

# Targeting Transdiagnostic Self-regulatory Factors and Eating Disorder Pathology Among Adults With Binge-spectrum Eating disorders: A mHEALTH Interoceptive Exposure Intervention (the Bio-HEALTH Study)

NCT06631729

---

Status	RECRUITING
Phase	Not Applicable
Sponsor	University of Minnesota
Enrollment	144 participants

## Key Eligibility Criteria

---

### Inclusion (8)

- ages 18-64;
- no changes to ED treatment in the past 4-weeks;
- agree not to access other eating disorder treatments throughout the studies (unless warranted by a worsening of participants' symptoms during the study period; see Monitoring Participant Safety for more information);
- no bariatric surgery (prior or planned during the study period);
- no pregnancy or lactation (current or planned during the study);
- ... and 3 more (see full listing online)

### Exclusion (8)

- not between the ages of 18 and 64;
- had changes to ED treatment in the past 4 weeks;
- plan to access other eating disorder treatments throughout the study;
- received or are planning to undergo bariatric surgery during the study period;
- currently pregnant or lactating, or planning to become pregnant or lactate during the study period;
- ... and 3 more (see full listing online)

## Locations (1 total)

---

University of Minnesota, Minneapolis, Minnesota, United States