

Efficacy of cognitive training through amobile app to address eating disorder cognitions in adolescents: A Randomized Controlled Trial with a one-month follow-up.

Introduction

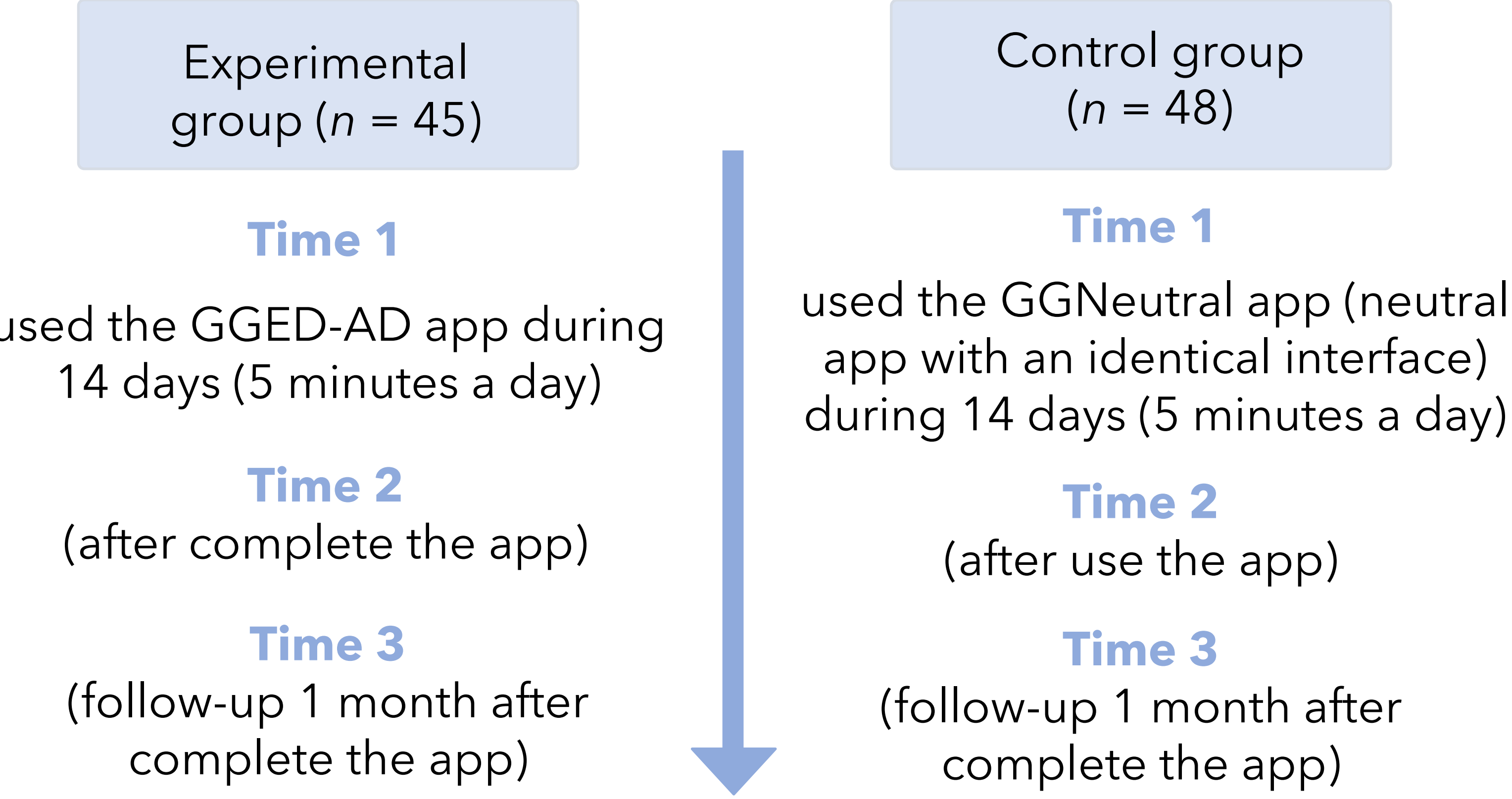
Eating disorders (ED) are a complex mental health issue that affects a significant proportion of adolescents, with prevalence rates ranging from 0.3% to 1.7% (Kessler et al., 2013). Information and communication technologies offer a unique opportunity to develop strategies to address these disorders. With this aim the mobile app GGED-AD was created to tackle maladaptive beliefs related to eating disorders (ED) in adolescent population.

