

Cynthia Yoon*

Department of Public Health, University of Houston, USA

ABSTRACT:

Binge Eating Disorder (BED) is a significant and pervasive psychological condition characterized by recurrent episodes of consuming large quantities of food, often rapidly and to the point of discomfort. This behavior is typically accompanied by a sense of loss of control and intense feelings of guilt, shame, and distress. Unlike other eating disorders, such as bulimia nervosa, BED does not involve regular purging or self-induced vomiting. It is associated with high levels of anxiety. The etiology of BED is multifaceted, involving genetic, biological, environmental, and psychological factors. Treatment approaches are varied, encompassing Cognitive-Behavioral Therapy (CBT), InterPersonal Therapy (IPT), pharmacotherapy, and lifestyle interventions, aiming to reduce binge episodes, improve emotional regulation, and promote healthy eating behaviors. Understanding and addressing BED is crucial due to its high prevalence and substantial impact on individuals' health and quality of life.

KEYWORDS: Psychological distress, Treatment approaches.

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¾ EATING IN SECRET: Consuming food in secret due to embarrassment or shame about the quantity of food being eaten.

¾ EMOTIONAL DISTRESS: Experiencing feelings of guilt, disgust, or depression after overeating.

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