

Project *EAT*:

Evaluation of a web-based
training program for secondary
prevention of eating disorders

Funded by: National Institutes of Health 1RC1DE020274-01

Rita DiGioacchino DeBate, PhD, MPH, FAED

Associate Professor
Co-Director

Center for Transdisciplinary Research on Women's Health

my
practice
is my
passion.

University of South Florida
College of Public Health

Presenter Disclosures

Rita DiGioacchino DeBate, PhD, MPH, FAED

The following personal financial relationships with commercial interests relevant to this presentation existed during the past 12 months:

No relationships to disclose

This study was funded by: National Institutes of Health: 1RC1DE020274-01

Multidisciplinary Co-Authors

Behavioral Science

- Herb Severson, PhD , Deschutes Research, Inc., Eugene, OR

Dental Curriculum and Instruction

- Lisa Tedesco, PhD , Emory University
- William Hendricson, MA, MS, University of Texas HSC, San Antonio

Dental Hygiene and Health Education

- Kelli McCormack Brown, PhD, University of Florida

Dentistry

- Anne Koerber, DDS, PhD, University of Illinois at Chicago
- Scott L. Tomar, DMD, DrPH, University of Florida

Eating Disorders

- Eric Stice, PhD, Oregon Research Institute

Electronic Health Technologies

- Steve Christiansen, BA , InterVision Media, Eugene, OR

Public Health

- Rita DeBate, PhD; Deborah Cragun, MS; Laura Merrell, MPH, University of South Florida

