



Universiteit  
Leiden  
The Netherlands

## Transdiagnostic treatment for eating disorders

Jong, M. de

### Citation

Jong, M. de. (2021, September 1). *Transdiagnostic treatment for eating disorders*. Retrieved from <https://hdl.handle.net/1887/3209226>

Version: Publisher's Version

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

Downloaded from: <https://hdl.handle.net/1887/3209226>

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

Cover Page



Universiteit Leiden



The handle <https://hdl.handle.net/1887/3209226> holds various files of this Leiden University dissertation.

**Author:** Jong, M. de

**Title:** Transdiagnostic treatment for eating disorders

**Issue Date:** 2021-09-01

# **Transdiagnostic treatment for eating disorders**

Martie de Jong

Financial support for the research reported in this thesis was kindly provided by Stimuleringsfonds Wetenschappelijk Onderzoek, an initiative from PsyQ (part of Parnassia Groep). The funding source had no involvement in the research. Financial support for the publication of this thesis by the board of the Parnassia Groep Academie is hereby gratefully acknowledged.

Transdiagnostic treatment for eating disorders  
Martie de Jong

PhD thesis, Leiden University  
ISBN: 978-90-77877-26-5  
Uitgever: Parnassia Groep, Den Haag

Cover: Guus Gijben | Proefschrift-aio.nl  
Editing, lay-out and printing: Guus Gijben | Proefschrift-aio.nl

© 2021 Martie de Jong, Den Haag

All rights reserved. No part of this publication may be reproduced, stored in a retrieval system, or transmitted in any form or by any means without prior permission from the author.

# **Transdiagnostic treatment for eating disorders**

## **Proefschrift**

ter verkrijging van  
de graad van doctor aan de Universiteit Leiden,  
op gezag van rector magnificus prof.dr.ir. H. Bijl,  
volgens besluit van het college voor promoties  
te verdedigen op woensdag 1 september 2021  
klokke 15.00 uur

door

Martie de Jong  
geboren te 's-Gravenhage  
in 1975

**Promotores**

prof.dr. P. Spinhoven

prof.dr. H.W. Hoek, University of Groningen/UMCG

prof.dr. C.W. Korrelboom, Tilburg University

**Promotiecommissie**

prof.dr. A.J.W. van der Does

prof.dr. E.F. van Furth

prof.dr. A.A. van Elburg, Utrecht University

prof.dr. A.A.N. Mulkens, Maastricht University

prof.dr. C. van der Heiden, Erasmus University Rotterdam

Less is more

- *Ludwig Mies van der Rohe*



# **Contents**

## **Chapter 1**

General introduction	9
Appendix – Diagnostic criteria DSM-5	27

## **Chapter 2**

Explicit, implicit and discrepant self-esteem in eating disorders	33
---	----

## **Chapter 3**

Competitive memory training (COMET) for treating low self-esteem in patients with eating disorders: a randomized clinical trial	55
---	----

## **Chapter 4**

Enhanced cognitive behavioral therapy for patients with eating disorders: a systematic review	73
---	----

## **Chapter 5**

Effectiveness of enhanced cognitive behavioral therapy (CBT-E) for eating disorders: study protocol for a randomized controlled trial	97
---	----

## **Chapter 6**

Effectiveness of enhanced cognitive behavior therapy for eating disorders: a randomized controlled trial	127
--	-----

## **Chapter 7**

Summary and general discussion	157
Abbreviations	178

## **Bijlagen**

Nederlandse samenvatting	183
Dankwoord	193
Curriculum vitae	197