

Binge Eating Disorder and its Treatment

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Description

The terms Binge eating and dieting are completely misunderstood and being misused by the adolescents. Dieting is that the practice of eating food during a regulated thanks to decrease, maintain, or increase weight, or to stop and treat diseases like diabetes and obesity, whereas Binge eating is entirely different. Binge disorder (BED) is characterized by consumption of huge amounts of food and loss of control without compensatory behavior, like vomiting or laxative abuse. BED is more frequent in females than in males. Binge disorder is additionally linked with overweight and obesity. BED syndrome is included under "The Diagnostic and Statistical Manual of Mental Disorders". Causes could also be future dieting, psychological issues in some cases but they're not proved. Although binge eating was described as overeating by many participants, often it had been not clear if youth were pertaining to uncontrolled overeating. In nearly half the groups, participants indicated unfamiliarity with the term "binge eating." There was some confusion between binge eating and other sorts of disordered eating. The findings suggest that prevalence rates of self-reported dieting and binge eating behaviors should be interpreted with caution and it shouldn't be assumed that the bulk of adolescents who self-report dieting are engaging in unhealthful behaviors. BED cases usually occur between the ages of 12.4 and 24.7, but prevalence rates increase until the age of 40. Binge disorder is that the commonest disorder in adults.

Health risks

There are several physical, emotional, and social health risks when one is affected by BED. Among the health risks is that the chance of utmost weight gain. Two-thirds of these with the BED become overweight or obese.

Signs and symptoms

- Eating much faster than normal
- Eating an outsized amount when not hungry
- Eating alone or secretly thanks to embarrassment over the quantity of food consumed
- Not having the ability to recollect what was eaten after the binge

- Feelings of guilt, shame or disgust following a food binge

Treatment

1. Counselling and certain medication could also be the approach within the treatment of the disorder
 - To assess the 3- and 6-year course of medication like lisdexamfetamine and selective serotonin reuptake inhibitor (SSRIs).
 - Antidepressants, anticonvulsants, and anti-obesity medications
 - For BED patients with manic episodes, risperidone is suggested. If BED patients have bipolar depression, lamotrigine is acceptable to use
2. Counselling- psychotherapy supported CBT not only significantly improved binge-eating symptomatology but also reduced a client's BMI significantly at post treatment and longer than 6 and 12 months after treatment.
 - CBT therapy-CBT has also been shown to be an efficient method to deal with self-image issues and psychiatric comorbidities (e.g., depression) related to the disorder. The goal of CBT is to interrupt binge-eating behavior, learn to make a traditional eating schedule, change the perception around weight and shape and develop positive attitudes about one's body
 - Psychotherapy-psychotherapy and behavioral interventions are simpler than pharmacological interventions for the treatment of binge disorder. A meta-analysis concluded that psychotherapy supported CBT not only significantly improved binge-eating.
3. Lifestyle Interventions like weight training, peer support groups, and investigation of hormonal abnormalities
4. Blocking opioid receptors results in less food intake.

Conclusion

It are often concluded that BED is a disorder which will be quite severe and need intensive treatment. Effective treatments are developed for people with BED, and these are often further improved. The course of treated BED patients over a period of 6 years.

How to cite this article: Sharon Susan. "Binge Eating Disorder and its Treatment" *J Child Adolesc Behav* 9 (2021): 391

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