

Binge-Eating Disorder:

Who Has It and How We Treat It

Kate Craigen, PhD
Director of Clinical Integrity and Innovation

Agenda

Binge-Eating Disorder: Who Has It and How We Treat It

Diagnosis

Binge Eating Episodes

Common Clinical Features

What Causes Binge-Eating Disorder?

Treatments

Resources

Diagnosis: Binge-Eating Disorder (BED)

Weekly binge eating episodes:

Eating (within 2 hours or less):

- An amount of food that is definitely larger than what you would eat in a similar period of time

- A sense of loss of control during the episode



Binge Eating Episodes

Defining features

- Eating rapidly
- Eating until uncomfortably full
- Eating large amounts of food when not hungry
- Eating alone due to embarrassment
- Feeling disgusted, guilty or depressed afterwards



Binge Eating Episodes

Numbness or 'out of body' experience

Type of food varies by person and by episode

Common Triggers:

Dieting

Relationship stress

Negative mood related to shape and weight

Different than 'overeating' or 'emotional eating'



Binge-Eating Disorder Facts

Age

- Late 20s, college, can start in childhood

Sex (USA)

-  4.2 million
-  2.3 million

Race and ethnicity

- All backgrounds

Income

- Across the income spectrum

Common Clinical Features



Long length of illness

Teasing, bullying, humiliation

Functioning in multiple areas

- Financial burden
- Work productivity
- Isolation
- Fatigue

Chaotic eating patterns

Common Clinical Features

Comorbidity

- Psychiatric: Anxiety, depression, substance use disorders
- Medical: Type II diabetes, hypertension, heart disease

High self-criticism

Low self-efficacy

Shame & guilt



Common Clinical Features

Sociocultural effects of weight stigma

- Denied apartments, turned down for jobs, getting lower grades

History of weight loss programs, yo-yo dieting, weight cycling

Previous experience with health care professionals

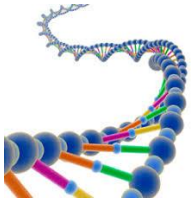
- “Just eat less and exercise more”
- Fueling the ‘binge-restrict’ cycle
- Drastic weight loss is praised



What Causes Binge-Eating Disorder?

Biological & Environmental

- Genetics: Twin studies
- Neurobiology
 - Brain response to what feels good, tastes good
- Family
- Food cues everywhere
- 'Super' portion sizes



What Causes Binge-Eating Disorder?

Life Events

Critical comments about weight

Trauma

Significant stressors/loss

Coping mechanism



Psychological Treatments

Cognitive behavior therapy (CBT) for eating disorders

Individual therapy

- Monitoring behavior, emotions, thoughts
- Recognizing triggers
- Recognizing patterns
- Relapse prevention

Overcoming Binge Eating book

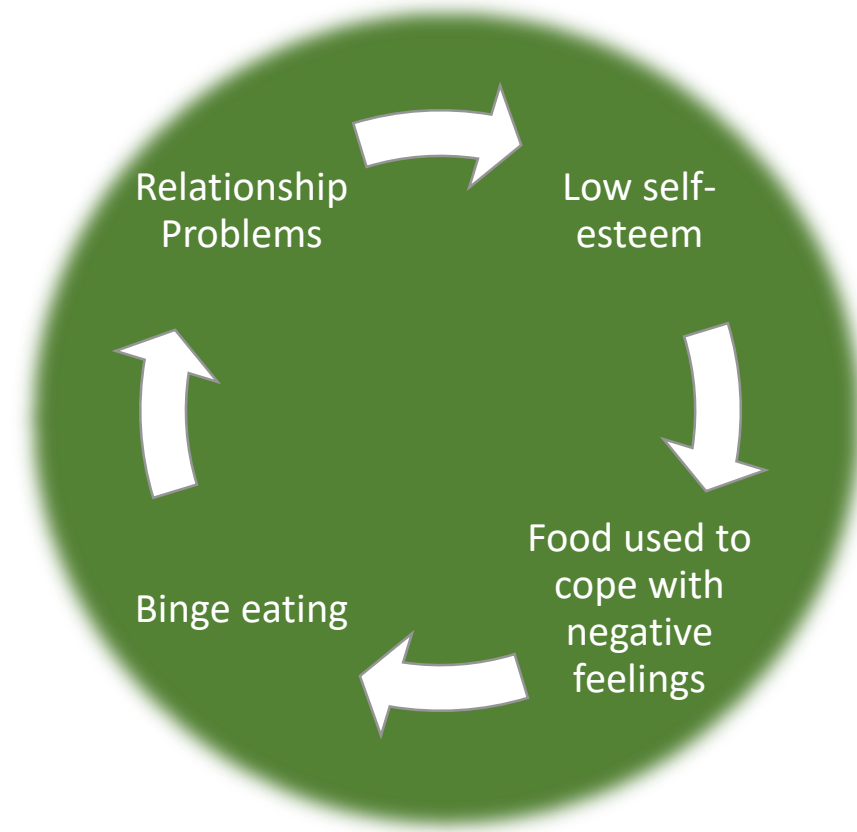
Self-help CBT program



Psychological Treatments

Interpersonal Psychotherapy (IPT)

- Relationship problems contribute to the cycle of binge eating
- Acknowledge and express negative emotions
- Relationship building and skills



