



SALUT BED - GUIDED SELF-HELP PROGRAM FOR BINGE EATING DISORDER

Salut BED is a guided self-help program for Binge Eating Disorder. The program is based on cognitive behavioural therapy and can be used as a therapeutic or counselling support tool under the supervision of a health care professional (a “coach”) or as part of an integrated program for obesity management.

The program contains 11 modules designed to help users progressively change their lifestyle and regain control of their eating behaviour, thus taking those vital first steps towards sustainable weight loss and obesity management. Each module is composed of lessons, tools and examples. Typically, the program takes 6 months to complete. Contacts with the Coach during this period consist of 3 face-to-face meetings and one short e-mail message per week.

Users start by examining their motivation for change. This process is supported by motivational interviewing exercises that they can do first with their Coach and repeat as they work through the program. They are also asked to observe their own behaviour and develop a list of personal strategies to overcome their problems. Users are asked to record their meal patterns, compulsive eating episodes, the emotions or situations that triggered these behaviours in their **online diary**. They can consult the **analytical summaries** at any time to follow their own progress, identify behavioural patterns, and moments of vulnerability. They can also use these feedback as basis for discussion with their Coach, who has access to the analytical summaries as well.

Additional modules also focus on **promoting physical activities, dealing with emotional eating, problem solving, self-esteem** and other factors that maintain compulsive eating behaviours. **Relaxation and mindfulness audio exercises** are also available to help the users become more attentive to their body sensations such as hunger and satiety.

Salut BED is based on a guided treatment support model for Bulimia developed by HUG (University Hospital of Geneva) and NetUnion (Lausanne, Switzerland) in the European research project Salut (Intelligent environment for diagnostics, treatment and prevention of eating disorders, IST-2000-25026).

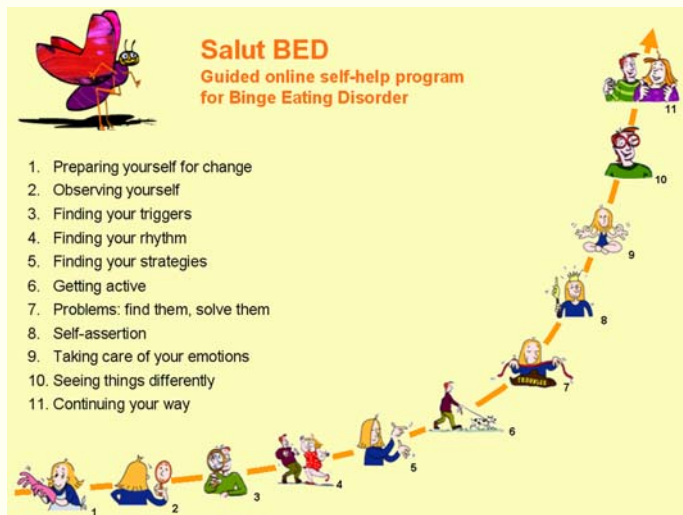


Figure 1: Salut BED modules

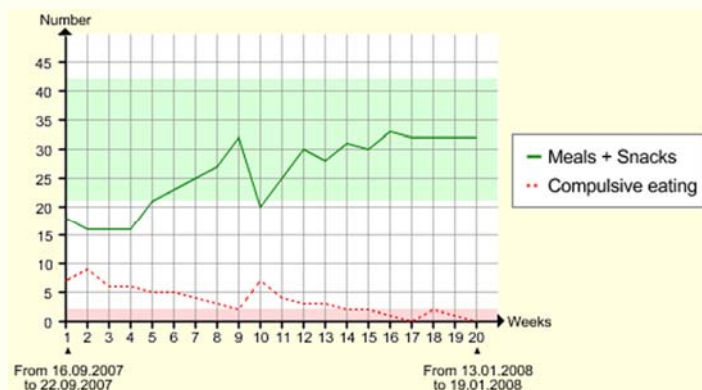


Figure 2: Weekly evolution of meals and compulsive eating

Clinical evaluations conducted from 2002 to 2004, by Salut project partners in Switzerland, Germany, Sweden, and Spain, confirmed the efficacy of this model.

The program is continuously updated with state of the art research from ongoing European research projects such as the DiOGenes project (Diet, Obesity and Genes, FP6-513946), and the Marie Curie research network INTACT (Individually Tailored Stepped Care for Women with Eating Disorders, MRTN-CT 2006-035988). Clinical state of the art is ensured by the cumulated experience and feedback of clinicians using the program since 2002, from Austria, Germany, Switzerland, Spain, Holland and Sweden.

The program, deployment and usage models respect prevailing European legislations and guidelines for data security and protection of the privacy and confidentiality of European citizens, notably: Article 8 of EU Charter of Fundamental Rights on Protection of Personal Data, Council of Europe I and II Convention 108/81 for the Protection of Individuals with regards to Automatic Processing of Personal Data (CETS 108), and the EU Directives 95/46/EC, 97/66/EC, and 2002/58/EC, commission decision 2000/518/EC of 26 July 2000, providing guidance data protection and privacy, and free movement of data within the EU / EEA.

CONTACT INFORMATION

For more information, please visit the demonstration site at: <http://www2.salut-ed.org/bed-demo/>

Tony Lam (lam@netunion.com)

NetUnion

Av. de Villamont, 19, 1005 Lausanne, Switzerland

Phone: +41 (0)21 351 53 66