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

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| --- | --- | --- | --- |
| First Author's Last Name  Year | Definition of Binges (Days; Frequency; Remission; Abstinence etc.) | Binges Baseline | Binges Outcomes |
| Agras, 19955 | Binges/week: Number of days on which patients binged each week  Abstinence from binge eating over a 2-week period | Binges/week  G1: 4.4 (SD 1.8)  G2: 3.7 (SD 1.2) | 12 weeks binges/week  G1: 0.7 (SD 1.0)  G2: 3.4 (SD 2.0)  p = NR  12 weeks abstinence  G1: 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 episodes  Binge eating scale (BES) | REE-Frequency of binge episodes  G1: 4.86 (SD 2.00)  G2: 3.91 (SD 2.28)  REE-Number of hunger violations  G1: 6.30 (SD 3.90)  G2: 11.79 (SD 6.40)  REE-Number of satiety violations  G1: 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 episodes  G1: 0.72 (SD 1.10)  G2: 4.95 (SD 2.25)  F=16.08, p<0.001  REE-Number of hunger violations  G1: 3.39 (SD 6.22)  G2: 9.87 (SD 6.09)  p=NR, NS  REE-Number of satiety violations  G1: 0.56 (SD 0.76)  G2: 6.26 (SD 4.38)  F=14.72, p<0.001  BES  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)

|  |  |  |  |
| --- | --- | --- | --- |
| First Author's Last Name  Year | 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 days  2. Proportion of patients abstinent from bingeing | 1. Objective binge episodes  G1: 17.4 (15.6)  G2: 14.8 (9.6)  2. Abstinence  G1: NR  G2: NR | 1. Objective Binge Episodes  6-month Objective binge episodes  G1: 5.5 (7.4)  G2: 9.1 (8.8)  Mean between-group difference (95% CI): NR  p = 0.031  12-month Objective binge episodes  G1: 5.5 (7.9)  G2: 5.2 (5.5)  Mean Between-group difference (95% CI): NR  p = NR  Statistical 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 Abstinence  G1: 35.1% (N=13)  G2: 8.1% (N=3)  Mean between-group difference (95% CI): NR  p=0.005 |

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

|  |  |  |  |
| --- | --- | --- | --- |
| First Author's Last Name  Year | 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)

|  |  |  |  |
| --- | --- | --- | --- |
| First Author's Last Name  Year | Definition of Binges (Days; Frequency; Remission; Abstinence etc.) | Binges Baseline | Binges Outcomes |
| Cassin, 20089 | Binge Eating Frequency:  Binges were defined by guidelines in SCID-I  Binge 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=0.58  Binge Size  16 week follow-up  No difference between groups: (p = 0.06)  Abstinence (no binge eating in past 2 months)  G1: 15  G2: 6  (p = 0.03)  Does not have 2 or more binges/week  G1: 47  G2: 31  (p = 0.001) |
| Castelnuovo, 201110  Castelnuovo, 201111 | Number of weekly binge episodes, "assessed with a self-report procedure"  BED remission (<2 weekly binge episodes) | Weekly binge episodes  Overall: 2.82 (SD 0.77)  G1: 2.83 (SD 0.74)  G2: 2.8 (SD 0.8)  p=NR, NS | 6 month Weekly binge episodes  G1: NR  G2: NR  6 month BED remission  G1: 36.70%  G2: 80.00%  p=0.001 |

