

BINGE EATING DISORDER

Binge-eating disorder is characterized by recurring episodes of binge eating. It is important to note that overeating and binge-eating are not the same. Overeating can be described as consuming more food than your body needs at a given time. Most people overeat on occasion. Binge-eating is less common and is marked by **psychological distress**.

Certain Warning Signs can be indicative of Binge Eating Disorder, including:

- Changes in body weight
- Dresses in layers or clothing that disguises one's body shape even when not appropriate for the weather
- Evidence of binge eating, such as disappearance of food or hoarding of food in secret
- Guilt and anxiety surrounding eating or food

Diagnosis is based upon meeting specific criteria outlined in the DSMV-5,

A binge-eating episode is characterized by:

1. The consumption of an unusually large amount of food during a relatively short period of time.
2. Feeling out of control over what and how much is eaten and when to stop

A binge-eating episode also includes three or more of the following:

1. Eating very quickly
2. Eating regardless of hunger cues, even if one is already full
3. Eating until uncomfortably or painfully full
4. Eating alone due to embarrassment about the type and quantity of food ingested
5. Feelings of self-disgust, guilt, and depression

The binge-eating episodes are not followed by compensating behaviours (such as excessive exercise, self-induced vomiting, or the misuse of laxatives or diuretics) as in bulimia nervosa.



Binge eating is seen as a disorder when the bingeing episodes occur at least once a week for three months or more.

Source: <https://nedic.ca/eating-disorders-treatment/binge-eating-disorder/>

PROGRAMS

Online

Silver Linings Foundation – Online Adolescent Support Group

<https://www.silverliningsfoundation.ca/help/adolescent>

F.E.A.S.T – 30 Day Educational Service for Parents/Caregivers

<https://www.feast-ed.org/register-now-for-our-30-day-educational-service>

RESOURCES

Overview on Binge Eating Disorder from Alberta Health

<https://myhealth.alberta.ca/Health/Pages/conditions.aspx?hwid=hw266473>

Resource Collection from F.E.A.S.T (Families Empowered And Supporting Treatment for Eating Disorders) including online articles, books, podcasts, video and peer support.

<https://www.feast-ed.org/binge-eating-disorder/>

PSYCHOLOGY/COUNSELLING

Calgary Counselling Centre

<https://calgarycounselling.com/blog/eating-disorders>

