

## Eating Disorders

### DSM-IV 307.50 Eating Disorders, Not Otherwise Specified

**Binge Eating Disorder:** recurrent episodes of binge eating in the absence of the regular use of inappropriate compensatory behaviors characteristic of Bulimia Nervosa

#### Research Criteria for Binge-Eating Disorder

- Recurrent episodes of binge-eating, characterized by both of the following:
  - Eating in a discrete period of time (e.g., within any 2-hour period), an amount of food that is definitely larger than most people would eat in a similar period of time under similar circumstances;
  - A sense of lack of control over eating during the episode (e.g., a feeling that one cannot stop eating or control what or how much one is eating).
- The binge-eating episodes are associated with three (or more) of the following:
  - Eating much more rapidly than normal;
  - Eating until uncomfortably full;
  - Eating large amounts of food when not feeling physically hungry;
  - Eating alone because of being embarrassed by how much one is eating;
  - Feeling disgusted with oneself, depressed, or very guilty after overeating
- Marked distress regarding binge-eating is present.
- The binge-eating occurs, on an average at least 2 days for a week for 6 months.  
Note: the method of determining frequency differs from that used for bulimia nervosa; future research should address whether the preferred method of setting a frequency threshold is counting the number of days on which binges occur or counting the number of episodes of binge eating.
- The binge-eating is not associated with regular use of inappropriate compensatory behaviors (e.g., purging, fasting, excessive exercise) and does not occur exclusively during the course of anorexia nervosa or bulimia nervosa.

Adapted from ADA Pediatric Manual of Clinical Dietetics, 2<sup>nd</sup> Ed, Figure 17.3 DSM-IV-TR Criteria for Eating Disorder Not Otherwise Specified and Proposed Research Criteria for Binge-Eating Disorder.

#### **Provisional research criteria for diagnosing BED in children:**

- A. Recurrent episodes of binge eating. An episode of binge eating is characterized by both of the following:
  - 1. Food seeking in absence of hunger (e.g. after a full meal)
  - 2. A sense of lack of control over eating (e.g., endorse that, “When I start to eat, I just can’t stop.”)
- B. Binge episodes are associated with one or more of the following:
  - 1. Food seeking in response to negative affect (e.g., sadness, boredom, restlessness)
  - 2. Food seeking as a reward
  - 3. Sneaking or hiding food
- C. Symptoms persist over a period of 3 months
- D. Eating is not associated with the regular use of inappropriate compensatory behaviors (e.g., purging, fasting, excessive exercise) and does not occur exclusively during the course of anorexia or bulimia nervosa

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Marcus MD, Kalarchian MA. Binge eating in children and adolescents. *Int J Eat Disord* 2003;34(Suppl):S47-S57.

<b>Children's binge eating disorder scale</b>	
<u>Item</u>	<u>Response Choice</u>
1. Do you ever want to eat when you are not even hungry?	Yes/No
2. Do you ever feel that when you start eating you just cannot stop?	Yes/No
3. Do you ever eat because you feel bad, sad, bored, or any other mood?	Yes/No
4. Do you ever want food as a reward for doing something?	Yes/No
5. Do you ever sneak or hide food?	Yes/No
6. How long have you been doing this? (transformed to weeks)	Yes/No
7. Do you ever do anything to get rid of the food you ate?	Yes/No

BED criteria may be met if child responds affirmatively to questions 1 and 2, and at least one of questions 3, 4, or 5, had symptoms that persisted greater than 3 months (question 6), and answers no to question 7.

Shapiro JR, Woolson SL, et al. Evaluating binge eating disorder in children: development of the children's binge eating disorder scale (C-BEDS). *Int J Eat Disord* 2007; 40:82-89.

### **SCOFF Questionnaire to Screen for Eating Disorders (Anorexia nervosa or Bulimia nervosa)**

- Do you make yourself sick because you feel uncomfortably full?
- Do you worry you have lost control over how much you eat?
- Have you recently gained more than one stone (14 pounds or 6.35 kg) in a 3 month period?
- Do you believe yourself to be fat when others say you are too thin?
- Would you say that food dominates your life?

\*One point for every "yes"; a score of  $\geq 2$  indicates a likely case of anorexia nervosa or bulimia.

Morgan JF, Reid F, Lackey JH. *BMJ* 1999, Dec 4, 319; 1467-8.