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

|  |  |  |  |
| --- | --- | --- | --- |
| First Author's Last Name  Year | 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 episodes  G1: NR  G2: NR  G3: NR  Values depited in Figure 3 but not reported | Post-treatment binge episodes  G1: 0  G2: 0  G3: 0  No significant between-group difference  1y binge episodes  G1: NR  G2: NR  G3: NR  no 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: NR  G2: NR  G3: NR  p=NR, NS | ITT Posttreatment binge remission, %, propensity-adjusted OR (95% CI)  G1: 28.6%, OR ref  G2: 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 ref  G2: 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 ref  G2: 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 ref  G2: 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 Name  Year | Definition of Binges (Days; Frequency; Remission; Abstinence etc.) | Binges Baseline | Binges Outcomes |
| De Zwaan, 200514 | Prevalence of BED diagnosis  Percentage of patients abstinent from binge eating in previous 7 days  Percentage of weeks abstinent from binge eating  Frequency of binge eating episodes in previous 7 days | Percentage of patients abstinent from binge eating (previous 7 days) (N)  G1: 0  G2: 0  p = NA  Percentage of weeks abstinent from binge eating  G1: NR  G2: NR  p = NR  Frequency 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 diagnosis  72 months, completers analysis (n=64) (%)  G1: 54.5  G2: 58.1  p = NS  Percentage of patients abstinent from binge eating in previous 7 days  12 weeks, ITT analysis (N)  G1: 30 (83.3%)  G2: 31 (88.6%)  p = NS  18 weeks, ITT analysis (N)  G1: 22 (61.1%)  G2: 22 (62.9%)  p = NS  24 weeks, ITT analysis (N)  G1: 21 (58.3%)  G2: 26 (74.3%)  p = NS  28 weeks, ITT analysis (N)  G1: 15 (50%)  G2: 14 (53.8%)  p = NS  72 weeks, ITT analysis (N)  G1: 11  G2: 10  p = NS  NOTE: 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 Name  Year | Definition of Binges (Days; Frequency; Remission; Abstinence etc.) | Binges Baseline | Binges Outcomes |
| De Zwaan, 200514  (continued) |  |  | Percentage of weeks abstinent from binge eating  12 weeks, ITT analysis (%)  G1: 80.6  G2: 80.4  p = 0.98  18 weeks, ITT analysis (%)  G1: 64.7  G2: 69  p = 0.58  24 weeks, ITT analysis (%)  G1: 64.7  G2: 69  p = 0.58  Frequency of binge eating episodes in previous 7 days  12 weeks, ITT analysis: mean (SD)  G1: 0.7 (1.7)  G2: 0.6 (2.6)  p (adjusted for baseline diff) = 0.25  18 weeks, ITT analysis: mean (SD)  G1: 1.1 (1.8)  G2: 1.1 (2.0)  p (adjusted for baseline diff) = 0.54  24 weeks, ITT analysis: mean (SD)  G1: 1.5 (2.8)  G2: 1.2 (2.5)  p (adjusted for baseline diff) = 0.28  28 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 Name  Year | Definition of Binges (Days; Frequency; Remission; Abstinence etc.) | Binges Baseline | Binges Outcomes |
| Dingemans, 200715 | Subjective binge episodes (SBEs) in past 28 days, per EDE  Objective overeating episodes (OOEs) in past 28 days, per EDE  Abstinence from Objective binge episodes (OBEs), per EDE | Subjective binge episodes (SBEs) in past 28 days, per EDE  G1: 7.0 (SD 16.7)  G2: 8.8 (SD 11.6)  p=NR  Objective overeating episodes (OOEs) in past 28 days, per EDE  G1: 6.6 (SD 9.9)  G2: 9.6 (SD 12.4)  p=NR  Objective binge episodes (OBEs) in past 28 days, per EDE  G1: 14.8 (SD 7.8)  G2: 14.7 (SD NR)  p=NR | 10wk Subjective binge episodes (SBEs) in past 28 days, per EDE  G1: 2.3 (SD 3.7)  G2: 3.9 (SD 8.0)  10wk Objective overeating episodes (OOEs) in past 28 days, per EDE  G1: 1.3 (SD 3.5)  G2: 1.2 (SD 3.4)  Post-treatment Subjective binge episodes (SBEs) in past 28 days, per EDE  G1: 2.3 (SD 5.4)  G2: 7.9 (SD 13.3)  SBE test statistics and significance  Time ß (SE): 3.07 (SE 1.50)  Time x condition ß (SE): -2.40 (SE 1.18)  p=NR, NS  Post-treatment Objective overeating episodes (OOEs) in past 28 days, per EDE  G1: 2.1 (SD 5.5)  G2: 4.6 (SD 6.0)  OOE test statistics and significance  Time ß (SE): 2.57 (SE 0.93), p<0.01  Time x condition ß (SE): -0.88 (SE 0.71), p=NR, NS  Post-treatment Abstinence from objective binge episodes (OBEs), per EDE; N (%)  G1: 19 (63%)  G2: 4 (18%)  chi-square=10.5  p<0.001  Decrease in objective binge episodes (OBEs) from BL to posttreatment, per EDE; %  G1: 86%  G2: 11%  p=NR  10wk Objective binge episodes (OBEs), per EDE  G1: 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 Name  Year | Definition of Binges (Days; Frequency; Remission; Abstinence etc.) | Binges Baseline | Binges Outcomes |
| Dingemans, 200715  (continued) |  |  | Post-treatment Objective binge episodes (OBEs), per EDE  G1: 2.0 (SD 5.5)  G2: 13.1 (SD NR)  Decrease in OBE frequency from baseline to post-treatment  G1: 86%  G2: 11%  OBE test statistics and significance  G1: Wilcoxon z=-4.36, p<0.001  G2: Wilcoxon z=0.74, p=0.46 |
| Eldredge, 199716 | Binge eating days | G1: NR  G2: NR | 12wk Binge eating days  G1: NR  G2: NR  Mean 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 Name  Year | 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 Binged  G1: 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 waitlist  Diff between G1 & G2 (P = NR)  Diff between G1 & G2 in change over time (P = NS)  Follow up  G1: 1.05 (1.43)  G2: 0.67 (0.86)  Objective Binge Episodes  G1: 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 up  G1: 1.63 (2.09)  G2: 3.50 (4.64)  Binge Abstinence:  Posttreatment  G1+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 up  G1: 47%  G2: 52% |

