Evidence Table E23. Binge eating disorder behavioral treatment – part 5

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| --- | --- | --- | --- |
| First Author's Last NameYear | Definition of Binges (Days; Frequency; Remission; Abstinence etc.) | Binges Baseline | Binges Outcomes |
| Agras, 19955 | Binges/week: Number of days on which patients binged each weekAbstinence from binge eating over a 2-week period | Binges/weekG1: 4.4 (SD 1.8)G2: 3.7 (SD 1.2) | 12 weeks binges/weekG1: 0.7 (SD 1.0)G2: 3.4 (SD 2.0)p = NR12 weeks abstinenceG1: 55%G2: 9%chi-square=6.9, p<0.008 |
| Allen, 19996 | Record of Eating Episodes-Frequency of binge episodes-Number of "hunger violations" (episodes in which hunger is rated below 2.5 before starting to eat) which indicates the person is waiting too long to eat-Number of "satiety violations" (fullness rated above 5.5 when eating stops), which indicates overeating episodesBinge eating scale (BES) | REE-Frequency of binge episodesG1: 4.86 (SD 2.00)G2: 3.91 (SD 2.28)REE-Number of hunger violationsG1: 6.30 (SD 3.90)G2: 11.79 (SD 6.40)REE-Number of satiety violationsG1: 6.47 (SD 2.77)G2: 7.42 (SD 3.61)BES G1: 30.36 (SD 3.64)G2: 29.78 (SD 5.56) | REE-Frequency of binge episodesG1: 0.72 (SD 1.10)G2: 4.95 (SD 2.25)F=16.08, p<0.001REE-Number of hunger violationsG1: 3.39 (SD 6.22)G2: 9.87 (SD 6.09)p=NR, NSREE-Number of satiety violationsG1: 0.56 (SD 0.76)G2: 6.26 (SD 4.38)F=14.72, p<0.001BES G1: 17.18 (SD 4.92)G2: 25.22 (SD 9.81)F=5.58, p<0.04 |

Evidence Table E23. Binge eating disorder behavioral treatment – part 5 (continued)

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| --- | --- | --- | --- |
| First Author's Last NameYear | Definition of Binges (Days; Frequency; Remission; Abstinence etc.) | Binges Baseline | Binges Outcomes |
| Carrard, 20117 | 1. Objective binge episodes (part of EDE-Q measure) in the past 28 days2. Proportion of patients abstinent from bingeing | 1. Objective binge episodesG1: 17.4 (15.6)G2: 14.8 (9.6)2. AbstinenceG1: NRG2: NR | 1. Objective Binge Episodes6-month Objective binge episodesG1: 5.5 (7.4)G2: 9.1 (8.8)Mean between-group difference (95% CI): NRp = 0.031 12-month Objective binge episodesG1: 5.5 (7.9)G2: 5.2 (5.5)Mean Between-group difference (95% CI): NRp = NRStatistical significance of the 12-month results is unclear. Article (p.487) states: "The reduction of OBE (F(1,36)= .0,ns) and the decline in BMI (F(1,36)= .4, ns) were also maintained."2. 6-month AbstinenceG1: 35.1% (N=13)G2: 8.1% (N=3)Mean between-group difference (95% CI): NRp=0.005 |

Evidence Table 23. Binge eating disorder behavioral treatment – part 5 (continued)

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| --- | --- | --- | --- |
| First Author's Last NameYear | Definition of Binges (Days; Frequency; Remission; Abstinence etc.) | Binges Baseline | Binges Outcomes |
| Carter, 19988 | Freqency of binge eating in the past 28 days, assessed by EDE | Mean (SD)G1: 19.7 (12.9)G2: 17.8 (10.6)G3: 21.6 (12.5) | After treatment binge frequency Mean (SD)G1: 9.3 (11.7)G2: 4.3 (7.8)G3: 13.5 (10.3)3-month follow-up binge frequency Mean (SD) (sample includes G3 participants who were subsequently randomized to G1 or G2, for whom this is the assessment immediately post-treatment)G1: 5.0 (4.3)G2: 3.6 (3.5)6-month follow-up binge frequency Mean (SD) (sample includes G3 participants who were subsequently randomized to G1 or G2, for whom this is the assessment 3 months post-treatment)G1: 4.7 (4.0)G2: 3.7 (4.2)Time x Treatment condition interaction: F(2,66) = 8.72, p = 0.004 such that those in G1 and G2 had lower binge frequencies than those in G3; differences between G1 and G2 were NS at post-treatment and all follow up points. |

Evidence Table 23. Binge eating disorder behavioral treatment – part 5 (continued)

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| --- | --- | --- | --- |
| First Author's Last NameYear | Definition of Binges (Days; Frequency; Remission; Abstinence etc.) | Binges Baseline | Binges Outcomes |
| Cassin, 20089 | Binge Eating Frequency:Binges were defined by guidelines in SCID-IBinge Size: Self report | Binge Eating Frequency (days/month)G1: 14.6 (8.0) G2: 13.6 (6.9)Binge Size: NR | F stat calculated using repeated measures split-plot analysis of variance (i.e. did the experimental group change more over time than the control?)Binge Eating Frequency (days/month): 16 Week Follow-Up (ITT)G1: 2.8 (3.5)G2: 6.3 (6.0)F = 8.97, (p < 0.01)d=0.58Binge Size16 week follow-upNo difference between groups: (p = 0.06)Abstinence (no binge eating in past 2 months)G1: 15G2: 6(p = 0.03)Does not have 2 or more binges/weekG1: 47G2: 31(p = 0.001) |
| Castelnuovo, 201110Castelnuovo, 201111 | Number of weekly binge episodes, "assessed with a self-report procedure"BED remission (<2 weekly binge episodes) | Weekly binge episodesOverall: 2.82 (SD 0.77)G1: 2.83 (SD 0.74)G2: 2.8 (SD 0.8)p=NR, NS | 6 month Weekly binge episodesG1: NRG2: NR6 month BED remissionG1: 36.70%G2: 80.00%p=0.001 |

Evidence Table 23. Binge eating disorder behavioral treatment – part 5 (continued)

|  |  |  |  |
| --- | --- | --- | --- |
| First Author's Last NameYear | Definition of Binges (Days; Frequency; Remission; Abstinence etc.) | Binges Baseline | Binges Outcomes |
| Cesa, 201312 | Number of binge-eating episodes (assessed by EDI-Symptom Checklist), using N=66 sample with 1y values imputed from baseline values carried forward | Binge episodesG1: NRG2: NRG3: NRValues depited in Figure 3 but not reported | Post-treatment binge episodesG1: 0G2: 0G3: 0No significant between-group difference1y binge episodesG1: NRG2: NRG3: NRno statistically significant difference between the groups in follow-up median scores (depicted in Figure 3 but numbers not reported) |
| Compare, 201313 | Binge eating remission (0 binges during the previous 28 days, based on the "Binge eating bulimic episodes and other episodes of overeating" section of EDE) | G1: NRG2: NRG3: NRp=NR, NS | ITT Posttreatment binge remission, %, propensity-adjusted OR (95% CI)G1: 28.6%, OR refG2: 31.7%, CI 1.17 (0.55-2.52)G3: 49.2%, CI 2.54 (1.20-5.36)G2 vs. G3 (G2 ref): OR 2.16 (1.04-4.50)As treated Posttreatment binge remission, %, propensity-adjusted OR (95% CI)G1: 39.1%, OR refG2: 36.4%, OR 0.87 (0.39-1.97)G3: 49.2%, OR 1.56 (0.72-3.93)G2 vs. G3 (G2 ref): OR 1.78 (0.85-3.77)ITT 6m binge remission, %, propensity-adjusted OR (95% CI)G1: 20.6%, OR refG2: 42.9%, OR 2.93 (1.33-6.47)G3: 61.9%, OR 6.66 (2.97-14.94)G2 vs. G3 (G2 ref): OR 2.27 (1.10-4.67)As treated 6m binge remission, %, propensity-adjusted OR (95% CI)G1: 28.3%, OR refG2: 49.1%, OR 2.42 (1.05-5.57)G3: 61.9%, OR 4.28 (1.87-9.77)G2 vs. G3 (G2 ref): OR 1.77 (0.84-3.72) |

Evidence Table 23. Binge eating disorder behavioral treatment – part 5 (continued)

|  |  |  |  |
| --- | --- | --- | --- |
| First Author's Last NameYear | Definition of Binges (Days; Frequency; Remission; Abstinence etc.) | Binges Baseline | Binges Outcomes |
| De Zwaan, 200514 | Prevalence of BED diagnosisPercentage of patients abstinent from binge eating in previous 7 daysPercentage of weeks abstinent from binge eatingFrequency of binge eating episodes in previous 7 days | Percentage of patients abstinent from binge eating (previous 7 days) (N)G1: 0G2: 0p = NAPercentage of weeks abstinent from binge eatingG1: NRG2: NRp = NRFrequency of binge eating episodes in previous 7 days: mean (SD)G1: 3.9 (3.4)G2: 6.2 (5.3)p = 0.03 | Prevalence of BED diagnosis72 months, completers analysis (n=64) (%)G1: 54.5G2: 58.1p = NSPercentage of patients abstinent from binge eating in previous 7 days12 weeks, ITT analysis (N)G1: 30 (83.3%)G2: 31 (88.6%)p = NS18 weeks, ITT analysis (N)G1: 22 (61.1%)G2: 22 (62.9%)p = NS24 weeks, ITT analysis (N)G1: 21 (58.3%)G2: 26 (74.3%)p = NS28 weeks, ITT analysis (N)G1: 15 (50%)G2: 14 (53.8%)p = NS72 weeks, ITT analysis (N)G1: 11G2: 10p = NSNOTE: At 72 weeks only, Ns based on abstinence from binge eating in previous 6 months |

