SINPE
Società Italiana di Nutrizione Artificiale e Metabolismo

SINPE 2022 Riunione Monotematica
Cancer & Malnutrition

BINGE EATING DISORDER: ARE CBT APPROACHES EFFECTIVE?

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Background and aims

Binge Eating Disorder (BED) is the most common eating disorder, characterized by recurrent episodes of binge eating without the use of inappropriate compensatory behaviors. The high frequency of psychiatric, psychosocial and physical comorbidities, often correlated to an excessive body weight, has a strong negative impact on the quality of life of these patients. The purpose of this study is to evaluate the efficacy of a Cognitive Behavioural Therapy approach on BED symptomatology.

Methods

Since 2015 we propose to our BED patients the participation to 8 weekly group sessions about emotional regulation, in order to modify dysfunctional thoughts, beliefs and behavioural strategies. During the therapeutic course and a year after the end of the group sessions, several medical, dietetic and psycological examinations were regularly planned. We analyzed the effect of this therapy on the frequency of binge eating episodes, BES score, body weight and BMI of the patients of 16 groups.

Results

Out of 45 patients, 33 (73,33%) reduced the frequency or entity of binges at the end of the group sessions, while 7 (15,56%) showed an aggravation and 5 (11,11%) didn't noticed any variation.
BES score improved for 25 patients out of 31 (80,65%) and got worse for 5 (16,12%) and was still the same for a patient (3,23%) after the group, compared to the beginning. The only 12 patients of which we could assess the score one year later got all a decreased result.
Out of 82 patients, 43 (52,44%) lost weight, 37 (45,12%) gained more weight and 2 (2,44%) remained stable. The average variation of body weight has been +0,1 kg.

Conclusions

Our CBT approach showed a significant positive effect on psycological outcomes. However the impact on body weight is heterogeneous and hardly definable among the patients.