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INTERNET-BASED SELF-HELP FOR YOUNG FEMALES WITH BULIMIA NERVOSA — AN INNOVATIVE EFFECTIVE TREATMENT METHOD

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Bulimia nervosa (BN) is a highly disabling disorder with severe health consequences. In a stepped care approach the NICE (National Institute of Clinical Excellence) guidelines recommend the application of guided self-help as a first step in the treatment of bulimia nervosa before continuing with face-to-face psychotherapy. Most of the self-help supports - available as books, CD-Rom or on an Internet surface - are based on cognitive behavioural concepts and have been proven to be effective. In this workshop we will present advantages of this treatment approach and provide you with a survey of research work implementing new technologies in the treatment of BN. We will give you an insight into the treatment modules involved in SALUT - BN developed by Netunion in cooperation with the University of Geneva and present the latest results and longterm outcome of a RCT comparing Internet-based Self program for BN with bibliotherapy.