

Online CBT-BN: Does it raise support costs?

E. Bonin, J. Beecham, N. Pretorius, S. Ringwood,
L. Rowlands, U. Schmidt
& the BYTE consortium

PSSRU

at the University of Kent,
the London School of Economics
and the University of Manchester

Background

- Long delays in access to treatment
- Chronicity & importance of early treatment
- Young adults hard to reach
- Online CBT is effective as first step
- Does it raise support costs?

Sample & intervention

■ Participants

- 101 recruited from ED clinics or beat
- beat – “community sample”?
- Age 13-20, mean 18.8
- Global EDE score mean 3.9

■ Overcoming Bulimia

- Online sessions
- E-mail support
- Message boards
- Workbooks

Outcomes



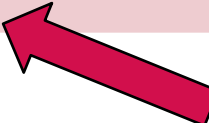
- Significant improvements, maintained at follow-up (6m)
 - Objective binge episodes
 - Vomit episodes
 - Global EDE score
- No significant change in number of service contacts (by category)

N. Pretorius, J. Arcelus, J. Beecham et al (2009)

Cost analysis

- CSRI – public sector perspective
 - Data for 56 participants
 - Baseline & follow-up (6 months)
 - 3 months retrospective
- T-tests
- Uni-variate GLM models
- Multi-variate GLM model

Use of selected services – baseline

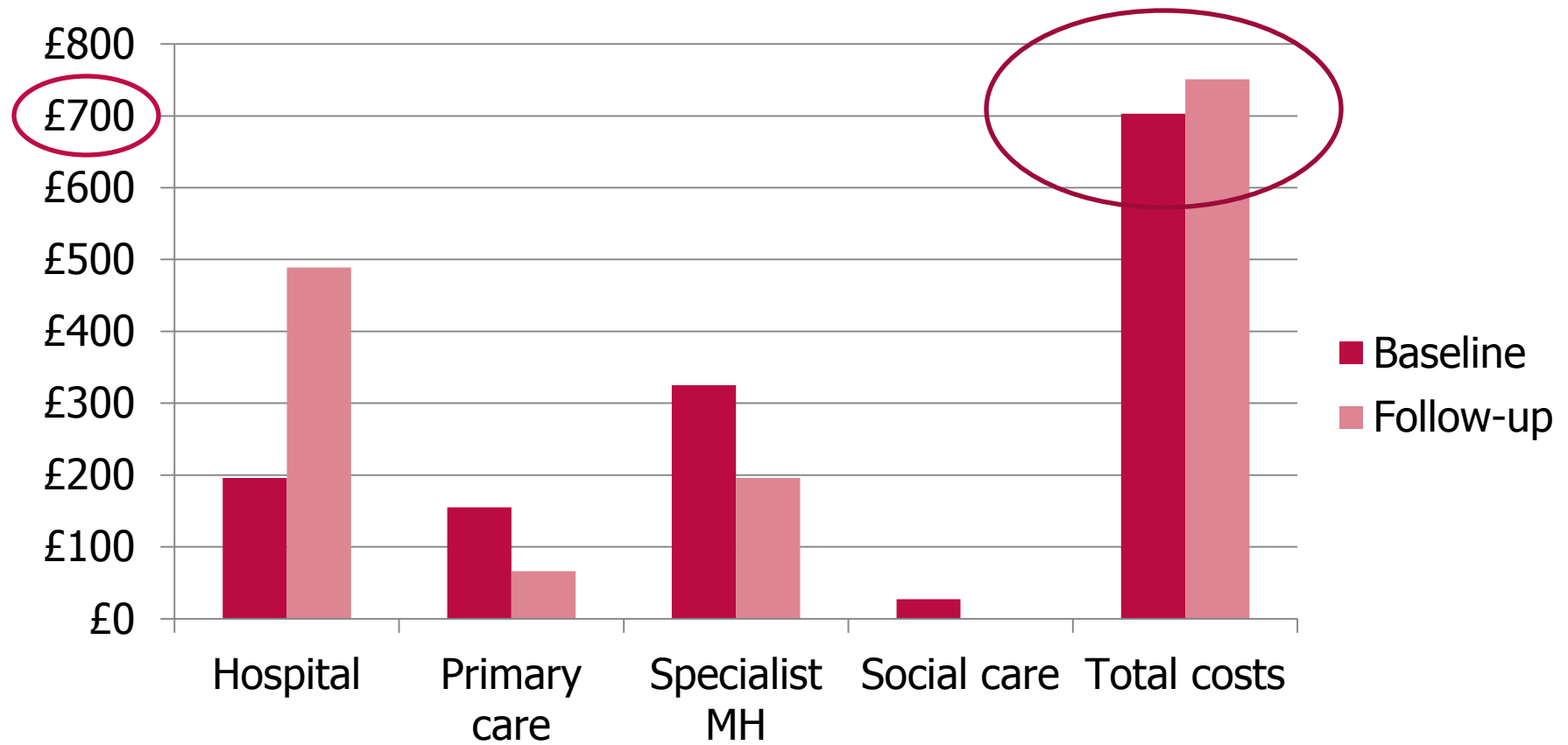
	Clinic (n=23)	<i>Beat</i> (n=33)
GP	78%	66%
Nurse	4% 	27%
A&E	17%	18%
Outpatient	26%	21%
Individual therapy	30%	18%
Psychologist / psychiatrist	52% 	12%
Any service	100%	88% 