Evidence Table 23. Binge eating disorder behavioral treatment – part 5 (continued)

|  |  |  |  |
| --- | --- | --- | --- |
| First Author's Last NameYear | Definition of Binges (Days; Frequency; Remission; Abstinence etc.) | Binges Baseline | Binges Outcomes |
| De Zwaan, 200514(continued) |  |  | Percentage of weeks abstinent from binge eating12 weeks, ITT analysis (%)G1: 80.6G2: 80.4p = 0.9818 weeks, ITT analysis (%)G1: 64.7G2: 69p = 0.5824 weeks, ITT analysis (%)G1: 64.7G2: 69p = 0.58Frequency of binge eating episodes in previous 7 days12 weeks, ITT analysis: mean (SD)G1: 0.7 (1.7)G2: 0.6 (2.6)p (adjusted for baseline diff) = 0.2518 weeks, ITT analysis: mean (SD)G1: 1.1 (1.8)G2: 1.1 (2.0)p (adjusted for baseline diff) = 0.5424 weeks, ITT analysis: mean (SD)G1: 1.5 (2.8)G2: 1.2 (2.5)p (adjusted for baseline diff) = 0.2828 weeks, ITT analysis: mean (SD)G1: 2.3 (5.6)G2: 1.5 (2.5)p (adjusted for baseline diff) = 0.15 |

Evidence Table 23. Binge eating disorder behavioral treatment – part 5 (continued)

|  |  |  |  |
| --- | --- | --- | --- |
| First Author's Last NameYear | Definition of Binges (Days; Frequency; Remission; Abstinence etc.) | Binges Baseline | Binges Outcomes |
| Dingemans, 200715 | Subjective binge episodes (SBEs) in past 28 days, per EDEObjective overeating episodes (OOEs) in past 28 days, per EDEAbstinence from Objective binge episodes (OBEs), per EDE | Subjective binge episodes (SBEs) in past 28 days, per EDEG1: 7.0 (SD 16.7)G2: 8.8 (SD 11.6)p=NRObjective overeating episodes (OOEs) in past 28 days, per EDEG1: 6.6 (SD 9.9)G2: 9.6 (SD 12.4)p=NRObjective binge episodes (OBEs) in past 28 days, per EDEG1: 14.8 (SD 7.8)G2: 14.7 (SD NR)p=NR | 10wk Subjective binge episodes (SBEs) in past 28 days, per EDEG1: 2.3 (SD 3.7)G2: 3.9 (SD 8.0)10wk Objective overeating episodes (OOEs) in past 28 days, per EDEG1: 1.3 (SD 3.5)G2: 1.2 (SD 3.4)Post-treatment Subjective binge episodes (SBEs) in past 28 days, per EDEG1: 2.3 (SD 5.4)G2: 7.9 (SD 13.3)SBE test statistics and significanceTime ß (SE): 3.07 (SE 1.50)Time x condition ß (SE): -2.40 (SE 1.18)p=NR, NSPost-treatment Objective overeating episodes (OOEs) in past 28 days, per EDEG1: 2.1 (SD 5.5)G2: 4.6 (SD 6.0)OOE test statistics and significanceTime ß (SE): 2.57 (SE 0.93), p<0.01Time x condition ß (SE): -0.88 (SE 0.71), p=NR, NSPost-treatment Abstinence from objective binge episodes (OBEs), per EDE; N (%)G1: 19 (63%)G2: 4 (18%)chi-square=10.5p<0.001Decrease in objective binge episodes (OBEs) from BL to posttreatment, per EDE; %G1: 86%G2: 11%p=NR10wk Objective binge episodes (OBEs), per EDEG1: 3.5 (SD 5.8)G2: 10.3 (SD NR) |

Evidence Table 23. Binge eating disorder behavioral treatment – part 5 (continued)

|  |  |  |  |
| --- | --- | --- | --- |
| First Author's Last NameYear | Definition of Binges (Days; Frequency; Remission; Abstinence etc.) | Binges Baseline | Binges Outcomes |
| Dingemans, 200715(continued) |  |  | Post-treatment Objective binge episodes (OBEs), per EDEG1: 2.0 (SD 5.5)G2: 13.1 (SD NR)Decrease in OBE frequency from baseline to post-treatmentG1: 86%G2: 11%OBE test statistics and significanceG1: Wilcoxon z=-4.36, p<0.001G2: Wilcoxon z=0.74, p=0.46 |
| Eldredge, 199716 | Binge eating days | G1: NRG2: NR | 12wk Binge eating daysG1: NRG2: NRMean percentage decrease in G1: 68.2%Mean percentage decrease in G2: 19.8%ANOVA comparing G1 to G2 for % change in binge eating after 12 weeks was significant, F=4.27, p=0.046 |

Evidence Table 23. Binge eating disorder behavioral treatment – part 5 (continued)

|  |  |  |  |
| --- | --- | --- | --- |
| First Author's Last NameYear | Definition of Binges (Days; Frequency; Remission; Abstinence etc.) | Binges Baseline | Binges Outcomes |
| Gorin, 200317 | Days binged (7-day recall) (M,SD)Objective binge episodes (M,SD)Binge abstinence | Days BingedG1: 3.81 (1.66)G2: 3.41 (2.09)G3: 3.77 (1.82)(P = NS)Objective Binge Episodes:G1: 7.61 (5.66)G2: 9.55 (6.09)G3: 8.47 (5.21)(P = NS) | Days Binged:G1: 1.81 (1.97) (P = NR)G2: 1.18 (1.76) (P = NR)G3: 2.95 (1.84) (P = NR); Diff between groups (P = NR)Diff between groups in change over time (P = .04) Active CBT greater reduction in days binged than waitlistDiff between G1 & G2 (P = NR)Diff between G1 & G2 in change over time (P = NS) Follow upG1: 1.05 (1.43)G2: 0.67 (0.86)Objective Binge EpisodesG1: 2.44 (2.83) (P = NR)G2: 3.32 (4.35) (P = NR)G3: 5.87 (4.64) (P = NR); Difference between groups (P = NR)Difference between groups in change over time (P = NS)Follow upG1: 1.63 (2.09)G2: 3.50 (4.64)Binge Abstinence:PosttreatmentG1+G2: (37%)(P = NR)G3: (9%)(P = NR)Difference between groups (P < .05) Difference between groups in change over time (P = NR)Follow-up (no data reported for waitlist grp):G1: (29%)(P = NR)G2: (46%)(P = NR)Difference between groups (P = NS)Difference between groups in change over time (P = NR)6m Follow upG1: 47%G2: 52% |

Evidence Table 23. Binge eating disorder behavioral treatment – part 5 (continued)

|  |  |  |  |
| --- | --- | --- | --- |
| First Author's Last NameYear | Definition of Binges (Days; Frequency; Remission; Abstinence etc.) | Binges Baseline | Binges Outcomes |
| Grilo, 201318 | Remission from binge eating (i.e., no OBEs during previous 28 days) evaluated using EDEFrequency of OBEs in previous 28 days evaluated using EDE-Q Frequency of OBEs in previous 28 days evaluated using EDE | Frequency of OBEs in previous 28 days evaluated using EDE-Q: mean (SD)G1: 13.8 (8.7)G2: 9.7 (7.1)p = NSFrequency of OBEs in previous 28 days evaluated using EDE G1: 15.1 (7.6)G2: 16.1 (8.9)p = NS | Remission from binge eating (i.e., no OBEs during previous 28 days) (%)16 weeks ITT analysisG1: 25G2: 8.3p = 0.12 (chi-square) or 0.24 (Fisher's exact test)OR (95% CI) = 3.7 (0.66 to 20.42); p = 0.14Frequency of OBEs in previous 28 days evaluated using EDE-Q: mean (SD)16 weeks, ITT analysisG1: 4.5 (5.0)G2: 8.2 (9.4)Effect size = 0.9p = NRGroup-by-time interaction p = 0.03 (G1 improved significantly over time, while G2 did not)Frequency of OBEs in previous 28 days evaluated using EDE: mean (SD)16 weeks, ITT analysisG1: 5.8 (5.9)G2: 6.5 (7.2)Effect size = 0.24 p = NRGroup-by-time interaction p = 0.39 |

Evidence Table 23. Binge eating disorder behavioral treatment – part 5 (continued)

|  |  |  |  |
| --- | --- | --- | --- |
| First Author's Last NameYear | Definition of Binges (Days; Frequency; Remission; Abstinence etc.) | Binges Baseline | Binges Outcomes |
| Grilo, 201419 | Binge episodes per month, per EDEBinge abstinence | Binge episodes/monthG1: 14.6 (SD 12.8)G2: 21.1 (SD 19.2) | Posttreatment Binge episodes/monthG1: 6.4 (SD 7.6)G2: 5.3 (SD 9.9)Hand calculated p = .6756m Binge episodes/monthG1: 3.6 (SD 6.4)G2: 5.7 (SD 10.0)Hand calcuated p = .40112m Binge episodes/monthG1: 4.9 (SD 8.5)G2: 6.7 (SD 13.9)Hand calculated p = .609Posttreatment Binge remissionG1: 24%G2: 29.6%P = NR6m Binge remissionG1: 40%G2: 40.7%P = NR12m Binge remissionG1: 40%G2: 37.0%P = NR |