Objective

The objective of the present study was to analyze if the benefits of the GGED-AD app are maintained for one month after their use.

Methods

Parallel randomized clinical trial with 93 students ($M_{age} = 13.93$; $SD = 0.58$; 60,2% women) of a public school in the Valencian Community who were will be randomized into two groups:



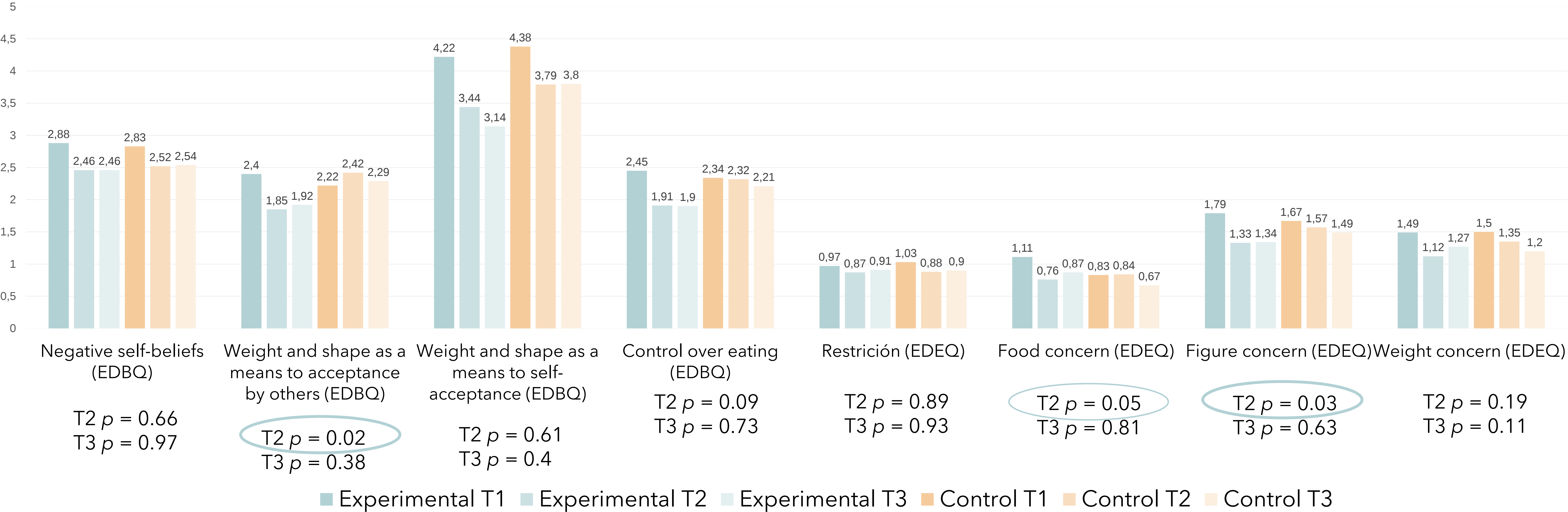
In each assessment time all participants completed the following questionnaires: *Eating Disorder Beliefs Questionnaire (EDBQ)*, *Eating Disorder Examination Questionnaire (EDE-Q)*, *Body Appreciation Scale-2 (BAS-2)*, *The Patient Health Questionnaire (PHQ-4)*, *The Single-Item Self-Esteem Scale (SISE)* and interpersonal insecurity and perfectionism factors of the *Eating Disorder Inventory (EDI-3)*.



Results

A mixed model repeated measures analysis (MMRM, Mallinckrodt et al. 2008) was conducted to assess the intervention effect on the outcome variables. This analysis involved the study group (experimental or control) x time interaction. Gender and baseline punctuation were controlled.

Table 1. Scores obtained at three measurement times for experimental and control group.



No statistically significant changes ($p < 0.05$) were observed in body satisfaction (BAS-2), perfectionism (EDI-3), distrust (EDI-3), anxiety (PHQ-4), and depression (PHQ-4) across any of the assessments.

Discussion

GGED-AD represents a novel approach to adolescent eating disorder (ED) prevention. The results obtained are limited, although they are maintained over time. This may be due to the fact that this is a universal prevention study, not a selective one, where the results are usually modest (Watson et al., 2016). Future studies should analyze the efficacy of the GGED-AD App in the adolescent population at risk of developing an ED.