



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 recovery.

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 eating habits, body image and quality of life. Also, this online package may bridge the gap between the onset of illness and receiving specialist treatment, for those that are currently on a waiting list.

To find out more about this research and to take part go to www.help4bulimia.co.uk. Alternatively contact Carrie-Anne McClay by emailing help4bulimia@live.co.uk or calling 0141 211 0646.