Evidence Table 23. Binge eating disorder behavioral treatment – part 5 (continued)

|  |  |  |  |
| --- | --- | --- | --- |
| First Author's Last NameYear | Definition of Binges (Days; Frequency; Remission; Abstinence etc.) | Binges Baseline | Binges Outcomes |
| Grilo, 201120Grilo, 201121 | Binge episodes/month (OBEs on EDE) for past 28 daysRemission (0 binges over the past month) | Binge episodes/monthG1:15.6 (SD 8.0)G2: 14.9 (SD 8.5)G3: 17.9 (SD 9.4) | Post-treatment Binge episodes/monthG1: 2.2 (SD 3.8)G2: 4.6 (SD 11.0)G3: 3.4 (SD 9.0)F=3.46p=0.236m Binge episodes/monthG1: 2.7 (SD 8.5)G2: 5.5 (SD 7.6)G3: 3.2 (SD 7.8)F=3.80Binge frequency was significantly lower in G1 than G2, t=2.68, p=0.00912m Binge episodes/monthG1: 2.4 (SD 8.1)G2: 4.6 (SD 6.0)G3: 4.0 (SD 8.4)F=3.28Binge frequency was significantly lower in G1 than G2, t=2.56, p=0.01Post-treatment Remission, ITT analysisG1: 44.4%G2: 37.8%G3: 48.6%chi-square=0.98p=0.616m Remission, ITT analysisG1: 51.1%G2: 33.3%G3: 48.6%chi-square=3.30p=0.19 |

Evidence Table 23. Binge eating disorder behavioral treatment – part 5 (continued)

|  |  |  |  |
| --- | --- | --- | --- |
| First Author's Last NameYear | Definition of Binges (Days; Frequency; Remission; Abstinence etc.) | Binges Baseline | Binges Outcomes |
| Grilo, 201120Grilo, 201121(continued)( |  |  | 12m Remission, ITT analysisG1: 51.1%G2: 35.6%G3: 40.0%chi-square=2.34p=0.31Post-treatment Remission, completersG1: 59%G2: 52%G3: 76%chi-square=NRp=NR, NS6m Remission, completersG1: 65%G2: 48%G3: 57%chi-square=NRp=NR, NS12m Remission, completersG1: 65%G2: 42%G3: 48%chi-square=NRp=NR, NS |

Evidence Table 23. Binge eating disorder behavioral treatment – part 5 (continued)

|  |  |  |  |
| --- | --- | --- | --- |
| First Author's Last NameYear | Definition of Binges (Days; Frequency; Remission; Abstinence etc.) | Binges Baseline | Binges Outcomes |
| Grilo, 200522Masheb, 200723 | Remission (0 binges over past 28 days)Objective bulimic episodes over past 28 days (EDE, EDE-Q): days/month (EDE), episodes/month (EDE), episodes/month (EDE-Q) | Objective bulimic epidoses days/month (EDE): mean (SD)G1: 13.0 (7.6)G2: 13.9 (7.1)G3: 11.4 (5.9)p=0.53Objective bulimic epidoses episodes/month (EDE) mean (SD)G1: 14.6 (9.5)G2: 15.3 (7.7)G3: 11.8 (6.0)p=0.38Objective bulimic epidoses episodes/month (EDE-Q): mean (SD)G1: 12.1 (9.0)G2: 13.4 (12.1)G3: 14.0 (4.8)p=0.77 | 12-wk Remission rates (daily self-monitoring): G1: 46%G2: 18.4%G3: 13.3%Overall p=0.01G1 vs. G2 p=0.01G2 vs. G3 p=0.66G1 vs. G3 p=0.0312-wk Remission rates (EDE-Q): G1: 59.5%G2: 23.7%G3: 26.7%Overall p=0.004G1 vs. G2 p=0.002G2 vs. G3 p=0.82G1 vs. G3 p=0.0312-wk Objective bulimic epidoses episodies/month (daily self-monitoring): mean (SD)G1: 3.8 (6.1)G2: 7.3 (8.2)G3: 6.8 (6.1)G1 vs. G2 p=0.016G2 vs. G3 p=n/sG1 vs. G3 p=0.01912-wk Objective bulimic epidoses episodies/month (EDE-Q): mean (SD)G1: 2.8 (5.1)G2: 6.7 (8.0)G3: 8.1 (6.9)G1 vs. G2 p=0.015G2 vs. G3 p=n/sG1 vs. G3 p=0.014 |

Evidence Table 23. Binge eating disorder behavioral treatment – part 5 (continued)

|  |  |  |  |
| --- | --- | --- | --- |
| First Author's Last NameYear | Definition of Binges (Days; Frequency; Remission; Abstinence etc.) | Binges Baseline | Binges Outcomes |
| Hilbert, 200424 | Measure 1: Binge per week past month, mean, SD, (range) from EDEMeasure 2: clinical sig improvement in BED, #, %Measure 3:clinical sig improvement in binge eating, #, %Measure 4: Percentage improved (Less than 4 days with obhective episodes of binge eating over the period of the last 28 days)Measure 5: Percentage recovered (Abstinent from binge eating over the period of the last 28 days) | Measure 1: PretreatmentG1: 2.9 (1.8) (1-7)G2: 3.4 (1.9) (1-8)Measure 2PretreatmentG1: 10 (83.3%)G2: 10 (83.3%)Measure 3PretreatmentG1: 2 (16.7%)G2: 2 (16.7%)Measure 4PretreatmentNRMeasure 5PretreatmentNR | Measure 1:PosttreatmentG1: 0.6 (0.7) (0-2)G2: 1.0 (1.9) (0-6)4- month follow-upG1: 1.2 (2.0) (0-5)G2: 0.5 (1.0) (0-5)Repeated measures (Analysis of time) F: 27.41df: 2, 44p: <0.001Measure 2PosttreatmentG1: 2 (16.7%)G2: 3 (25.0%)4-month follow-upG1: 3 (25.0%)G2: 1 (8.3%)Measure 3PosttreatmentG1: 0 (0.0%)G2: 0 (0.0%)4-month follow-upG1:0 (0.0%)G2: 2 (16.6%)Measure 4PosttreatmetG1: 6 (50%)G2: 0 (0.0%)4-month follow-upG1: 3 (25%)G2: 1 (8.3%) |

Evidence Table 23. Binge eating disorder behavioral treatment – part 5 (continued)

|  |  |  |  |
| --- | --- | --- | --- |
| First Author's Last NameYear | Definition of Binges (Days; Frequency; Remission; Abstinence etc.) | Binges Baseline | Binges Outcomes |
| Hilbert, 200424(continued) |  |  | Measure 5PosttreatmentG1: 4 (33.3%)G2: 9 (75.0%)4-month follow-upG1: 6 (50.0%)G2: 8 (66.7%)p=0.408 |
| Le Grange, 200225 | Prevalence of BED diagnosisFrequency of binge eating episodes in previous 28 daysFrequency of binge eating episodes evaluated in previous 7 days | Frequency of binge eating episodes in previous 28 days (EDE-Q)G1: 13.6 (8.1)G2: 14.7 (8.9)p = NSFrequency of binge eating episodes in previous 7 days (self-report)G1: 3.9 (1.7)G2: 4.3 (2.9)p = NS | Prevalence of BED diagnosis12 weeks, ITT analysis (%)G1: 37G2: 59p = 0.1512 months, ITT analysis (%)G1: 58G2: 55p = 0.83Frequency of binge eating episodes in previous 28 days (EDE-Q)12 weeks, ITT analysis: mean (SD)G1: 4.5 (5.8)G2: 5.1 (6.3)p = <0.42Group x time interaction: p = <0.7Frequency of binge eating episodes in previous 7 days (self-report)12 weeks, ITT analysis: mean (SD)G1: 1.6 (2.4)G2: 2.1 (1.9)p = <0.42Group x time interaction: p = <0.712 months, ITT analysis: mean (SD)G1: 2.3 (2.4)G2: 2.2 (1.3)p = <0.42 |

Evidence Table 23. Binge eating disorder behavioral treatment – part 5 (continued)

|  |  |  |  |
| --- | --- | --- | --- |
| First Author's Last NameYear | Definition of Binges (Days; Frequency; Remission; Abstinence etc.) | Binges Baseline | Binges Outcomes |
| Le Grange, 200225(continued) |  |  | Group x time interaction: p = <0.7Percentage of patients reducing binge-eating frequency by ≥50%12 weeks, ITT analysis (%)G1: 77G2: 47p = 0.09812 months, ITT analysis (%)G1: 68G2: 64p = 0.75N of patients abstaining from binge eating12 weeks, ITT analysis (%)G1: NRG2: NRp = >0.3412 months, ITT analysis (%)G1: NRG2: NRp = >0.34 |

