

The Helpfulness of Community Managed Eating Disorder Associations:

As can be seen in the Table 1, the majority of participants' perceived support from community managed eating disorder associations to be helpful. The provision of education, and support via email, was considered to be particularly helpful with over 80% of participants indicating that these types of support were either 'slightly helpful' or 'very helpful'. Community managed helplines, online support groups, face to face support groups, and the provision of information, were also considered to be helpful by the majority of participants. It should be noted however, that support groups facilitated by a former sufferer were much more helpful than support groups facilitated by a current sufferer.

Table 1

The helpfulness of varying types of support provided by Community Managed Eating Disorder Associations

Support	<i>N</i>	Made the Situation worse	Unhelpful	Slightly Helpful	Very Helpful
Support Groups (face to face)	49	1 (2.04%)	13 (26.53%)	28 (57.14%)	7 (14.29%)
Online Support Groups	63	4 (6.35%)	12 (19.05%)	31 (49.20%)	16 (25.40%)
Support via Email	36	1 (2.78%)	4 (11.11%)	18 (50.00%)	13 (36.11%)
Support via Helpline	35	3 (8.57%)	6 (17.14%)	18 (51.43%)	8 (22.86%)
Receiving Information	81	4 (4.94%)	15 (18.52%)	40 (49.38%)	22 (27.16%)
Receiving Education	71	4 (5.63%)	10 (14.09%)	32 (45.07%)	25 (35.21%)

Note: N denotes the number of participants who had received the specified types of support.