

# CBTE.CO

## DISSEMINATING CBT-E: CREATING AN INFORMATION WEBSITE

A new website has been developed, dedicated to disseminating information about CBT-E (Enhanced Cognitive Behaviour Therapy for Eating Disorders) to the public and health professionals

### THE WEBSITE PROVIDES UP-TO-DATE RESEARCH AND INFORMATION ON:

- CBT-E - including an explanation of its features for the public, up-to-date research publications and clinical guidance (e.g. challenges and opportunities for CBT-E in light of COVID-19)
- CBT-E's associated printed self-help programme (Overcoming Binge Eating) and a new digital self-help programme (Digital CBTe)
- Key measures for the eating disorders (EDE-Q, CIA, EDE Interview)
- Therapist training in CBT-E

### CREATED IN MARCH 2020

Over a one-year period the website has received over 40,000 visitors from more than 150 countries

### INTERNATIONAL INTEREST

The largest number of visitors have been from the United States, United Kingdom, Australia, Canada, Ireland and Italy

### INTERNATIONAL COLLABORATION

Through the website we have also created a wider network of researchers and clinicians with CBT-E expertise and interest worldwide, designed to improve collaboration and communication