



## Self-help for bulimia - exciting new research

Researchers at the University of Glasgow are investigating the effectiveness of an online self-help programme for bulimia nervosa, developed by Professor Chris Williams, Senior Lecturer in Psychiatry and Honorary Consultant Psychiatrist at the University of Glasgow and Professor Ulrike Schmidt, Professor in Eating Disorders at the Institute of Psychiatry, London.

The project aims to find out whether this online 8 week course based on the principles of cognitive behaviour therapy could support bulimics in their battle against the illness.

Some individuals with bulimia struggle to get the right treatment for their disorder. Often this is because they are not quite ready to seek formal face to face treatment or because the nearest eating disorder specialist is too far away. This means that many individuals with bulimia are not receiving any help at all.

Online self-help materials allow individuals with eating problems to work through each session at their own pace, in their own home and at a time that is suitable for them. Taking part in this study means you could have access to such an online life skills package which is confidential, convenient and effective. This may result in an improvement in your eating habits, body image and quality of life. Also, this online package may bridge the gap between the onset of your illness and receiving specialist treatment, if you are currently on a waiting list.

To find out more about this research and to take part go to [www.help4bulimia.co.uk](http://www.help4bulimia.co.uk). Alternatively contact the research team by emailing [help4bulimia@live.co.uk](mailto:help4bulimia@live.co.uk) or calling 0141 232 2054.