

Innovative, high quality
implementation research into
improved outcomes in body
image and eating disorders



ORAMA
INSTITUTE



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Research Participation: **EVALUATING TELEHEALTH GUIDELINES FOR DELIVERY OF EATING DISORDER THERAPY**

What is the study about?

This study will seek to evaluate the experiences of delivering Cognitive-Behavioural Therapy (CBT) via telehealth for eating disorders from both therapist and patient perceptions, as well as evaluate the perceived usefulness of recently published guidelines on delivering telehealth sessions for eating disorders.

Who can participate?

Participation requires that you are a therapist delivering Cognitive-Behavioural Therapy for eating disorders (CBT-ED) via telehealth.

What will I be asked to do?

The survey will ask you to provide demographic information in relation to professional group, therapy orientation, age and the primary clinical group in which you work with. You will then be asked to complete a questionnaire measuring tolerance to uncertainty. Following this, the survey will ask you to identify any difficulties you have experienced with specific aspects of protocol via telehealth, and how useful you perceive different aspects of guidelines presented in Waller et al. (2020). Completing this study will take approximately 30 minutes on one occasion. We will also provide you with a flyer to give your clients, so we can also hear about their experiences of telehealth.

How can I contact the researcher?

If you would like to participate, please click on this link: https://qualtrics.flinders.edu.au/jfe/form/SV_cT0xbMAn88hregl to access the study. If you have further questions, please contact Professor Tracey Wade or Professor Glenn Waller, via email.