Public Health Significance

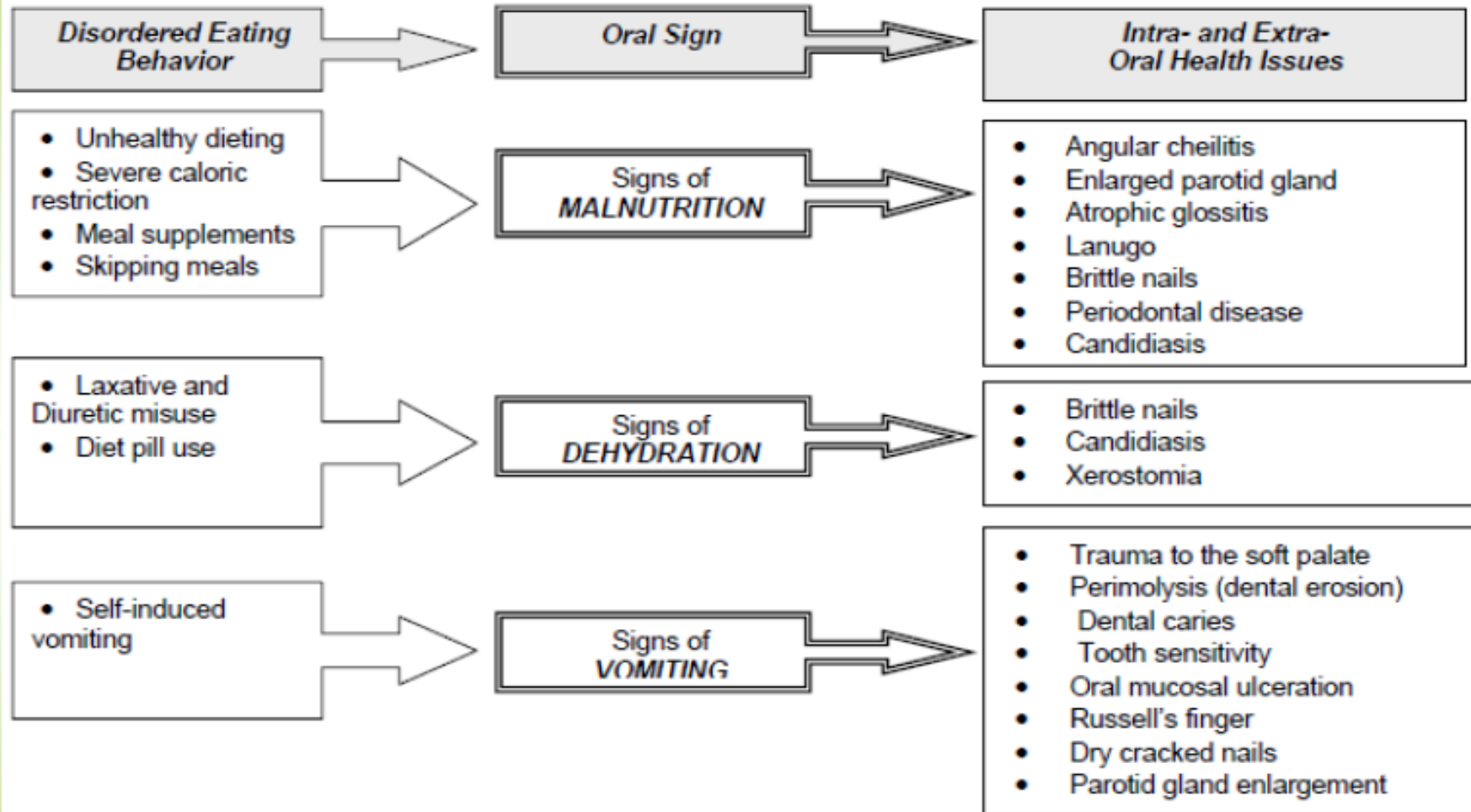
Disordered Eating Behaviors

- Unhealthy dieting, severe calorie restriction, meal supplements, skipping meals;
- Laxative, diuretic, diet pill use/misuse;
- Self-induced vomiting

Significant Public Health Issue

- High prevalence;
- Associated nutrient deficiencies;
- Associated mental health issues;
- Progression to long-term health consequences

Oral Health Significance



Oral Health Significance

Oral health issues can manifest as early as 6 months

Oral healthcare providers often have the first clinical opportunity for secondary prevention

- Early detection
- Oral treatment
- Referral to treatment

Failure to identify oral signs may lead to irreversible damage to the oral cavity and serious systemic health problems

Healthy People 2020

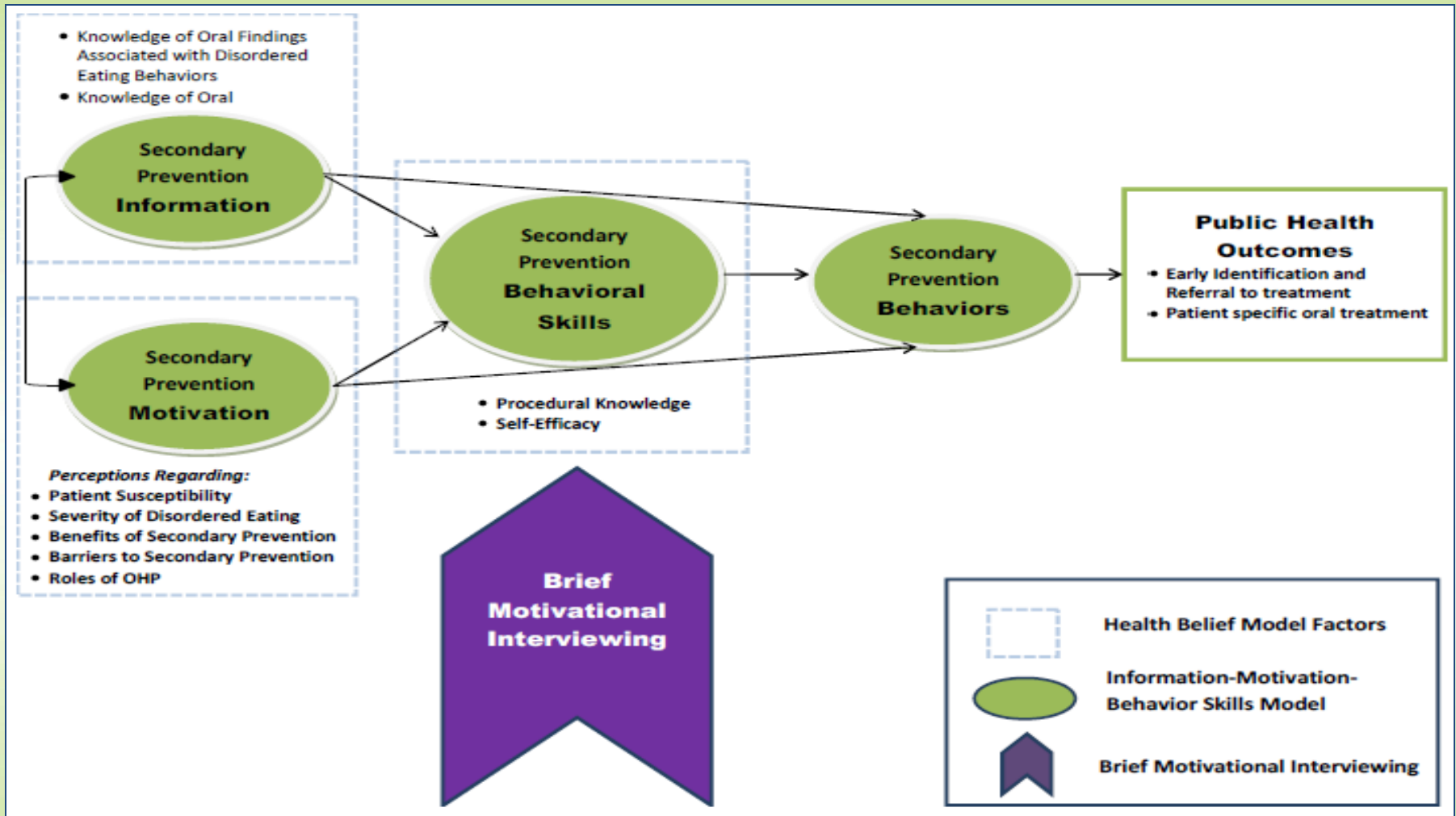
MH: Reduce the proportion of adolescents who engage in disordered eating behaviors in an attempt to control their weight.

