

# Early Digital Intervention for Eating Disorders

The DIME and EDDGE projects

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**87% of People with an Eating Disorder  
Do Not Seek Help!**

**(B-eat, 2012)**

**29% of People Referred to Eating Disorder Services Do not  
Attend for their First Assessment**

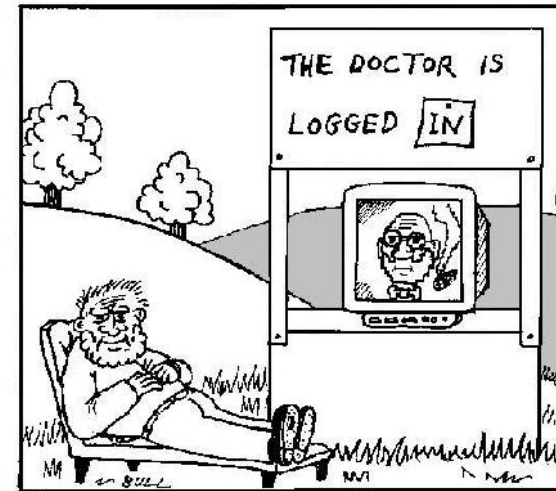
**(Kimmeridge Court audit, 2013; Waller et al., 2009)**

- **The earlier an eating disorder is recognised and treated the better the outcome**
  - **Late recognition is linked to chronicity, treatment difficulties, relapse, drop-out etc.**
  - **Eating disorders have the highest rate of deaths than any other mental health illness!**

- **Nature of the Eating Disorder: Perceived functional role (control, emotional regulation, coping) and ambivalence towards recovery (Williams & Reid, 2010; 2012)**
- **Fears about weight, lack of control, stigma can lead to low recovery self-efficacy/confidence**
- **Difficulties with recognition in the first place**
  - **Only 15% of people with an eating disorder who had visited a GP felt their GP understood (Beat, 2009)**
  - **GPs can have low confidence in managing eating disorders (Reid, Williams & Hammersley, 2010)**

## Digital Interventions as a Solution?

- Internet fast becoming first step for health information seeking
- High use of internet resources for eating disorders
- NHS Digital First initiative recognises technology's potential to provide patient services
- Benefits to patient:
  - Empowerment and Control
  - Convenience
  - Anonymity!!
- Benefits to services:
  - Potential for increased engagement?
  - Little or no-cost (unnecessary/missed appointments, resources etc.)

