile devices and apps for health care professionals: Uses and benefits. *Pharmacy & Therapeutics*, *39*, 356-364.
- Vogel, D. L., Wade, N. G., & Haake, S. (2006). Measuring the self-stigma associated with seeking psychological help. *Journal of Counseling Psychology*, *53*, 325-337.
- Völker, U., Jacobi, C., Trockel, M. T., & Taylor, C. B. (2014). Moderators and mediators of outcome in Internet-based indicated prevention for eating disorders. *Behaviour Research And Therapy*, *63C*, 114-121.
- von Brachel, R., Hötzel, K., Hirschfeld, G., Rieger, E., Schmidt, U., Kosfelder, J., Hechler, T., Schulte, D., & Vocks, S. (2014). Internet-based motivation program for women with eating disorders: Eating disorder pathology and depressive mood predict dropout. *Journal of Medical Internet Research*, *16*, e92.
- Wagner, G., Penelo, E., Nobis, G., Mayrhofer, A., Wanner, C., Schau, J., Spitzer, M., Gwinner, P., Trofaier, M. L., Imgart, H., Fernandez-Aranda, F., & Karwautz, A. (2015). Predictors for good therapeutic outcome and drop-out in technology assisted guided self-help in the treatment of bulimia nervosa and bulimia like phenotype. *European Eating Disorders Review*, *23*, 163-169.

## References

- Wagner, G., Penelo, E., Wanner, C., Gwinner, P., Trofaier, M. L., Imgart, H., Waldherr, K., Wober-Bingol, C., & Karwautz, A. F. (2012). Internet-delivered cognitive-behavioural therapy v. conventional guided self-help for bulimia nervosa: Long-term evaluation of a randomised controlled trial. *British Journal of Psychiatry*, *202*, 135-141.
- Wallerstein, N. (2006). *What is the evidence on effectiveness of empowerment to improve health?* Copenhagen. Retrieved from [http://www.euro.who.int/\\_data/assets/pdf\\_file/0010/74656/E88086.pdf](http://www.euro.who.int/_data/assets/pdf_file/0010/74656/E88086.pdf).
- Warmerdam, L., Smit, F., van Straten, A., Riper, H., & Cuijpers, P. (2010). Cost-utility and cost-effectiveness of Internet-based treatment for adults with depressive symptoms: Randomized trial. *Journal of Medical Internet Research*, *12*, e35.
- Watson, H. J. & Bulik, C. M. (2013). Update on the treatment of anorexia nervosa: review of clinical trials, practice guidelines and emerging interventions. *Psychological Medicine*, *43*, 2477-2500.
- Weiss, C. V., Mills, J. S., Westra, H. A., & Carter, J. C. (2013). A preliminary study of motivational interviewing as a prelude to intensive treatment for an eating disorder. *Journal of Eating Disorders*, *1*, 34.
- Wilson, G. T. (2005). Psychological treatment of eating disorders. *Annual Review of Clinical Psychology*, *1*, 439-465.
- Wilson, G. T., Grilo, C. M., & Vitousek, K. M. (2007). Psychological treatment of eating disorders. *American Psychologist*, *62*, 199-216.
- Wilson, G. T., Walsh, B. T., Kraemer, H., Fairburn, C. C., & Agras, W. S. (2002). Cognitive-behavioral therapy for bulimia nervosa: Time course and mechanisms of change. *Journal of Consulting and Clinical Psychology*, *70*, 267-274.
- Wilson, J. L., Peebles, R., Hardy, K. K., & Litt, I. F. (2006). Surfing for thinness: A pilot study of pro-eating disorder website usage in adolescents with eating disorders. *Pediatrics*, *118*, e1635-e1643.
- Winzelberg, A. J., Eppstein, D., Eldredge, K. L., Wilfley, D., Dasmahapatra, R., Dev, P., & Taylor, C. B. (2000). Effectiveness of an Internet-based program for reducing risk factors for eating disorders. *Journal of Consulting and Clinical Psychology*, *68*, 346-350.

Winzelberg, A. J. & Taylor, C. B. (1998). Evaluation of a computer-mediated eating disorder intervention program. *International Journal of Eating Disorders, 24*, 339-349.

Wonderlich, S. A., Peterson, C. B., Crosby, R. D., Smith, T. L., Klein, M. H., Mitchell, J. E., & Crow, S. J. (2014). A randomized controlled comparison of integrative cognitive-affective therapy (ICAT) and enhanced cognitive-behavioral therapy (CBT-E) for bulimia nervosa. *Psychological Medicine, 44*, 543-553.

Yager, J. (2003). E-mail therapy for anorexia nervosa: Prospects and limitations. *European Eating Disorders Review, 11*, 198-209.

Yager, J. (2001). E-mail as a therapeutic adjunct in the outpatient treatment of anorexia nervosa: Illustrative case material and discussion of the issues. *International Journal of Eating Disorders, 29*, 125-138.

Zabala, M. J., Macdonald, P., & Treasure, J. (2009). Appraisal of caregiving burden, expressed emotion and psychological distress in families of people with eating disorders: A systematic review. *European Eating Disorders Review, 17*, 338-349.