OH: Increase the proportion of adults who receive preventive interventions in dental offices.

Purpose of the Study

To evaluate the efficacy of an Innovative theory-driven web-delivered training program for dental and dental hygiene students to increase their capacity to deliver secondary prevention of disordered eating behaviors

Conceptual Framework: Intervention



Translation of Theory to Components

IMB Contingency	Mechanisms	Training Program Component
Information	<ul style="list-style-type: none"> •Knowledge of ED •Knowledge of physical and oral manifestations of ED 	Eating Disorders and Oral Findings
Motivation	<ul style="list-style-type: none"> •Perceived threat •Perceived severity •Perceived susceptibility 	
Behavioral Skill	<ul style="list-style-type: none"> •Perceived benefits of secondary prevention •Perceived barriers to secondary prevention •Role beliefs 	EAT (Evaluate, Assess, Treat) Framework Resources and Referral
	<ul style="list-style-type: none"> •Procedural Knowledge -Differential diagnosis -Patient communication regarding sensitive topics -Patient-specific treatment plans 	
	<ul style="list-style-type: none"> •Self-efficacy regarding secondary prevention behaviors 	Interactive Video Case Studies

Web log-in

- The web-based training program can be found at the following url:
<http://oralhealthtraining.org>
 - Username: Demonstration
 - Password: Instructor
- To view each case study curriculum, reset each case study test by pressing “retake test.” Use Firefox or Google for proper demonstration.