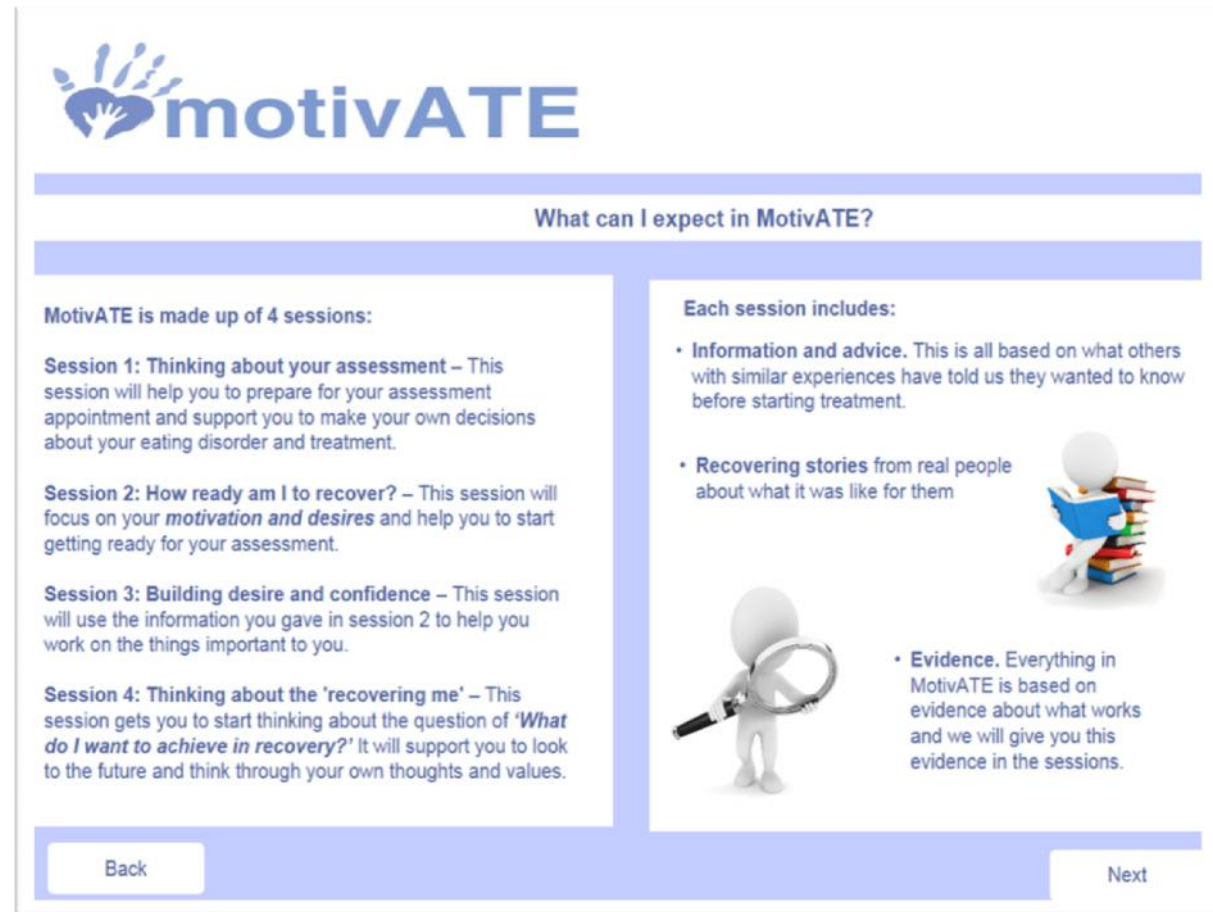


# Digital Motivation Enhancement (DIME)

**DIME aims to:**

- **Prepare for assessment (expectation management, reduce stigma)**
- **Enhance motivation (self-determination, principles of motivational interviewing)**

**Delivered prior to formal treatment to increase engagement.**



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### What can I expect in MotivATE?

**MotivATE is made up of 4 sessions:**

- Session 1: Thinking about your assessment** – This session will help you to prepare for your assessment appointment and support you to make your own decisions about your eating disorder and treatment.
- Session 2: How ready am I to recover?** – This session will focus on your *motivation and desires* and help you to start getting ready for your assessment.
- Session 3: Building desire and confidence** – This session will use the information you gave in session 2 to help you work on the things important to you.
- Session 4: Thinking about the 'recovering me'** – This session gets you to start thinking about the question of '*What do I want to achieve in recovery?*' It will support you to look to the future and think through your own thoughts and values.

**Each session includes:**

- **Information and advice.** This is all based on what others with similar experiences have told us they wanted to know before starting treatment.
- **Recovering stories** from real people about what it was like for them
- **Evidence.** Everything in MotivATE is based on evidence about what works and we will give you this evidence in the sessions.

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# Tailored Guidance

## Thinking about Change

How much do you want to recover and how confident are you? Think about the questions below and rate how you feel.

### Desire to change

Do you wish to change your behaviour? Or do you believe that there is no reason to change? Or do you not want to change your eating disorder? Try to be as honest as possible – there are no right or wrong answers.

Do not want to change Want to change

0 1 2 3 4 5 6 7 8 9 10

### Confidence to change

If you wanted to change your behaviour, how do you feel about being able to do it? Do you feel confident that if you set your mind to it, you could succeed? Or do you feel worry that you will not be able to do it (because it's too difficult, challenging etc)?

