

A Single-session Intervention Adaptation of the Habit Framework for the Prevention of Eating Disorders

Status: RECRUITING

Eligibility Criteria

Age: 18 years to 22 years old

This study is NOT accepting healthy

Healthy Volunteers: volunteers

Inclusion Criteria:

* EAT-26 score ≥ 20 (EAT-26, participants will meet the "referral criteria" which includes a score of 20 or more or meeting frequency criteria on bingeing, purging, laxative/diuretic use, and/or exercise.) * English-language fluency, self-reported3 * Access to a phone, tablet, or computer

Exclusion Criteria:

* Failure to correctly complete one of the attention checks in the survey prior to the intervention * Failure to correctly complete both anagram tasks in the survey prior to the intervention * Completion of the screening survey or pre-intervention surveys in an improbably fast time

Conditions & Interventions

Interventions:

BEHAVIORAL: Screening Questionnaire, BEHAVIORAL: Pre-Intervention Questionnaires (~10 minutes), BEHAVIORAL: SSI (Single-session intervention (~30 minutes) Active arm, BEHAVIORAL: SSI (Single-session intervention (~30 minutes) control arm, BEHAVIORAL: End-of-Intervention Questionnaires (~5 minutes)

Conditions:

Eating Disorder Not Otherwise Specified

Keywords:

prevention of eating disorders

More Information

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Principal Investigator:

Phase: NA

IRB

Number:

System ID: NCT06861608

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