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

|  |  |  |  |
| --- | --- | --- | --- |
| First Author's Last Name  Year | 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 EDE  Frequency 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 = NS  Frequency 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 analysis  G1: 25  G2: 8.3  p = 0.12 (chi-square) or 0.24 (Fisher's exact test)  OR (95% CI) = 3.7 (0.66 to 20.42); p = 0.14  Frequency of OBEs in previous 28 days evaluated using EDE-Q: mean (SD)  16 weeks, ITT analysis  G1: 4.5 (5.0)  G2: 8.2 (9.4)  Effect size = 0.9  p = NR  Group-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 analysis  G1: 5.8 (5.9)  G2: 6.5 (7.2)  Effect size = 0.24  p = NR  Group-by-time interaction p = 0.39 |

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

|  |  |  |  |
| --- | --- | --- | --- |
| First Author's Last Name  Year | Definition of Binges (Days; Frequency; Remission; Abstinence etc.) | Binges Baseline | Binges Outcomes |
| Grilo, 201419 | Binge episodes per month, per EDE  Binge abstinence | Binge episodes/month  G1: 14.6 (SD 12.8)  G2: 21.1 (SD 19.2) | Posttreatment Binge episodes/month  G1: 6.4 (SD 7.6)  G2: 5.3 (SD 9.9)  Hand calculated p = .675  6m Binge episodes/month  G1: 3.6 (SD 6.4)  G2: 5.7 (SD 10.0)  Hand calcuated p = .401  12m Binge episodes/month  G1: 4.9 (SD 8.5)  G2: 6.7 (SD 13.9)  Hand calculated p = .609  Posttreatment Binge remission  G1: 24%  G2: 29.6%  P = NR  6m Binge remission  G1: 40%  G2: 40.7%  P = NR  12m Binge remission  G1: 40%  G2: 37.0%  P = NR |

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

|  |  |  |  |
| --- | --- | --- | --- |
| First Author's Last Name  Year | Definition of Binges (Days; Frequency; Remission; Abstinence etc.) | Binges Baseline | Binges Outcomes |
| Grilo, 201120  Grilo, 201121 | Binge episodes/month (OBEs on EDE) for past 28 days  Remission (0 binges over the past month) | Binge episodes/month  G1:15.6 (SD 8.0)  G2: 14.9 (SD 8.5)  G3: 17.9 (SD 9.4) | Post-treatment Binge episodes/month  G1: 2.2 (SD 3.8)  G2: 4.6 (SD 11.0)  G3: 3.4 (SD 9.0)  F=3.46  p=0.23  6m Binge episodes/month  G1: 2.7 (SD 8.5)  G2: 5.5 (SD 7.6)  G3: 3.2 (SD 7.8)  F=3.80  Binge frequency was significantly lower in G1 than G2, t=2.68, p=0.009  12m Binge episodes/month  G1: 2.4 (SD 8.1)  G2: 4.6 (SD 6.0)  G3: 4.0 (SD 8.4)  F=3.28  Binge frequency was significantly lower in G1 than G2, t=2.56, p=0.01  Post-treatment Remission, ITT analysis  G1: 44.4%  G2: 37.8%  G3: 48.6%  chi-square=0.98  p=0.61  6m Remission, ITT analysis  G1: 51.1%  G2: 33.3%  G3: 48.6%  chi-square=3.30  p=0.19 |