Evidence Table 23. Binge eating disorder behavioral treatment – part 5 (continued)

|  |  |  |  |
| --- | --- | --- | --- |
| First Author's Last NameYear | Definition of Binges (Days; Frequency; Remission; Abstinence etc.) | Binges Baseline | Binges Outcomes |
| Masheb, 201126 | Objective binge eating (OBE) episodes, EDE past 28 daysBinge remission (0 binges for the 28 days prior to the end of treatment) per EDEBinge remission (0 binges for the 28 days prior to the end of treatment) per prospective self-monitoring | Binge eating per month (EDE)G1: 2.3 (SE 0.2)G2: 2.4 (SE 0.2) | 12m Binge eating per month (EDE)G1: 0.7 (SE 0.3)G2: 0.0 (SE 0.2)Time x treatment F=1.92, p=0.1106m Binge remission per self-monitoring, treatment completers (n=38)G1 (n=18): 72.2% (n=13)G2 (n=20): 75.0% (n=15)chi-square=0.04, p=0.8466m binge remission per self-monitoring, ITT analysis (last observation carried forward)G1: 60% (n=15)G2: 72% (n=18)chi-square=0.80, p=0.3706m Binge remission per EDE, treatment completers G1 (n=18): 72.2% (n=13)G2 (n=20): 55% (n=11)chi-square=1.21, p=0.2726m BInge remission per EDE, ITT analysisG1: 52% (n=13)G2: 44% (n=11)chi-square=0.32, p=0.571 |

Evidence Table 23. Binge eating disorder behavioral treatment – part 5 (continued)

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| --- | --- | --- | --- |
| First Author's Last NameYear | Definition of Binges (Days; Frequency; Remission; Abstinence etc.) | Binges Baseline | Binges Outcomes |
| Masson, 201327 | Objective binge frequency in the last 28 days (OBE)Rate of binge eating abstinence over the past 28 days | Objective binge frequency in the last 28 days (OBE)G1: 18.67 (SD 13.17)G2: 19.60 (SD 11.91)Effect size d=-0.07Rate of binge eating abstinence over the past 28 days G1: 3.30%G2: 0.00%Effect size d=NR | Posttreatment Objective binge frequency in the last 28 days (OBE)G1: 5.97 (SD 9.42)G2: 14.37 (SD 11.86)Effect size d=0.79Between group comparison B=-8.09, SE=2.58, t=-3.14, p<0.05 (95% CI -13.26, -2.93; sr2=0.14)Posttreatment Rate of binge eating abstinence over the past 28 days G1: 40.00%G2: 3.30%Effect size d=0.98Between group comparison NR6m Objective binge frequency in the last 28 days (OBE)G1: 9.53 (SD 11.89)G2: NAEffect size (between BL and 6m, G2 only) d=0.736m Rate of binge eating abstinence over the past 28 days G1: 30.00%G2: NAEffect size (between BL and 6m, G2 only) d=0.70 |

Evidence Table 23. Binge eating disorder behavioral treatment – part 5 (continued)

|  |  |  |  |
| --- | --- | --- | --- |
| First Author's Last NameYear | Definition of Binges (Days; Frequency; Remission; Abstinence etc.) | Binges Baseline | Binges Outcomes |
| Munsch, 200728Munsch, 201229 | Munsch, Biedert, Meyer, et al., 200728:Number of objective binge eating (OBE) days in past 28 days, per EDENumber of weekly binges (self-monitoring)Abstainer rates in past 28 days, per EDEBED diagnosisMunsch, Meyer, Biedert, et al., 201229BED diagnosisRemissionNumber of weekly binges (self-monitoring) | Munsch, Biedert, Meyer, et al., 200728OBE daysG1 (n=43): 14.23 (SD 7.66)G2 (n=35): 14.17 (SD 8.09)# weekly bingesG1 (n=36): 3.81 (SD 3.47)G2 (n=29): 4.10 (SD 3.71) | Munsch, Biedert, Meyer, et al., 200728Post-treatment OBE days, CompleterG1 (n=25): 0.56 (SD 2.06)G2 (n=23): 2.70 (SD 4.43)chi-square=33.3, p<0.00112m OBE days, CompleterG1 (n=15): 0 (SD 0)G2 (n=18): 1.00 (SD 2.93)chi-square=15.94, p<0.001Post-treatment OBE days, ITTG1 (n=44): 6.20 (SD 8.66)G2 (n=35): 7.54 (SD 9.38)chi-square=2.91, p<0.08812m OBE days, ITTG1 (n=44): 4.84 (SD 8.00)G2 (n=): 5.77 (SD 9.15)chi-square=0.01, p<0.92Post-treatment # weekly binges, CompleterG1 (n=28): 0.14 (SD 0.45)G2 (n=26): 1.15 (SD 1.89)chi-square=13.4, p<0.00112m # weekly binges, CompleterG1 (n=23): 0.52 (SD 1.59)G2 (n=14): 1.50 (SD 2.14)chi-square=4.0, p<0.045Post-treatment Abstainers, CompletersG1 (n=25): 80%G2 (n=22): 36%chi-square=9.56, p=0.00212m Abstainers, CompletersG1 (n=16): 94%G2 (n=18): 89%chi-square=0.254, p=0.614 |

Evidence Table 23. Binge eating disorder behavioral treatment – part 5 (continued)

|  |  |  |  |
| --- | --- | --- | --- |
| First Author's Last NameYear | Definition of Binges (Days; Frequency; Remission; Abstinence etc.) | Binges Baseline | Binges Outcomes |
| Munsch, 200728Munsch, 201229(continued) |  |  | Post-treatment Abstainers, ITTG1 (n=44): 41%G2 (n=36): 58%chi-square=6.74, p=0.01012m Abstainers, ITTG1 (n=44): 52%G2 (n=36): 50%chi-square=0.74, p=0.39Post-treatment BED diagnosis, CompletersG1 (n=26): 4%G2 (n=22): 32%chi-square=7.26, p<0.00712m BED diagnosis, CompletersG1 (n=17): 6%G2 (n=19): 16%chi-square=0.92, p=0.336y BED diagnosis, Completers (Munsch, Meyer, Biedert, et al., 201229)G1 (n=26): 3.8%G2 (n=22): 7.7%Post-treatment BED diagnosis, ITTG1 (n=44): 50%G2 (n=36): 78%chi-square=2.40, p=0.1212m BED diagnosis, ITTG1 (n=44): 43%G2 (n=36): 53%chi-square=0.04, p=0.84Munsch, Meyer, Biedert, et al., 201229:6y BED diagnosis G1 (n=26): 3.8%G2 (n=22): 11.5%G1 minus G2 posttreatment: 3.9, effect size=could not be estimated as values were too close to 0, p=NR, NSG1 minus G2 6y: 7.7 (+15, -27), effect size=0.31, p=NR, NS |

Evidence Table 23. Binge eating disorder behavioral treatment – part 5 (continued)

|  |  |  |  |
| --- | --- | --- | --- |
| First Author's Last NameYear | Definition of Binges (Days; Frequency; Remission; Abstinence etc.) | Binges Baseline | Binges Outcomes |
| Munsch, 200728Munsch, 201229(continued) |  |  | RemissionG1: NRG2: NRG1 minus G2 posttreatment: 44 (+6, -9), effect size=7.00, p<0.01G1 minus G2 6y: 2.1 (+11, -11), effect size=1.12, p=NR, NSNumber of weekly bingesG1: NRG2: NRG1 minus G2 posttreatment: -0.289 (0.154), effect size=0.56, p=NR, NSG1 minus G2 6y: -0.646 (0.191), effect size=1.02, p<0.001 |
| Pendleton, 200130 | Binge daysAbstinence | Binge daysG1: 4.2 (SD 2.3)G2: 4.6 (SD 2.1)G3: 4.6 (SD 1.9)G4: 4.8 (SD 2.0)Exercisers (G1&G2): 4.4 (SD 2.2)Non-exercisers (G3&G4): 4.7 (SD 1.9)Maintenance (G1&G3): 4.4 (SD 2.1)No maintenance (G2&G4): 4.7 (SD 2.0) | 4m Binge daysG1: 0.6 (SD 1.1)G2: 1.0 (SD 1.3)G3: 2.4 (SD 2.2)G4: 1.9 (SD 2.0)G1,2,3,4: chi-square=13.1, p=0.004Exercisers (G1&G2): 0.7 (SD 1.2)Non-exercisers (G3&G4): 2.2 (SD 2.1)Exercisers (G1&G2) vs. non-exercisers (G3&G4): z=-3.3, p=0.001Maintenance (G1&G3): 1.5 (SD 1.9)No maintenance (G2&G4): 1.4 (SD 1.7)Maintenance (G1&G3) vs. no maintenance (G2&G4): z=NR; p=NRG1 vs. G4: z=-2.06, p=0.03910m Binge daysG1: 0.5 (SD 0.8)G2: 1.0 (SD 1.3)G3: 1.3 (SD 1.6)G4: 2.0 (SD 1.6)G1,2,3,4: chi-square=10.0, p=0.018Exercisers (G1&G2): 0.7 (SD 1.1)Non-exercisers (G3&G4): 1.6 (SD 1.6)Exercisers (G1&G2) vs. non-exercisers (G3&G4): z=-2.5, p=0.012 |