Psychological Treatments

Mindfulness

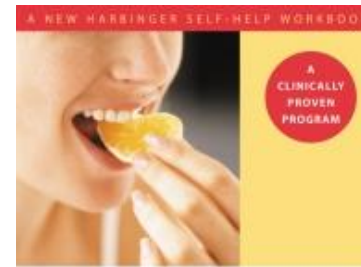
- Meditation and mindfulness practice
- Increased awareness of choice making
- Increased focus on internal hunger/fullness cues
- Self-acceptance
- Helps manage responses to strong emotions

Psychological Treatments

Dialectical Behavior Therapy (DBT)

Appetite Awareness Training

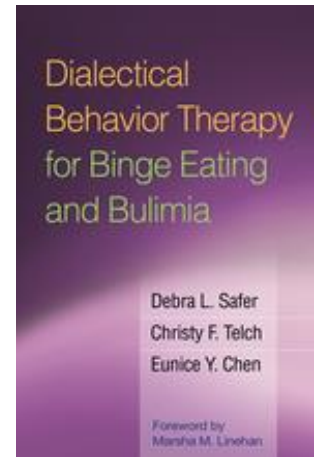
Acceptance and Commitment Therapy (ACT)



THE APPETITE AWARENESS WORKBOOK

how to listen to your body & overcome bingeing, overeating & obsession with food

LINDA W. CRAIGHEAD, PH.D.



Dialectical Behavior Therapy for Binge Eating and Bulimia

Debra L. Safer
Christy F. Telch
Eunice Y. Chen

Foreword by
Marsha M. Linehan



acceptance and commitment therapy for eating disorders

A Process-Focused Guide to Treating Anorexia and Bulimia

EMILY K. SANDOZ, PH.D.
KELLY G. WILSON, PH.D.
TROY DUFRENE

Medication treatments

Psychostimulants (ADHD)

- Vyvanse
- FDA approved

Antidepressants

- Prozac

Anticonvulsants (epilepsy)

- Topamax





We treat BED at every level of care (intensive outpatient, day treatment, residential, inpatient)

Primary goals:

- Consistent pattern of eating
- Decrease frequency of binge eating
- Learn new skills to manage emotions and life events

BED Intensive Outpatient Program (IOP)

'Free to Be'

- Specialized virtual program for adults (zoom)
- Addresses binge and emotional eating
- Group therapy and individual therapy
- Groups meet 1-3 days/evenings per week
- Individual meetings with a dietitian and a therapist

Resources

For those with binge eating behavior:

Overcoming Binge Eating, 2nd Ed. (Fairburn)

50 Ways to Soothe Yourself Without Food (Albers)

Getting Better Bite by Bite (Schmidt, Treasure, Alexander)

Binge Control: A Compact Recovery Guide (Bulik)

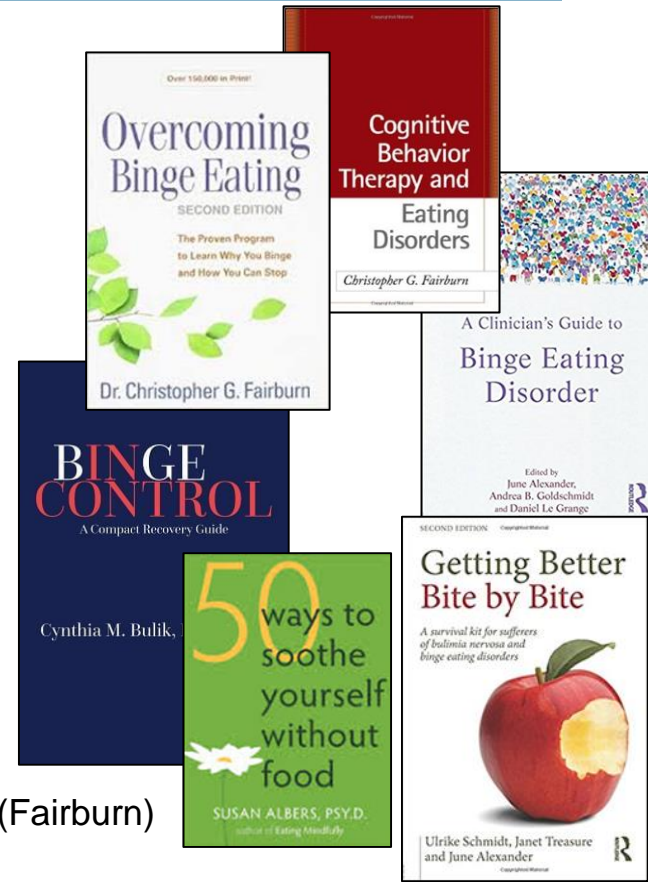
For clinicians:

Overcoming Binge Eating, 2nd Ed. (Fairburn)

A Clinician's Guide to Binge Eating Disorder

(Alexander, Goldschmidt, Le Grange)

Cognitive Behavior Therapy and Eating Disorders (Fairburn)



Recap

- Men and women of every ethnicity and socioeconomic strata
- Complex interaction between genetics and environment
- Reaction to dieting and/or stress
- Anxiety, depression, and possible medical complications
- Shame and guilt
- Therapy & medication options

Questions??



Thank you!

kcraigen@waldenbehavioralcare.com