

# Digital self-help for eating disorders: early value assessment

Information for the public

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[www.nice.org.uk](http://www.nice.org.uk)

NICE has said that Overcoming Bulimia Online can be used as an option in the NHS to treat the following conditions in adults:

- binge eating disorder
- bulimia nervosa
- other specified feeding or eating disorder (OSFED) with similar features to binge eating disorder or bulimia nervosa
- disordered eating with similar features to binge eating disorder or bulimia nervosa.

It should only be used:

- after you have had an initial eating disorder assessment in primary care or further assessment by specialist eating disorder services
- alongside the usual care you would have while waiting, such as regular check-ins and routine physical monitoring.

The NHS is collecting more evidence for Overcoming Bulimia Online. You might be asked if details of your treatment can be collected. You can ask your healthcare professional about how your information will be stored and used.

NICE has said that Digital CBT and Worth Warrior can be used only as part of a research study to treat the following conditions in adults:

- binge eating disorder
- bulimia nervosa
- OSFED with similar features to binge eating disorder or bulimia nervosa
- disordered eating with similar features to binge eating disorder or bulimia nervosa.

## About the technologies

Digital self-help technology for eating disorders offers a self-help programme in a digital format for people with eating disorders. It can be used as unguided self-help, which means you can work through the programme on your own, without regular support from a healthcare professional.

You can begin unguided digital self-help as soon as an eating problem is identified, while you wait for further treatment or assessment. This may:

- improve the chances that you make a full recovery
- make it less likely you will need intensive treatment later and
- save NHS resources.

Unguided self-help is not intended to be used by people with severe eating disorders or at a high medical risk. Self-help is not suitable for people with any form of anorexia nervosa.

## Is this treatment right for me?

Your healthcare professionals should give you clear information, talk with you about your options and listen carefully to your views and concerns. Your family can be involved too, if you wish. See [our webpage on shared decision making](#).

## Questions to think about

- How well does it work compared with other treatments?
- What are the risks or side effects? How likely are they?
- How will the treatment affect my day-to-day life?
- What happens if the treatment does not work?
- What happens if I do not want to have treatment? Are there other treatments available?
- How will my information be used, if it is collected?

## Information and support

The [NHS webpage on eating disorders](#) may be a good place to find out more.

These organisations can give you advice and support:

- [Beat](#), 0808 801 0677
- [Diabetes UK](#), 0345 123 2399

You can also get support from your local [Healthwatch](#).

NICE is not responsible for the quality or accuracy of any information or advice provided by these organisations.

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