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

|  |  |  |  |
| --- | --- | --- | --- |
| First Author's Last Name  Year | Definition of Binges (Days; Frequency; Remission; Abstinence etc.) | Binges Baseline | Binges Outcomes |
| Grilo, 201120  Grilo, 201121  (continued)( |  |  | 12m Remission, ITT analysis  G1: 51.1%  G2: 35.6%  G3: 40.0%  chi-square=2.34  p=0.31  Post-treatment Remission, completers  G1: 59%  G2: 52%  G3: 76%  chi-square=NR  p=NR, NS  6m Remission, completers  G1: 65%  G2: 48%  G3: 57%  chi-square=NR  p=NR, NS  12m Remission, completers  G1: 65%  G2: 42%  G3: 48%  chi-square=NR  p=NR, NS |

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

|  |  |  |  |
| --- | --- | --- | --- |
| First Author's Last Name  Year | Definition of Binges (Days; Frequency; Remission; Abstinence etc.) | Binges Baseline | Binges Outcomes |
| Grilo, 200522  Masheb, 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=0.53  Objective bulimic epidoses episodes/month (EDE) mean (SD)  G1: 14.6 (9.5)  G2: 15.3 (7.7)  G3: 11.8 (6.0)  p=0.38  Objective 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=0.01  G1 vs. G2 p=0.01  G2 vs. G3 p=0.66  G1 vs. G3 p=0.03  12-wk Remission rates (EDE-Q):  G1: 59.5%  G2: 23.7%  G3: 26.7%  Overall p=0.004  G1 vs. G2 p=0.002  G2 vs. G3 p=0.82  G1 vs. G3 p=0.03  12-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=0.016  G2 vs. G3 p=n/s  G1 vs. G3 p=0.019  12-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=0.015  G2 vs. G3 p=n/s  G1 vs. G3 p=0.014 |

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

|  |  |  |  |
| --- | --- | --- | --- |
| First Author's Last Name  Year | 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 EDE  Measure 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:  Pretreatment  G1: 2.9 (1.8) (1-7)  G2: 3.4 (1.9) (1-8)  Measure 2  Pretreatment  G1: 10 (83.3%)  G2: 10 (83.3%)  Measure 3  Pretreatment  G1: 2 (16.7%)  G2: 2 (16.7%)  Measure 4  Pretreatment  NR  Measure 5  Pretreatment  NR | Measure 1:  Posttreatment  G1: 0.6 (0.7) (0-2)  G2: 1.0 (1.9) (0-6)  4- month follow-up  G1: 1.2 (2.0) (0-5)  G2: 0.5 (1.0) (0-5)  Repeated measures (Analysis of time)  F: 27.41  df: 2, 44  p: <0.001  Measure 2  Posttreatment  G1: 2 (16.7%)  G2: 3 (25.0%)  4-month follow-up  G1: 3 (25.0%)  G2: 1 (8.3%)  Measure 3  Posttreatment  G1: 0 (0.0%)  G2: 0 (0.0%)  4-month follow-up  G1:0 (0.0%)  G2: 2 (16.6%)  Measure 4  Posttreatmet  G1: 6 (50%)  G2: 0 (0.0%)  4-month follow-up  G1: 3 (25%)  G2: 1 (8.3%) |

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

|  |  |  |  |
| --- | --- | --- | --- |
| First Author's Last Name  Year | Definition of Binges (Days; Frequency; Remission; Abstinence etc.) | Binges Baseline | Binges Outcomes |
| Hilbert, 200424  (continued) |  |  | Measure 5  Posttreatment  G1: 4 (33.3%)  G2: 9 (75.0%)  4-month follow-up  G1: 6 (50.0%)  G2: 8 (66.7%)  p=0.408 |
| Le Grange, 200225 | Prevalence of BED diagnosis  Frequency of binge eating episodes in previous 28 days  Frequency 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 = NS  Frequency 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 diagnosis  12 weeks, ITT analysis (%)  G1: 37  G2: 59  p = 0.15  12 months, ITT analysis (%)  G1: 58  G2: 55  p = 0.83  Frequency 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 = <0.42  Group x time interaction: p = <0.7  Frequency 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 = <0.42  Group x time interaction: p = <0.7  12 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)