Use of selected services – follow-up

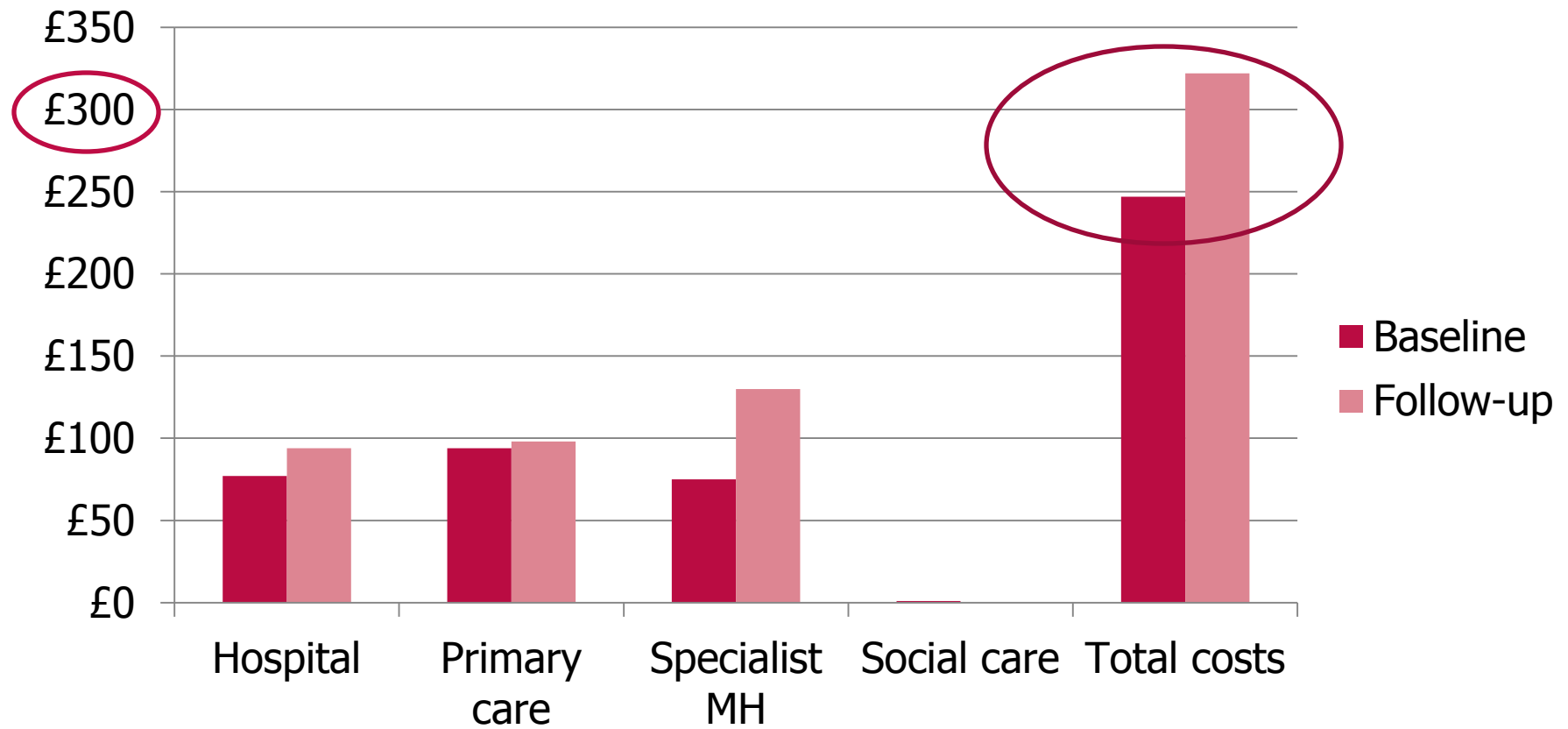
	Clinic (n=23)	<i>Beat</i> (n=33)
GP	52%	64%
Nurse	17%	27%
A&E	35%	15%
Outpatient	26%	9%
Individual therapy	35%	21%
Psychologist / psychiatrist	22%	9%
Any service	87%	82%



Costs – clinic group



Costs – *beat* group



Costs – comparisons

	Clinic	<i>Beat</i>	p-value
Specialist MH (baseline)	£325	£75	0.036
Total care package (baseline)	£703	£247	0.015
Hospital (follow-up)	£489	£94	0.021
Total care package (follow-up)	£751	£322	0.046

Predictors of costs (6 months)

- Significant predictors of follow-up costs
 - Baseline EDE scores (+)
 - FNE total score (+)
 - Group (clinic or *beat*)
- NOT significant
 - Socio-demographics
 - Baseline bulimic symptomatology
 - Changes in any EDE sub-score or total score
 - Baseline service costs

Predictors of costs, part 2

- Fitted model
 - FNE
 - Group

Conclusions

- Web-based intervention
 - Cheap, accessible
 - Improved outcomes
 - No increase in service use
 - No increase in costs
- Implications
 - First step in treatment
 - Access to specialist services?

Thank you!

N. Pretorius, J. Arcelus, J. Beecham et al
(2009): **Cognitive-behavioural therapy
for adolescents with bulimic
symptomatology: The acceptability
and effectiveness of internet-based
delivery.** Behaviour Research and Therapy
Vol. 47, Issue 9, pp. 729-736.