Zabinski, M. F., Pung, M. A., Wilfley, D. E., Eppstein, D. L., Winzelberg, A. J., Celio, A., & Taylor, C. B. (2001). Reducing risk factors for eating disorders: Targeting at-risk women with a computerized psychoeducational program. *International Journal of Eating Disorders, 29*, 401-408.

Zeileis, A., Hothorn, T., & Hornik, K. (2008). Model-based recursive partitioning. *Journal of Computational and Graphical Statistics, 17*, 492-514.

Zipfel, S., Giel, K. E., Bulik, C. M., Hay, P., & Schmidt, U. (2015). Anorexia nervosa: Aetiology, assessment, and treatment. *Lancet Psychiatry, 2*, 1099-1111.

Zipfel, S., Lowe, B., Reas, D. L., Deter, H. C., & Herzog, W. (2000). Long-term prognosis in anorexia nervosa: Lessons from a 21-year follow-up study. *Lancet, 355*, 721-722.

Zipfel, S., Wild, B., Gross, G., Friederich, H. C., Teufel, M., Schellberg, D., Giel, K. E., de, Z. M., Dinkel, A., Herpertz, S., Burgmer, M., Lowe, B., Tagay, S., von, W. J., Zeeck, A., Schade-Brittinger, C., Schauenburg, H., & Herzog, W. (2014). Focal psychodynamic therapy, cognitive behaviour therapy, and optimised treatment as usual in outpatients with anorexia nervosa (ANTOP study): Randomised controlled trial. *Lancet, 383*, 127-137.





## **Publications**

## Publications

Aardoom J.J., Dingemans A.E., Slof-Op 't Landt M.C.T., & van Furth E.F. (2012). Norms and discriminative validity of the Eating Disorder Examination Questionnaire (EDE-Q). *Eating Behaviors, 13*, 305-309.

Aardoom J.J., Dingemans A.E., Spinhoven P., & van Furth E.F. (2013). Treating eating disorders over the internet: A systematic review and future research directions. *International Journal of Eating Disorders, 46*, 539-552.

Aardoom J.J., Dingemans A.E., Spinhoven P., Hakkaart-van Roijen, L., & van Furth E.F. (2013). An Internet-based intervention for eating disorders consisting of automated computer-tailored feedback with or without supplemented frequent or infrequent support from a coach: study protocol for a randomized controlled trial. *Trials, 14*, 340.

Dingemans A.E., Danner U.N., Donker J.M., Aardoom J.J., van Meer F., Tobias K., van Elburg A.A., & van Furth E.F. (2014). The effectiveness of cognitive remediation therapy in patients with a severe or enduring eating disorder: A randomized controlled trial. *Psychotherapy and Psychosomatics, 83*, 29-36.

Aardoom J.J., Dingemans A.E., Boogaard L., & van Furth E.F. (2014). Internet and patient empowerment in individuals with symptoms of an eating disorder: A cross-sectional investigation of a pro-recovery focused e-community. *Eating Behaviors, 15*, 350-356.

Aardoom J.J., Dingemans A.E., & van Furth E.F. (2016). E-Health interventions for eating disorders: Emerging findings, issues, and opportunities. *Current Psychiatry Reports, 18*, 42.

Aardoom, J.J., Dingemans, A.E., Spinhoven, P., van Ginkel, J.R., de Rooij, M., & van Furth, E.F. (2016). Web-based fully automated self-help with different levels of therapist support for individuals with eating disorder symptoms: A randomized controlled trial. *Journal of Medical Internet Research, 18*, e159.

Dingemans, A.E., van Son, G.E., Aardoom, J.J., Bruidegom, K., Slof-Op't Landt, M.C.T., & van Furth, E.F. (2016). Predictors of psychological outcome in patients with eating disorders: A routine outcome monitoring study. *International Journal of Eating Disorders, 49*, 863-873.

Aardoom, J.J., Dingemans, A.E., van Ginkel, J.R., Spinhoven, P., van Furth, E.F., & van den Akker-van Marle, M.E. (in press). Cost-utility of an Internet-based intervention with or

without therapist support in comparison with a waiting list for individuals with eating disorder symptoms: A randomized controlled trial. *International Journal of Eating Disorders*.



## Curriculum Vitae

Jiska Joëlle Aardoom was born in 's-Gravendeel in the Netherlands on January 15, 1987. She attended secondary education (atheneum) at Rijnlands Lyceum, Sassenheim (1991-2002), and later at Melanchton College, Rotterdam (2001-2005). After graduation Jiska started studying Psychology at the University of Leiden. After finishing her bachelor thesis in Psychology (2008) and taking a sabbatical year to travel, she started a 2-years Research Master program in Psychology at the University of Amsterdam in 2009. In 2011, Jiska received her MSc degree cum laude, after writing her thesis on a study investigating predictors of response in cognitive remediation therapy for patients with an eating disorder at GGZ Rivierduinen eating disorders Ursula. At this clinical center, Jiska started her PhD project on 'E-mental health for eating disorders' in collaboration with the University of Leiden. The research studies that were performed during Jiska's PhD project are described and discussed in this doctoral dissertation.