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| --- | --- | --- | --- |
| First Author's Last Name  Year | Definition of Binges (Days; Frequency; Remission; Abstinence etc.) | Binges Baseline | Binges Outcomes |
| Le Grange, 200225  (continued) |  |  | Group x time interaction: p = <0.7  Percentage of patients reducing binge-eating frequency by ≥50%  12 weeks, ITT analysis (%)  G1: 77  G2: 47  p = 0.098  12 months, ITT analysis (%)  G1: 68  G2: 64  p = 0.75  N of patients abstaining from binge eating  12 weeks, ITT analysis (%)  G1: NR  G2: NR  p = >0.34  12 months, ITT analysis (%)  G1: NR  G2: NR  p = >0.34 |

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

|  |  |  |  |
| --- | --- | --- | --- |
| First Author's Last Name  Year | Definition of Binges (Days; Frequency; Remission; Abstinence etc.) | Binges Baseline | Binges Outcomes |
| Masheb, 201126 | Objective binge eating (OBE) episodes, EDE past 28 days  Binge remission (0 binges for the 28 days prior to the end of treatment) per EDE  Binge 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=0.110  6m 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=0.846  6m binge remission per self-monitoring, ITT analysis (last observation carried forward)  G1: 60% (n=15)  G2: 72% (n=18)  chi-square=0.80, p=0.370  6m Binge remission per EDE, treatment completers  G1 (n=18): 72.2% (n=13)  G2 (n=20): 55% (n=11)  chi-square=1.21, p=0.272  6m BInge remission per EDE, ITT analysis  G1: 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)