Evidence Table 23. Binge eating disorder behavioral treatment – part 5 (continued)

|  |  |  |  |
| --- | --- | --- | --- |
| First Author's Last NameYear | Definition of Binges (Days; Frequency; Remission; Abstinence etc.) | Binges Baseline | Binges Outcomes |
| Pendleton, 200130(continued) |  |  | Maintenance (G1&G3): 0.9 (SD 1.3)No maintenance (G2&G4): 1.4 (SD 1.5)Maintenance (G1&G3) vs. no maintenance (G2&G4): z=NR; p=NR, NSG1 vs. G4: z=-3.1, p=0.00216m Binge daysG1: 1.0 (SD 1.7)G2: 0.8 (SD 1.4)G3: 1.8 (SD 2.2)G4: 2.5 (SD 1.8)G1,2,3,4: chi-square=12.3, p=0.006Exercisers (G1&G2): 0.9 (SD 1.5)Non-exercisers (G3&G4): 2.1 (SD 2.0)Exercisers (G1&G2) vs. non-exercisers (G3&G4): z=-3.1, p=0.002Maintenance (G1&G3): 1.4 (SD 2.0)No maintenance (G2&G4): 1.5 (SD 1.8)Maintenance (G1&G3) vs. no maintenance (G2&G4): z=NR; p=NR, NSG1 vs. G4: z=-2.6, p=0.0074m Abstinence (%)G1: 67%G2: 50%G3: 22%G4: 41%G1,2,3,4: chi-square=NR, p=NRExercisers (G1&G2): 59%Non-exercisers (G3&G4):30% Exercisers (G1&G2) vs. non-exercisers (G3&G4): z=NR, p=NRMaintenance (G1&G3): 45%No maintenance (G2&G4): 46% |

Evidence Table 23. Binge eating disorder behavioral treatment – part 5 (continued)

|  |  |  |  |
| --- | --- | --- | --- |
| First Author's Last NameYear | Definition of Binges (Days; Frequency; Remission; Abstinence etc.) | Binges Baseline | Binges Outcomes |
| Pendleton, 200130(continued) |  |  | Maintenance (G1&G3) vs. no maintenance (G2&G4): z=NR, p=NR10m Abstinence (%)G1: 63%G2: 45%G3: 43%G4: 23%G1,2,3,4: chi-square=NR, p=NRExercisers (G1&G2): 55%Non-exercisers (G3&G4):35% Exercisers (G1&G2) vs. non-exercisers (G3&G4): z=NR, p=NRMaintenance (G1&G3): 53%No maintenance (G2&G4): 35%Maintenance (G1&G3) vs. no maintenance (G2&G4): z=NR, p=NR16m Abstinence (%)G1: 58%G2: 65%G3: 39%G4: 18%G1,2,3,4: chi-square=NR, p=NRExercisers (G1&G2): 61%Non-exercisers (G3&G4): 30% Exercisers (G1&G2) vs. non-exercisers (G3&G4): z=NR, p=NRMaintenance (G1&G3): 49%No maintenance (G2&G4): 43%Maintenance (G1&G3) vs. no maintenance (G2&G4): z=NR, p=NR |

Evidence Table 23. Binge eating disorder behavioral treatment – part 5 (continued)

|  |  |  |  |
| --- | --- | --- | --- |
| First Author's Last NameYear | Definition of Binges (Days; Frequency; Remission; Abstinence etc.) | Binges Baseline | Binges Outcomes |
| Peterson, 199831Peterson, 200132 | Peterson, 1998Measure 1: objective binge eating episodes (OB) per weekMeasure 2: total binge (TB) episodes (objective and subjective) per weekMeasure 3: hours binge eating (HB) per weekMeasure 4: percentage abstinent from OB for the last weekMeasure 5: percentage abstinent from TB for the last weekPeterson, 2001Measure 6: Full dxMeasure 7: subthreshold - BE episodes met DSM-IV criteria but occured less than 2 days per week for 6 monthMeasure 8: Subjective binges only - participant reported only binge episodes that were not objectivly large Measure 9: Remission | Peterson, 1998Measure 1:G1: 3.4 (1.7)G2: 5.5 (6.5)G3: 3.1 (2.1)G4: 3.5 (4.9)Measure 2:G1: 7.7 (3.8)G2: 8.2 (5.9)G3: 6.8 (2.4)G4: 5.7 (6.0)Measure 3:G1: 9.0 (6.7)G2: 13.4 (13.0)G3: 9.8 (5.5)G4: 8.3 (7.6)Measures 4-5NRPeterson, 2001Measure 1: BaselineG1: 3.4 (1.7)G2: 5.5 (6.7)G3: 2.9 (2.2)Measure 2:BaselineG1: 8.3 (3.1)G2: 9.2 (6.7)G3: 6.6 (2.2)Measure 3:BaselineG1: 9.0 (6.6)G2: 13.5 (13.4)G3: 10.0 (5.4) | Peterson, 1998Measure 1:G1: 0.7 (1.3)G2: 1.3 (3.4)G3: 0.4 (1.1)G4: 4.7 (4.7)Btwn group diffF (3, 53) = 12.1p: 0.000Measure 2:G1: 3.3 (3.6)G2: 2.7 (4.3)G3: 1.8 (2.9)G4: 6.6 (4.5)Btwn group diffF (3, 53) = 5.67p: 0.002Measure 3:G1: 4.2 (6.9)G2: 3.2 (5.9)G3: 2.3 (3.3)G4: 9.6 (6.5)Btwn group diffF (3, 53) = 4.83p: 0.005Simple contrasts revealed that G1, G2, and G3 had fewer binge episodes (on all 3 measures) compared to G4.Measure 4: Post-treatmentG1: 68.8%G2: 68.4%G3: 86.7%G4: 12.5%X2 = 13.06, df = 3,p = .004 |

Evidence Table 23. Binge eating disorder behavioral treatment – part 5 (continued)

|  |  |  |  |
| --- | --- | --- | --- |
| First Author's Last NameYear | Definition of Binges (Days; Frequency; Remission; Abstinence etc.) | Binges Baseline | Binges Outcomes |
| Peterson, 199831Peterson, 200132(continued) |  | Measure 4:BaselineG1: 0.0G2: 0.0G3: 0.0Measure 5:BaselineG1: 0.0G2: 0.0G3: 0.0Measures 6-9NR | Measure 5:Post-treatmentG1: 18.8%G2: 36.8%G3: 53.3%G4: 0%X2 = 8.51, df=3p=.04Peterson, 2001Measure 1:PosttreatmentG1: 0.6 (1.4)G2: 0.7 (1.5)G3: 0.2 (2.2)1 monthG1: 0.8 (1.1)G2: 1.1 (2.5)G3: 0.9 (1.6)6 monthG1: 0.7 (0.9)G2: 0.4 (0.7)G3: 1.7 (3.9)12 monthG1: 0.5 (0.8)G2: 1.1 (2.7)G3: 1.0 (2.0)Time effects (Random regression)F: 24.04p < 0.0001Group x Time interaction: NR, NSMeasure 2:PosttreatmentG1: 2.8 (3.2)G2: 2.0 (3.4)G3: 2.4 (6.6) |

Evidence Table 23. Binge eating disorder behavioral treatment – part 5 (continued)

|  |  |  |  |
| --- | --- | --- | --- |
| First Author's Last NameYear | Definition of Binges (Days; Frequency; Remission; Abstinence etc.) | Binges Baseline | Binges Outcomes |
| Peterson, 199831Peterson, 200132(continued) |  |  | 1 monthG1: 4.4 (4.0)G2: 3.7 (5.5)G3: 1.2 (1.6)6 monthG1: 3.7 (3.9)G2: 3.2 (3.0)G3: 3.0 (3.6)12 monthG1: 3.5 (3.4)G2: 3.1 (4.8)G3: 3.3 (3.6)Time effects (Random regression)F: 27.59p < 0.0001Group x Time interaction: NR, NSMeasure 3: PosttreatmentG1: 2.6 (3.2)G2: 2.1 (3.4)G3: 3.2 (8.9)1 monthG1: 3.0 (2.4)G2: 3.8 (5.8)G3: 2.5 (3.8)6 monthG1: 2.3 (2.3)G2: 3.0 (2.5)G3: 3.6 (5.0)12 monthG1: 2.4 (1.8)G2: 2.8 (4.6)G3: 4.5 (5.2)Time effects (Random regression)F: 19.98p <0.001Group x Time interaction: NR, NS |

Evidence Table 23. Binge eating disorder behavioral treatment – part 5 (continued)

|  |  |  |  |
| --- | --- | --- | --- |
| First Author's Last NameYear | Definition of Binges (Days; Frequency; Remission; Abstinence etc.) | Binges Baseline | Binges Outcomes |
| Peterson, 199831Peterson, 200132(continued) |  |  | Measure 4PosttreatmentG1: 78.6G2: 75.0G3: 90.0Between group differences: NR, NS1 monthG1: 54.5G2: 69.2G3: 63.6Between group differences: NR, NS6 month G1: 55.6G2: 70.0G3: 75.0Between group differences: NR, NS12 monthG1: 66.7G2: 84.6 G3: 75.0Between group differences: NR, NSMeasure 5:PosttreatmentG1: 21.4G2: 35.3G3: 70.0Between group differences:F(2,40) = 5.95p=.05G3 > G1, G21 monthG1: 18.2 G2: 23.1G3: 45.5 |

Evidence Table 23. Binge eating disorder behavioral treatment – part 5 (continued)

|  |  |  |  |
| --- | --- | --- | --- |
| First Author's Last NameYear | Definition of Binges (Days; Frequency; Remission; Abstinence etc.) | Binges Baseline | Binges Outcomes |
| Peterson, 199831Peterson, 200132(continued) |  |  | Between group differences: NR, NS6 monthG1: 20.0G2: 30.0G3: 33.3Between group differences: NR, NS12 monthG1: 16.7 G2: 46.2G3: 33.3Between group differences: NR, NSMeasure 6:PosttreatmentG1: 15.4G2: 17.6G3: 8.31 MonthG1: 0.0G2: 13.3G3: 8.36 monthG1: 0.0 G2: 27. 3G3: 8.312 monthG1: 8.3G2: 15.4 G3: 16.7Measure 7posttreatmentG1:30.8G2: 17.6 G3: 50.01 monthG1: 45.0 G2: 26.7 G3: 41.7 |