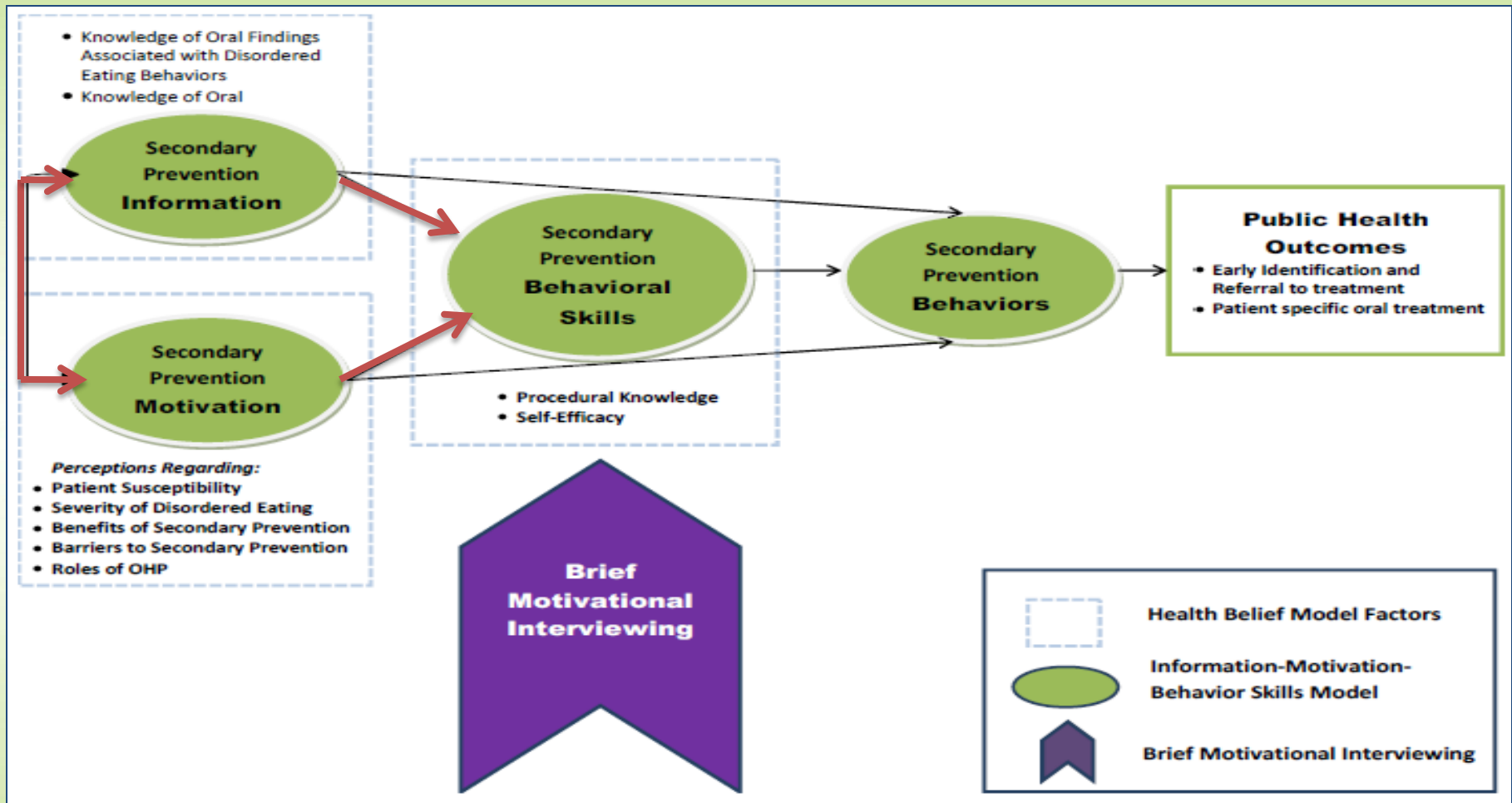
Methods: RE-AIM Framework

Re-AIM Dimension	Level	Research Questions
Reach	Student	<ul style="list-style-type: none"> •What % of students took part in the study? •What was the representativeness of participants (i.e., sex, race, dental, dental hygiene, year in training)?
Efficacy		<ul style="list-style-type: none"> •What impact did the intervention have on program participants with regard to IMB contingencies and theoretical mechanisms?
Adoption	Instructor	<ul style="list-style-type: none"> •What % of faculty adopted the intervention? •What was the representativeness of faculty? •In which classes was the intervention delivered?
Implementation		<ul style="list-style-type: none"> •To what extent was the web-based training program implemented as intended?
Maintenance		<ul style="list-style-type: none"> •To what extent is the program institutionalized within courses?
	Program	<ul style="list-style-type: none"> •To what extent is the program institutionalized within the academic training program?

Summary

- ✓ Results indicate strong support for the efficacy of this theory-driven web-based training program on secondary prevention of disordered eating behaviors
- ✓ Next steps
 - ✓ Confirmatory Factor Analyses
 - ✓ Qualitative Comparative Analyses

Next Steps



Thank you!

my
practice
is
my passion.

University of South Florida
College of Public Health