|  |  |  |  |
| --- | --- | --- | --- |
| First Author's Last Name  Year | 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=-0.07  Rate 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=0.79  Between 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=0.98  Between group comparison NR  6m Objective binge frequency in the last 28 days (OBE)  G1: 9.53 (SD 11.89)  G2: NA  Effect size (between BL and 6m, G2 only) d=0.73  6m Rate of binge eating abstinence over the past 28 days  G1: 30.00%  G2: NA  Effect 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 Name  Year | Definition of Binges (Days; Frequency; Remission; Abstinence etc.) | Binges Baseline | Binges Outcomes |
| Munsch, 200728  Munsch, 201229 | Munsch, Biedert, Meyer, et al., 200728:  Number of objective binge eating (OBE) days in past 28 days, per EDE  Number of weekly binges (self-monitoring)  Abstainer rates in past 28 days, per EDE  BED diagnosis  Munsch, Meyer, Biedert, et al., 201229  BED diagnosis  Remission  Number of weekly binges (self-monitoring) | Munsch, Biedert, Meyer, et al., 200728  OBE days  G1 (n=43): 14.23 (SD 7.66)  G2 (n=35): 14.17 (SD 8.09)  # weekly binges  G1 (n=36): 3.81 (SD 3.47)  G2 (n=29): 4.10 (SD 3.71) | Munsch, Biedert, Meyer, et al., 200728  Post-treatment OBE days, Completer  G1 (n=25): 0.56 (SD 2.06)  G2 (n=23): 2.70 (SD 4.43)  chi-square=33.3, p<0.001  12m OBE days, Completer  G1 (n=15): 0 (SD 0)  G2 (n=18): 1.00 (SD 2.93)  chi-square=15.94, p<0.001  Post-treatment OBE days, ITT  G1 (n=44): 6.20 (SD 8.66)  G2 (n=35): 7.54 (SD 9.38)  chi-square=2.91, p<0.088  12m OBE days, ITT  G1 (n=44): 4.84 (SD 8.00)  G2 (n=): 5.77 (SD 9.15)  chi-square=0.01, p<0.92  Post-treatment # weekly binges, Completer  G1 (n=28): 0.14 (SD 0.45)  G2 (n=26): 1.15 (SD 1.89)  chi-square=13.4, p<0.001  12m # weekly binges, Completer  G1 (n=23): 0.52 (SD 1.59)  G2 (n=14): 1.50 (SD 2.14)  chi-square=4.0, p<0.045  Post-treatment Abstainers, Completers  G1 (n=25): 80%  G2 (n=22): 36%  chi-square=9.56, p=0.002  12m Abstainers, Completers  G1 (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 Name  Year | Definition of Binges (Days; Frequency; Remission; Abstinence etc.) | Binges Baseline | Binges Outcomes |
| Munsch, 200728  Munsch, 201229  (continued) |  |  | Post-treatment Abstainers, ITT  G1 (n=44): 41%  G2 (n=36): 58%  chi-square=6.74, p=0.010  12m Abstainers, ITT  G1 (n=44): 52%  G2 (n=36): 50%  chi-square=0.74, p=0.39  Post-treatment BED diagnosis, Completers  G1 (n=26): 4%  G2 (n=22): 32%  chi-square=7.26, p<0.007  12m BED diagnosis, Completers  G1 (n=17): 6%  G2 (n=19): 16%  chi-square=0.92, p=0.33  6y BED diagnosis, Completers (Munsch, Meyer, Biedert, et al., 201229)  G1 (n=26): 3.8%  G2 (n=22): 7.7%  Post-treatment BED diagnosis, ITT  G1 (n=44): 50%  G2 (n=36): 78%  chi-square=2.40, p=0.12  12m BED diagnosis, ITT  G1 (n=44): 43%  G2 (n=36): 53%  chi-square=0.04, p=0.84  Munsch, 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, NS  G1 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 Name  Year | Definition of Binges (Days; Frequency; Remission; Abstinence etc.) | Binges Baseline | Binges Outcomes |
| Munsch, 200728  Munsch, 201229  (continued) |  |  | Remission  G1: NR  G2: NR  G1 minus G2 posttreatment: 44 (+6, -9), effect size=7.00, p<0.01  G1 minus G2 6y: 2.1 (+11, -11), effect size=1.12, p=NR, NS  Number of weekly binges  G1: NR  G2: NR  G1 minus G2 posttreatment: -0.289 (0.154), effect size=0.56, p=NR, NS  G1 minus G2 6y: -0.646 (0.191), effect size=1.02, p<0.001 |
| Pendleton, 200130 | Binge days  Abstinence | Binge days  G1: 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 days  G1: 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=0.004  Exercisers (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=0.001  Maintenance (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=NR  G1 vs. G4: z=-2.06, p=0.039  10m Binge days  G1: 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=0.018  Exercisers (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 Name  Year | 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, NS  G1 vs. G4: z=-3.1, p=0.002  16m Binge days  G1: 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=0.006  Exercisers (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=0.002  Maintenance (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, NS  G1 vs. G4: z=-2.6, p=0.007  4m Abstinence (%)  G1: 67%  G2: 50%  G3: 22%  G4: 41%  G1,2,3,4: chi-square=NR, p=NR  Exercisers (G1&G2): 59%  Non-exercisers (G3&G4):30%  Exercisers (G1&G2) vs. non-exercisers (G3&G4): z=NR, p=NR  Maintenance (G1&G3): 45%  No maintenance (G2&G4): 46% |