Evidence Table 23. Binge eating disorder behavioral treatment – part 5 (continued)

|  |  |  |  |
| --- | --- | --- | --- |
| First Author's Last NameYear | Definition of Binges (Days; Frequency; Remission; Abstinence etc.) | Binges Baseline | Binges Outcomes |
| Peterson, 199831Peterson, 200132(continued) |  |  | 6 monthG1: 50.0G2: 18.2G3: 33.312 MonthG1: 41.7G2: 23.1G3: 16.7Measure 8PosttreatmentG1: 30.8G2: 41.2G3: 0.01 monthG1: 27.3 G2: 40.0G3: 8.36 monthG1: 30.0G2: 18.2G3: 33.312 monthG1: 25.0G2: 7.7G3: 41.7Measure 9PosttreatmentG1: 23.1 G2: 23.5G3: 41.71 monthG1: 27.3G2: 20.0G3: 41.7 |

Evidence Table 23. Binge eating disorder behavioral treatment – part 5 (continued)

|  |  |  |  |
| --- | --- | --- | --- |
| First Author's Last NameYear | Definition of Binges (Days; Frequency; Remission; Abstinence etc.) | Binges Baseline | Binges Outcomes |
| Peterson, 199831Peterson, 200132(continued) |  |  | 6 monthG1: 20.0G2: 36.4G3: 25.012 monthG1: 25.0G2: 53.8G3: 25.0No significant group differences on Measures 6-9 at posttreatment: p=.201, 1m: p=.447, 6m: p=.412, or 12m: p=.337. |
| Peterson, 200933 | Frequency of objective binge eating episodes (OBEs)Objective binge days in past 28 daysAbstinence from OBEs in past 28 days | OBE frequency, mean (SD)G1: 22.4 (13.7)G2: 21.9 (12.3)G3: 24.6 (18.7)G4: 23.1 (14.1)Abstinence from OBEs (%): NA at baselineObjective binge days, mean (SD)G1: 16.4 (6.8)G2: 16.4 (6.5)G3: 16.0 (6.9)G4: 17.1 (7.1) | OBE frequency, mean (SD)Post-treatment (20 weeks post-baseline): ITT analysisG1: 11.9 (13.2)G2: 9.7 (12.4)G3: 6.3 (12.3)G4: 17.6 (14.6)p = <0.001 (adjusted for baseline value, site, and sex)Partial eta squared = 0.154Post hoc p (G3 < G1, G4) = <0.008Post hoc p (G1, G2, G3 < G4) = <0.008Post-treatment (20 weeks post-baseline): completers analysisGroup %s and p values NR6m follow-up (44 weeks post-baseline): ITT analysisG1: 11.9 (13.8)G2: 12.5 (13.2)G3: 10.6 (14.8)G4: NAp = NS6m follow-up (44 weeks post-baseline): completers analysisGroup %s and p values NR12m follow-up (72 weeks post-baseline): ITT analysisG1: 12.4 (13.7)G2: 12.3 (12.9)G3: 16.2 (19.4)G4: NA p = NS |

Evidence Table 23. Binge eating disorder behavioral treatment – part 5 (continued)

|  |  |  |  |
| --- | --- | --- | --- |
| First Author's Last NameYear | Definition of Binges (Days; Frequency; Remission; Abstinence etc.) | Binges Baseline | Binges Outcomes |
| Peterson, 200933(continued) |  |  | 12m follow-up (72 weeks post-baseline): completers analysisGroup %s and p values NRNOTE: No site differences at any post-baseline timepointObjective binge days, mean (SD)Post-treatment (20 weeks post-baseline): ITT analysisG1: 9.6 (8.6)G2: 7.6 (8.4)G3: 4.4 (7.3)G4: 13.5 (9.3)p = <0.001 (adjusted for baseline value, site, and sex)Partial eta squared = 0.151Post hoc p (G3 < G1, G4) = <0.008Post hoc p (G2 < G4) = <0.008Post-treatment (20 weeks post-baseline): completers analysisGroup %s and p values NR6m follow-up (44 weeks post-baseline): ITT analysisG1: 9.3 (8.8)G2: 9.6 (8.8)G3: 7.4 (9.3)G4: NAp = NS6m follow-up (44 weeks post-baseline): completers analysisGroup %s and p values NR12m follow-up (72 weeks post-baseline): ITT analysisG1: 9.6 (8.9)G2: 9.3 (8.6)G3: 10.6 (9.3)G4: NA p = NS12m follow-up (72 weeks post-baseline): completers analysisGroup %s and p values NRNOTE: No site differences at any post-baseline timepointAbstinence from OBEs (%) |

Evidence Table 23. Binge eating disorder behavioral treatment – part 5 (continued)

|  |  |  |  |
| --- | --- | --- | --- |
| First Author's Last NameYear | Definition of Binges (Days; Frequency; Remission; Abstinence etc.) | Binges Baseline | Binges Outcomes |
| Peterson, 200933(continued) |  |  | Post-treatment (20 weeks post-baseline): ITT analysisG1: 17.9G2: 33.3G3: 51.7G4: 10.1p = <0.001 (adjusted for site and sex)Post hoc p (G2, G3 > G4) = <0.008Post hoc p (G3 > G1) = NR but significant Post-treatment (20 weeks post-baseline): completers analysisGroup %s NRp = <0.001 (G1, G2 > G4 only; adjusted for site and sex)6m follow-up (44 weeks post-baseline): ITT analysisG1: 19.4G2: 23.8G3: 43.3G4: NAp = 0.626m follow-up (44 weeks post-baseline): completers analysisGroup %s NRp = 0.035 (adjusted for site and sex)Post hoc p (G3 > G1) = 0.01312m follow-up (72 weeks post-baseline): ITT analysisG1: 25.4G2: 27.0G3: 20.8G4: NA p = 0.27412m follow-up (72 weeks post-baseline): completers analysisGroup %s NRp = NS (adjusted for site and sex)NOTE: No site differences at any post-baseline timepoint |

Evidence Table 23. Binge eating disorder behavioral treatment – part 5 (continued)

|  |  |  |  |
| --- | --- | --- | --- |
| First Author's Last NameYear | Definition of Binges (Days; Frequency; Remission; Abstinence etc.) | Binges Baseline | Binges Outcomes |
| Ricca, 201034 | Binge episodes per month, per EDE and DSM-IV-TR (not specified how DSM-IV-TR was used)ED full recovery (did not fulfill DSM-IV criteria for BED or subthreshold BED)ED diagnostic change (when a diagnosis of subthreshold BED was performed in former BED patients, or when BED or subthreshold BED patients developed bulimia nervosa)Treatment resistant (post-treatment only) (no diagnostic change or crossover from subthreshold BED toward BED)ED relapses (3y only) (when a diagnosis of BED or subthreshold BED was performed at 3y in patients who had achieved a full recovery at posttreatment) | Binge episodes per month, median (quartiles)G1: 8.0 (4.0, 10.0)G2: 8.0 (4.0, 10.0)p=NR, NS | Posttreatment Binge episodes/month, median (quartiles), p for within-group change BL to posttreatment G1: 4.0 (0, 7.5), p<0.01G2: 4.0 (2.0, 8.0), p<0.013y Binge episodes/month, median (quartiles), p for within-group change posttreatment to 3yG1: 4.0 (0, 6), p=NR, NSG2: 4.0 (0, 8), p<0.05Binge episodes/month, repeated measures ANOVA for between-group comparison with covariate ageF= 0.12p=0.73Posttreatment ED full recoveryG1: 24 (33.3%)G2: 12 (16.7%)chi-square: 5.33p=0.023y ED full recoveryG1: 26 (36.1%)G2: 20 (27.8%)+p=NR, NSPosttreatment ED diagnostic changeG1: 13 (18.1%)G2: 24 (33.3%)chi-squre 4.40p=0.033y ED diagnostic changeG1: 12 (16.7%) G2: 18 (25.0%)p=NR, NSPosttreatment treatment resistantG1: 35 (48.6%)G2: 36 (50.0%)p=NR, NS3y ED relapsesG1: 7 (9.7%)G2: 8 (11.1%)p=NR, NS |

Evidence Table 23. Binge eating disorder behavioral treatment – part 5 (continued)

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| --- | --- | --- | --- |
| First Author's Last NameYear | Definition of Binges (Days; Frequency; Remission; Abstinence etc.) | Binges Baseline | Binges Outcomes |
| Riva, 200235 | Complete cessation of binge eating (no binge eating for the past 2 weeks). Authors provide no description of how binge eating data were collected. | N/A | Post-treatment complete cessation of binge eatingG1: 100%G2: 100%1 month after treatment complete cessation of binge eatingG1: 100%G2: 100%p values not provided."All the 20 patients had achieved complete cessation of binge eating… at the end of treatment. This result was maintained in the first month after the end of therapy." |
| Riva, 200336 | Binge measure not specifiedEDI-2 | Binge eatingG1: NRG2: NRG3: NRG4: NREDI Bulimia scoreG1: NRG2: NRG3: NRG4: NR | Posttreatment Binge eating abstinenceG1: NR, "In all of the treatment groups, the patients quit bingeing at the end of treatment"G2: NR, "In all of the treatment groups, the patients quit bingeing at the end of treatment"G3: NR, "In all of the treatment groups, the patients quit bingeing at the end of treatment"G4: NR6m Binge eating abstinenceG1: 77%G2: 56%G3: 22%G4: NRPosttreatment EDI Bulimia scoreG1: NRG2: NRG3: NRG4: NR6m EDI Bulimia scoreG1: 9.33 G2: 14.56G3: 18.11G4: NRp<0.05 ("G1 scored significantly better") |