Not confident to change Confident to change

0 1 2 3 4 5

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## My Desire and Confidence to Change

### Confidence / Desire to change ...

In the last session you started to look at what stage of change you may be in. You also explored your feelings about your desire to change and your confidence.

The green dot indicates where you are on the confidence / desire graph. **It shows that you are low in both confidence and desire to change.**

People in this stage often feel uncertain about change as their eating disorder is important to them. They often have not fully considered the negative effects that it can have on their lives.

People in this stage often benefit from activities that help to explore the positive feelings they may have about their eating disorder. They may also like to start thinking about some of the negative sides of their disorder. In this session you will get a chance to try activities that aim to do this.





## Sam's Assessment Story

I was terrified about going to be 'assessed' by somebody. I hadn't told many people as it was and so talking to someone I did not know and trust was a scary thought.

But it got to the point where I knew I needed help from someone else and I thought it would do me good to speak to someone outside of my friends and family. I was right! It was certainly not the dreadful, terrifying experience I thought it was going to be. I found that once I started answering a few questions the lady asked me I began to open up a lot more than I thought I would be able to.

It was just what I needed and so my advice would be that no matter how nervous you are about going to the initial assessment, just force yourself to go because you have nothing to lose and it is their job to help people with eating disorders. They genuinely want to help.



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Click Next to find out more about what will happen at assessment

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### Session 3 Activities

Below is a list of activities that you may wish to try to help you think about your eating disorder and build your motivation and confidence for recovery. Just select the activities you wish to do today. It is up to you whether you do 1, 2, 3 or all 4 activities. All activities will be saved to your profile so you can come back to them at any time.

**Activity 1: Exploring positive feelings about your eating disorder**

This activity acknowledges the important functions that your eating disorder plays. This is particularly suitable for those with a very low desire to change. If you have a high desire to change you may want to skip this activity.

**Activity 2: Exploring negative feelings**

This activity explores some of the negative aspects of eating disorder and how these can be overcome. Even if you have mixed or positive feelings about your eating disorder you may find it useful to try this activity. After finishing this activity you will have a personal list of things you may want to work on in treatment that you can take to your assessment. **Note:** Those with a very low desire to change are recommended to do activity 1 first.

**Activity 3: The pros and cons of an eating disorder**

Writing down your own list of pros and cons can be a useful way to work through your thoughts about your eating disorder. This activity is often used as a recovery tool and has proven to boost people's desire to change. Those with low desire to change are recommended to do activities 1 and 2 before writing their pros and cons list.

**Activity 4: Boosting your confidence to change**

This activity helps you to reflect on your experiences and build ways to boost your own confidence about treatment.

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## Early Detect and Direct in a DiGital Environment (EDDGE)

- **Aims to:**
  - **Provide a one-stop resource for early recognition**
  - **Provide *tailored information and advice* to key stakeholders:**
    - **Anti/Pre-contemplators (Pro-eating disorder beliefs)**
    - **Those with pro-recovery beliefs**
    - **Families**
    - **GPs**
  - **Need to balance credible/trustworthy vs. overtly clinical**

## Where are we now?

- **DIME**
  - **Evaluating motivATE with target users**
  - **Nationwide Service Provision Survey**
- **EDDGE**
  - **Further understand key identification factors**
    - Survey of public perceptions of early symptoms (preliminary results: little/no knowledge of EDNOS, behavioural symptoms common in Anorexia and Bulimia but less description of psychological aspects)

- **DIME**
  - **Randomised Controlled Trial across practices in the UK**
    - Does adding DIME to treatment as usual improve assessment attendance and treatment uptake for adults with eating disorders?
- **EDDGE**
  - **Planned qualitative study (grounded theory) of processes involved in help-seeking in stakeholder groups**
  - **Leading to co-development of website/apps**

We would welcome your suggestions and questions....

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