



Dear Clinician,

You are receiving this letter because your patient has expressed an interest in working through our online treatment program for Binge Eating Disorder and Bulimia Nervosa with t your support and guidance as a health professional.

Who we are

The Centre for Eating and Dieting Disorder (CEDD) is a not-for-profit eating disorder research and service support centre, based at the Professor Marie Bashir Centre, Royal Prince Alfred Hospital, Sydney, and funded by the funded by the NSW Ministry for Health.

What is BEeT?

Binge eating eTherapy (or BEeT for short) is an online, self-help program delivering Cognitive Behavioural Therapy (CBT) for Binge Eating Disorder and Bulimia Nervosa. The program has been developed by eating disorder researchers and specialists, and eSimulation experts, to help treat individuals aged 16 years and over suffering from these eating disorders. The program comprises 5 sessions, and your patient will be guided through each session by a filmed, pre-recorded therapist. The program was written by a committee of experts in CBT treatment for eating disorders, and the female actor playing the role of the therapist was provided with intensive training from these therapist to deliver the treatment in the manner of a qualified therapist. Each session provides specialised elements such as education, personal stories, interactive activities, food and thought monitoring, and ongoing encouragement.

Before beginning the program, your patient will be asked to complete an online assessment, the eScreen, about their eating behaviours and thoughts, and general mental health. They will also be asked to complete an online mini eScreen before each session, used to track their progress and risk status throughout the program. Upon completion of the program, your patient will be asked to complete a final eScreen. Importantly, you will be emailed a report of their progress each week containing information about their mood, behaviours, and risk assessment from the eScreen and mini eScreens to assist you in monitoring their progress.

The cost of the program is \$79 for your patients, they will receive 3 months access. It is free for clinicians to sign up as a guide for the program, and to receive the weekly updates via email on their patients doing the course.

How do I get started?

Set up a free health professional account by visiting the following link and registering your email. http://cedd.netduet.com.au/health_professional/ . **Make sure you give your email address to any patient you refer into the program**, so they can enter this email address at registration to make sure you receive all the updates.

For more details about registering and step by step instructions, please refer to page 2.

For more information about BEeT please visit www.cedd.netduet.com.au and watch the demonstration video, or click on 'About.

Exclusion criteria

The BEeT program is not appropriate for patients who currently experiencing active suicidal thoughts or with a comorbid diagnosis of schizophrenia or bipolar disorder. It is also not an appropriate treatment program for patients with anorexia nervosa.

We appreciate your assistance and hope you find BEeT of value with your patients.

For any questions please contact [\(insert program email address\)](#)

Sincerely,

Dr Sarah Maguire

Director, Centre for Eating and Dieting Disorders

How do I Get Started: Step-by-Step Instructions

STEP 1

Register to as a Health Professional to refer a patient in

1. Go to www.cedd.netduet.com.au
2. Click on 'Health professional registration'
3. Fill in the Health professional registration form to set up a free health professional account
4. Check your email inbox for confirmation, and instructions on how to register
5. Give your email address to any patient referred into the program

STEP 2

Instructions for patient to get started on BEeT

1. The patient goes to www.cedd.netduet.com.au
2. Patient clicks on 'Start program'
3. Patient completes eScreen assessment
4. After completing eScreen, patient selects option to invite a health professional and completes the form
5. Patient checks their email inbox for confirmation, instructions on how to register, and to finalise referral from a health professional

Binge Eating eTherapy, Centre for Eating and Dieting Disorders, The Boden Institute of Obesity, Nutrition, Exercise & Eating Disorders, The University of Sydney, Charles Perkins Centre, D 17 Johns Hopkins Dr, Camperdown NSW 2006

Camperdown, 2050, NSW, Australia, E: admin@cedd.org.au, www.cedd.netduet.com.au