Evidence Table 23. Binge eating disorder behavioral treatment – part 5 (continued)

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| --- | --- | --- | --- |
| First Author's Last NameYear | Definition of Binges (Days; Frequency; Remission; Abstinence etc.) | Binges Baseline | Binges Outcomes |
| Safer, 201037Safer, 201138Robinson, 201239 | Measure 1: Abstinence from binge eating (no binge within prior 28 days) \*\* modeled using a piecewise growth model; modeled as quadratic during the first period and linera during the 2d period.Measure 2: Days of objective binge eating (over the prior 28 days)\*\* modeled using a piecewise growth model; modeled as quadratic during the first period and linera during the 2d period. | Measure 1: NRMeasure 2: NR | Measure 1:G1: 64% abstinence rate at posttreatment, 51% at the 3 month follow-up, 52% at the 6 month follow-up, & 64% by the 12 month follow-upG2: 36% abstienence rate at posttreatment, 53% at the 3 month follow-up 43% at the 6 month follow-up, 56% at the 12 month follow-upMeasure 2:"Model estimation results indicate that during the first period, binge days in the G2 decreased significantly (p <0.001). Compared to G2, binge days for G1 decreased significantly more (p = 0.001)." |
| Schlup, 200940 | Abstainer rates (%)Objective binge episodesSubective binge episodes# of weekly binges | Abstainer Rates:0%Objective binge episodes:7.89Subjective binge episodes1.88# of weekly binges3.53 | Abstainer RateG1: 39%G2: 0%p=0.008Objective Binge Episode (mean difference):G1: -5.47G2: - 0.43p=0.009Subjective binge episodes (mean difference):G1: -0.65G2: -0.17p=0.570# of weekly binges (mean difference):G1: -1.58G2: 0.35p=0.0004 |

Evidence Table 23. Binge eating disorder behavioral treatment – part 5 (continued)

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| --- | --- | --- | --- |
| First Author's Last NameYear | Definition of Binges (Days; Frequency; Remission; Abstinence etc.) | Binges Baseline | Binges Outcomes |
| Schlup, 201041 | Eating Disorder Examination number of objective binge episodes (OBEs)Eating Disorder Examination abstainer rates (proportion of patients not experiencing a binge during the last 28 days) | Means denote estimates from a linear mixed model or generalized linear mixed model. Values were back-transformed if necessary.OBE episodesG1: 14.80G2: 14.80 p=0.98 | Means denote estimates from a linear mixed model or generalized linear mixed model. Values were back-transformed if necessary.End of treatment OBE episodesG1: 0.43 G2: 2.36Effect size: 0.29 p=0.2312-month OBE episodesG1: 0.01G2: 1.91Effect size: 0.16 p=0.43End of treatment Remission (%)G1: 86%G2: 46%OR: 7.4p=0.00812-month Remission (%)G1: >99%G2: 64%OR: 127.4p=0.16 |

Evidence Table 23. Binge eating disorder behavioral treatment – part 5 (continued)

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| --- | --- | --- | --- |
| First Author's Last NameYear | Definition of Binges (Days; Frequency; Remission; Abstinence etc.) | Binges Baseline | Binges Outcomes |
| Tasca, 200642Tasca, 201243 | Number of days binged in the past 7 daysPercent of patients improved for days binged in the past 7 days: fewer than 2 days binged in the past 7 days (those categorized as "abstinent" are also counted in the "improved" categoryPercent of patients abstinent in the past 7 days: no days binged in the past 7 days | BaselineG1: 4.11 (SD 1.35)G2: 3.95 (SD 1.70)G3: 4.00 (SD 1.52) | Post-treatmentG1: 1.11 (SD 1.90)G2: 0.57 (SD 0.93)G3: 3.58 (SD 2.03)G2 vs. G3 Hierarchical linear modeling (HLM) coefficient: -1.41; t-value: -7.71; p<0.001G1 vs. G3 Hierarchical linear modeling (HLM) coefficient: -1.43; t-value: -5.75, p<0.001G2 vs. G1 Hierarchical linear modeling (HLM) coefficient:0.27; t-value: 1.37, p=NR6mG1: 1.06 (SD 1.81)G2: 0.59 (SD 1.13)G3: N/A (6m and 12m not measured for control group)12mG1: 1.46 (SD 2.10)G2: 0.62 (SD 1.46)G3: (6m and 12m not measured for control group)Pre-treatment to follow-ups modelingLinear modeling coefficients: -5.50, t-value: -9.09, p<0.001Treatments modeling: 0.18, t-value: 0.61, p=NRQuadratic modeling coefficients: 0.86, t-value: 6.14, p<0.001Treatments modeling: 0.00, t-value: 0.05, p=NR"There was a linear and quadratic effect for days binged but no interactions of these slopes with treatment type. This indicated that both treatments resulted in significant reduction in days binged from pre- to posttreatment, that these changes were maintained to 12 months posttreatment, and that there were no differences between treatments in the linear or quadratic curves (p.115)." Post-treatment % improved in days binged in the past 7dG1: 75.7%G2: 86.5%G3: 12.1% |

Evidence Table 23. Binge eating disorder behavioral treatment – part 5 (continued)

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| --- | --- | --- | --- |
| First Author's Last NameYear | Definition of Binges (Days; Frequency; Remission; Abstinence etc.) | Binges Baseline | Binges Outcomes |
| Tasca, 200642Tasca, 201243(continued) |  |  | 6m % improved in days binged in the past 7dG1: 86.5%G2: 75.7%G3: not measured for control12m % improved in days binged in the past 7dG1: 78.4%G2: 73.0%G3: not measured for controlPost-treatment % abstinent in days binged in the past 7dG1: 59.5%G2: 62.2%G3: 9.1%6m % abstinent in days binged in the past 7dG1: 62.2%G2: 64.9%G3: not measured for control12m % abstinent in days binged in the past 7dG1: 56.8%G2: 67.7%G3: not measured for control"Separate chi-square analyses showed no differences between the G1 and G2 in the distribution of improved or abstinent individuals at posttreatment, six months posttreatment, or 12 months posttreatment (p.115)." |

Evidence Table 23. Binge eating disorder behavioral treatment – part 5 (continued)

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| --- | --- | --- | --- |
| First Author's Last NameYear | Definition of Binges (Days; Frequency; Remission; Abstinence etc.) | Binges Baseline | Binges Outcomes |
| Telch, 200144 | Binge days, 28 daysBinge episodes, per 28 daysBinge abstinence (no binge eating in past 4 weeks) | Binge days (M,SD)G1: 10.5 (9.0)G2: 14.0 (5.0)(P = NS)Binge episodes (M,SD)G1: 11.5 (10.8)G2: 14.5 (7.5)(P = NS) | Binge days (M,SD):G1: 0 (0) (P = NR)G2: 8.5 (10.0) (P = NR)Diff between groups (P = NR) Diff between groups in change over time (P < 0.001), G1 better than G2Binge episodes (M,SD)G1: 0 (0) (P = NR)G2: 10.0 (14.0) (P = NR)Diff between groups (P = NR) Diff between groups in change over time (P < 0.001), G1 better than G2Binge abstinence (M)G1: 89%G2: 12.5%p<0.001 |

Evidence Table 23. Binge eating disorder behavioral treatment – part 5 (continued)

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| --- | --- | --- | --- |
| First Author's Last NameYear | Definition of Binges (Days; Frequency; Remission; Abstinence etc.) | Binges Baseline | Binges Outcomes |
| Wilfley, 200245Hilbert, 201246 | Wilfley, Welch, Stein, et al., 200245:Binge-eating days: number of days during previous 28 days on which at least 1 objective bulimic episode occurred (consumption of an unusually large amount of food given the circumstances, accompanied by a loss of control over eating)Percentage of participants in recovery (with no objective bulimic episodes in the past month)Percentage of participants eating at a less than clinically significant level of 4 days per monthPercentage of participants being at or below a comparative level of eating disorder attutides and behaviorsHilbert, Bishop, Stein, et al., 201246Binge days per EDE: days with OBEs over previous 28 daysRecovered: 0 OBE days in previous 28 daysRemitted: fewer than 4 OBE days in previous 28 daysCategorical change from 1y to long-term follow-up: maintained abstinence, achieved abstinence, relapse, remained non-abstinent | Wilfley, Welch, Stein, et al., 200245:G1: 17.3 (SD 6.9, range 4-28)G2: 16.3 (SD 7.2, range 5-28)Global eating disorder pathology at or below obese non-BED:G1: 23 (28%)G2: 22 (27%) Hilbert, Bishop, Stein, et al., 201246Binge daysG1: 16.44 (SD 0.81)G2: 15.78 (SD 0.81)RecoveredG1: 0%G2: 0%RemittedG1: 0%G2: 0% | Wilfley, Welch, Stein, et al., 200245:Binge-eating days Post-treatmentG1: 0.6 (SD 1.6, range 0-8)G2: 0.9 (SD 2.0, range 0-10)% decrease from pre-treatment to post-treatment: 96% in G1, 94% in G2GEE main effect of time indicated improvement from pretreatment to posttreatment (p<0.001)Binge-eating days 4-monthG1: 2.0 (SD 4.6, range 0-26)G2: 1.5 (SD 3.9, range 0-23)Binge-eating days 8-monthG1: 2.1 (SD 5.0, range 0-28)G2: 1.9 (SD 4.5, range 0-28)Binge-eating days 12-monthG1: 1.7 (SD 4.3, range 0-25)G2: 1.2 (2.6, range 0-11)% decrease from pre-treatment to 12-month: 90% in G1, 93% in G2G1 and G2 were both effective in reducing number of binge days during treatment (ß=-0.27, SE=0.007, z=-11.68, p<0.001), with no significant treatment-by-time interaction (z=0.11, p=0.91). Significant quadratic (p<0.001) and cubic (p=0.002) time effects occurred through follow-up, with no significant linear or higher-order treatment-by-time interactions (all p-values ≥0.2).Recovery (intent-to-treat)Percentages not reported but presented in line graph (figure 2). No significant treatment differences at any time point (all p-values ≥0.36).Recovery Post-treatment (completers)G1: 64 (82%)G2: 59 (74%)Recovery 4-month (completers)G1: NRG2: NR |

