



Project Information

“Guided self-help” is recommended by the National Institute for Health and Care Excellence (NICE) as the first-line treatment for adults with binge eating disorder. It involves the person concerned following a cognitive-behavioural self-help programme focused on binge eating with “guidance” (or “support”) provided by a non-specialist worker.

We are assessing the acceptability and effects of using trained Beat support staff to provide this guidance over the telephone. You will be offered eight telephone support sessions, over a maximum of 12 weeks. During these sessions you will be helped to follow the self-help programme. The self-help programme used will be the well-established and evidence-based book “Overcoming Binge Eating”, as recommended by NICE.

Do I have to take part?

We are inviting you to take part in this pilot project. There is no obligation to take part, so please take time to decide whether you wish to be involved. If you decide to take part and then wish to withdraw, you can do this at any time and with no adverse consequences. If you participate and then wish for your data to be withdrawn, you can also do this at any time and with no adverse consequences.

What will happen if I take part?

You will be invited to take part in a short assessment to determine whether guided self-help is suitable for you. You will be asked about your eating problems and your mood. If guided self-help is suitable for you, you will then be invited to take part in this project. This will involve following the book “Overcoming Binge Eating” and receiving up to eight regular telephone guidance sessions over 12 weeks from a trained Beat staff member.

Both mid-way through and at the end of the programme we will invite you to speak to a Beat staff member to help us to understand how you are finding taking part. Three and six-months after completing the programme, we will then invite you to take part in another short assessment to understand more about how things are for you following the programme.

What are the potential advantages and disadvantages of taking part?

Guided self-help has been found to be effective in helping people with binge eating problems, therefore we hope that it will be effective for you. However, guided self-help is not suitable for everyone, and some people are better suited to an alternative type of treatment. This project involves piloting a new way of delivering the support, using Beat support staff to provide it over the telephone.

Participation in this project involves completion of some standardised questionnaires which are used to assess mood and eating behaviours. These questionnaires are not

sufficient to clinically diagnose eating disorders or depression. However, if your responses to these indicate any immediate concerns, we will suggest you seek further help from a health professional.

Guided self-help for binge eating problems may bring up difficult thoughts or feelings. It will involve making changes to your eating behaviours, which may initially increase levels of anxiety. As part of the programme we will ask you to weigh yourself, and this could cause some distress, although the reasons for this will be discussed with you and you will be given support to do so.

Will the information I disclose be kept confidential?

The information you disclose will be kept confidential, according to Beat's confidentiality policy. If a Beat staff member believed that you were at risk of significant harm or unable to keep yourself safe, your details may be shared with external agencies. The information you disclose may be discussed anonymously within staff supervision. Your sessions with Beat's staff members will be recorded for training and monitoring purposes, in line with Beat's helpline confidentiality policy.

As part of agreeing to the pilot project, you have agreed to us informing your GP about your participation in the programme. Your GP will retain clinical responsibility for your physical and mental health, therefore if we have any immediate concerns about your wellbeing, we will inform your GP. Your GP will also be able to contact us if they have concerns about your health, and your participation in the pilot programme.

Your data will be stored according to GDPR. See Beat's privacy policy here: <https://www.beateatingdisorders.org.uk/privacy>

What will happen to my data after the end of my participation?

Your data will be stored on Beat's case management system. If you wish for your data to be withdrawn, you can request this at any time with no adverse consequences. Your data will be used to help us understand the acceptability of guided self-help as delivered by Beat staff members, and help us to identify areas that we can improve on.

Contacts for further information

If you have any questions about taking part in the pilot project or any problems during your participation, then you can email guidedsupport@beateatingdisorders.org.uk to speak to a Beat staff member.

If you would like to receive extra support throughout the project, Beat's helpline is open 365 days a year from 12pm-8pm during the week, and 4pm-8pm on weekends and bank holidays. You can contact the helpline for free by calling 0808 801 0677, or through the one-to-one webchat option ([beateatingdisorders.org.uk/support-services](https://www.beateatingdisorders.org.uk/support-services)).

The Samaritans are also open 365 days a year, 24 hours a day, and can be called for free on 116 123.