Evidence Table 23. Binge eating disorder behavioral treatment – part 5 (continued)

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| --- | --- | --- | --- |
| First Author's Last NameYear | Definition of Binges (Days; Frequency; Remission; Abstinence etc.) | Binges Baseline | Binges Outcomes |
| Wilfley, 200245Hilbert, 201246 (continued) | Diagnosed (per EDE) at long-term follow-up with BED, anorexia nervosa, bulimia nervosa, ED not otherwise specified, purging behavior, fasting, or intense exercise |  | Recovery 8-month (completers)G1: NRG2: NRRecovery 12-month (completers)G1: 48 (72%)G2: 50 (70%)Sub-clinical bingeing (intent-to-treat)Percentages not reported but presented in line graph (figure 3). No significant treatment differences at any time point (all p-values ≥0.21).Sub-clinical bingeing Post-treatment (completers)G1: 73 (94%)G2: 72 (90%)Sub-clinical bingeing (completers)G1: NRG2: NRSub-clinical bingeing (completers)G1: NRG2: NRSub-clinical bingeing (completers)G1: 56 (84%)G2: 63 (89%)Global eating disorder pathology at or below obese non-BED (completers)G1: 66 (85%) G2: 60 (75%) p. 717 - No significant treatment x time interactions for any of the above outcomesHilbert, Bishop, Stein, et al., 201246ITT Post-treatment binge daysG1: 0.49 (SD 0.82)G2: 1.16 (SD 0.81)ITT 1y binge daysG1: 1.09 (SD 0.91)G2: 2.15 (SD 0.85) |

Evidence Table 23. Binge eating disorder behavioral treatment – part 5 (continued)

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| --- | --- | --- | --- |
| First Author's Last NameYear | Definition of Binges (Days; Frequency; Remission; Abstinence etc.) | Binges Baseline | Binges Outcomes |
| Wilfley, 200245Hilbert, 201246 (continued) |  |  | ITT Long-term binge daysG1: 5.86 (SD 1.09)G2: 2.32 (SD 0.98)ITT GEE binge days treatment effectF=0.88p=0.351ITT GEE binge days time effectF=155.94p=<0.001ITT GEE binge days treatment x time effectF=2.42p=0.068Post-hoc analyses binge daysSignificant improvements at post-treatment, 1y, and long-term follow-up when compared with pre-treatment (p<0.01)ITT Post-treatment RecoveredG1: 81.8%G2: 64.4%ITT 1y RecoveredG1: 77.8%G2: 53.7%ITT Long-term RecoveredG1: 52.0%G2: 76.7%ITT GEE Recovered treatment effectchi-square 0.68, p=0.411ITT GEE Recovered time effectchi-square 2.38, p=0.304ITT GEE Recovered treatment x time effectchi-square 15.85, p<0.001ITT Post-hoc analyses RecoveredNo significant between-group differences (all p>0.01)G1: a significant decline in recovery rates from post-treatment and 1-year follow-up to long-term follow-up was observed (both p≥0.002)  |

Evidence Table 23. Binge eating disorder behavioral treatment – part 5 (continued)

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| --- | --- | --- | --- |
| First Author's Last NameYear | Definition of Binges (Days; Frequency; Remission; Abstinence etc.) | Binges Baseline | Binges Outcomes |
| Wilfley, 200245Hilbert, 201246 (continued) |  |  | G2: recovery rates did not change over the follow-up period (both p>0.01)Completer analysis Recovery across all 3 follow-up assessmentsG1: 27.3%G2: 22.2%Completer analysis Recovery from 1y to long-term follow-up: Maintained abstinenceG1: 52.0%G2: 43.3%Completer analysis Recovery from 1y to long-term follow-up: Achieved abstinenceG1: 0.0%G2: 33.3%Completer analysis Recovery from 1y to long-term follow-up: RelapsedG1: 24.0%G2: 10.0%Completer analysis Recovery from 1y to long-term follow-up: Remained non-abstinentG1: 24.0%G2: 13.3%ITT Post-treatment RemittedG1: 95.5%G2: 86.7%ITT 1y RemittedG1: 88.9%G2: 80.5%ITT Long-term RemittedG1: 72.0%G2: 83.9%ITT GEE Remitted treatment effectchi-square 0.64, p=0.424ITT GEE Remitted time effectchi-square 5.14, p=0.077ITT GEE Remitted treatment x time effectchi-square 3.67, p=0.160 |

Evidence Table 23. Binge eating disorder behavioral treatment – part 5 (continued)

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| --- | --- | --- | --- |
| First Author's Last NameYear | Definition of Binges (Days; Frequency; Remission; Abstinence etc.) | Binges Baseline | Binges Outcomes |
| Wilfley, 2002(#499)Hilbert, 201246(continued) |  |  | Long-term Dx BEDG1: 12.0%G2: 9.4%Long-term Dx anorexia nervosaG1: 0%G2: 0%Long-term Dx bulimia nervosaG1: 0%G2: 0%Long-term Dx ED not otherwise specifiedG1: 0%G2: 0%Long-term Purging behaviorG1: 0%G2: 0%Long-term FastingG1: 0%G2: 0%Long-term Intense exercisingG1: 0%G2: 0% |

Evidence Table 23. Binge eating disorder behavioral treatment – part 5 (continued)

|  |  |  |  |
| --- | --- | --- | --- |
| First Author's Last NameYear | Definition of Binges (Days; Frequency; Remission; Abstinence etc.) | Binges Baseline | Binges Outcomes |
| Wilson, 201047Sysko, 201048 | Number of binge days in the past 28 days, assessed by EDERemission (time period not specified)No longer meeting DSM-IV criteria for BED | Number of binge daysG1: 16.3 (SD 5.9)G2: 16.6 (SD 7.3)G3: 16.1 (SD 6.6) | Post-treatment Number of binge daysG1: 4.3 (SD 7.9)G2: 3.8 (SD 7.2)G3: 3.7 (SD 7.2)Mean change: NRp=NS, NR "ITT analyses revealed no differences among the 3 treatments on... reduction in days of binge eating."1y Number of binge daysG1: 6.5 (SD 8.7)G2: 4.3 (SD 7.8)G3: 4.8 (SD 7.6)Mean change: NRp=NS, NR "At 1 year, no significant difference among treatments on any measure of binge eating were found."2y Number of binge daysG1: 5.8 (SD 8.5)G2: 3.7 (SD 7.3)G3: 4.3 (SD 7.8)Mean change: NRp=NR, no results are reported for the analysis of 2y number of binge daysPost-treatment, 1y, and 2y remission rates NR, presented in Figure 2 line graph. Post-treatment remission:G1: NRG2: NRG3: NRMean change: NRp=NS, NR "ITT analyses revealed no differences among the 3 treatments on remission from binge eating."1y remission:G1: NRG2: NRG3: NR |

Evidence Table 23. Binge eating disorder behavioral treatment – part 5 (continued)

|  |  |  |  |
| --- | --- | --- | --- |
| First Author's Last NameYear | Definition of Binges (Days; Frequency; Remission; Abstinence etc.) | Binges Baseline | Binges Outcomes |
| Wilson, 201047Sysko, 201048 (continued) |  |  | Mean change: NRp=NS, NR "At 1 year, no significant difference among treatments on any measure of binge eating were found."2y remission: G1: NRG2: NRG3: NRMean change: NR; F=3.6G1 vs. G2 OR: 2.3G1 vs. G3 OR: 2.6G2 vs. G3 OR: 1.2p<0.05 "Both G2 and G3 were significantly more effective than G1 in terms of remission from binge eating"Post-treatment No longer meeting DSM-IV criteria for BEDG1: 81%G2: 82%G3: 87%Mean change: NRp=NR, NS "ITT analyses revealed no differences among the 3 treatments on... no longer meeting DSM-IV criteria for BED."1y No longer meeting DSM-IV criteria for BEDG1: NRG2: NRG3: NRMean change: NRp=NR2y No longer meeting DSM-IV criteria for BEDG1: NRG2: NRG3: NRMean change: NRp=NR |