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

|  |  |  |  |
| --- | --- | --- | --- |
| First Author's Last Name  Year | 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=NR  10m Abstinence (%)  G1: 63%  G2: 45%  G3: 43%  G4: 23%  G1,2,3,4: chi-square=NR, p=NR  Exercisers (G1&G2): 55%  Non-exercisers (G3&G4):35%  Exercisers (G1&G2) vs. non-exercisers (G3&G4): z=NR, p=NR  Maintenance (G1&G3): 53%  No maintenance (G2&G4): 35%  Maintenance (G1&G3) vs. no maintenance (G2&G4): z=NR, p=NR  16m Abstinence (%)  G1: 58%  G2: 65%  G3: 39%  G4: 18%  G1,2,3,4: chi-square=NR, p=NR  Exercisers (G1&G2): 61%  Non-exercisers (G3&G4): 30%  Exercisers (G1&G2) vs. non-exercisers (G3&G4): z=NR, p=NR  Maintenance (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 Name  Year | Definition of Binges (Days; Frequency; Remission; Abstinence etc.) | Binges Baseline | Binges Outcomes |
| Peterson, 199831  Peterson, 200132 | Peterson, 1998  Measure 1: objective binge eating episodes (OB) per week  Measure 2: total binge (TB) episodes (objective and subjective) per week  Measure 3: hours binge eating (HB) per week  Measure 4: percentage abstinent from OB for the last week  Measure 5: percentage abstinent from TB for the last week  Peterson, 2001  Measure 6: Full dx  Measure 7: subthreshold - BE episodes met DSM-IV criteria but occured less than 2 days per week for 6 month  Measure 8: Subjective binges only - participant reported only binge episodes that were not objectivly large  Measure 9: Remission | Peterson, 1998  Measure 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 4-5  NR  Peterson, 2001  Measure 1:  Baseline  G1: 3.4 (1.7)  G2: 5.5 (6.7)  G3: 2.9 (2.2)  Measure 2:  Baseline  G1: 8.3 (3.1)  G2: 9.2 (6.7)  G3: 6.6 (2.2)  Measure 3:  Baseline  G1: 9.0 (6.6)  G2: 13.5 (13.4)  G3: 10.0 (5.4) | Peterson, 1998  Measure 1:  G1: 0.7 (1.3)  G2: 1.3 (3.4)  G3: 0.4 (1.1)  G4: 4.7 (4.7)  Btwn group diff  F (3, 53) = 12.1  p: 0.000  Measure 2:  G1: 3.3 (3.6)  G2: 2.7 (4.3)  G3: 1.8 (2.9)  G4: 6.6 (4.5)  Btwn group diff  F (3, 53) = 5.67  p: 0.002  Measure 3:  G1: 4.2 (6.9)  G2: 3.2 (5.9)  G3: 2.3 (3.3)  G4: 9.6 (6.5)  Btwn group diff  F (3, 53) = 4.83  p: 0.005  Simple contrasts revealed that G1, G2, and G3 had fewer binge episodes (on all 3 measures) compared to G4.  Measure 4:  Post-treatment  G1: 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 Name  Year | Definition of Binges (Days; Frequency; Remission; Abstinence etc.) | Binges Baseline | Binges Outcomes |
| Peterson, 199831  Peterson, 200132  (continued) |  | Measure 4:  Baseline  G1: 0.0  G2: 0.0  G3: 0.0  Measure 5:  Baseline  G1: 0.0  G2: 0.0  G3: 0.0  Measures 6-9  NR | Measure 5:  Post-treatment  G1: 18.8%  G2: 36.8%  G3: 53.3%  G4: 0%  X2 = 8.51, df=3  p=.04  Peterson, 2001  Measure 1:  Posttreatment  G1: 0.6 (1.4)  G2: 0.7 (1.5)  G3: 0.2 (2.2)  1 month  G1: 0.8 (1.1)  G2: 1.1 (2.5)  G3: 0.9 (1.6)  6 month  G1: 0.7 (0.9)  G2: 0.4 (0.7)  G3: 1.7 (3.9)  12 month  G1: 0.5 (0.8)  G2: 1.1 (2.7)  G3: 1.0 (2.0)  Time effects (Random regression)  F: 24.04  p < 0.0001  Group x Time interaction: NR, NS  Measure 2:  Posttreatment  G1: 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 Name  Year | Definition of Binges (Days; Frequency; Remission; Abstinence etc.) | Binges Baseline | Binges Outcomes |
| Peterson, 199831  Peterson, 200132  (continued) |  |  | 1 month  G1: 4.4 (4.0)  G2: 3.7 (5.5)  G3: 1.2 (1.6)  6 month  G1: 3.7 (3.9)  G2: 3.2 (3.0)  G3: 3.0 (3.6)  12 month  G1: 3.5 (3.4)  G2: 3.1 (4.8)  G3: 3.3 (3.6)  Time effects (Random regression)  F: 27.59  p < 0.0001  Group x Time interaction: NR, NS  Measure 3:  Posttreatment  G1: 2.6 (3.2)  G2: 2.1 (3.4)  G3: 3.2 (8.9)  1 month  G1: 3.0 (2.4)  G2: 3.8 (5.8)  G3: 2.5 (3.8)  6 month  G1: 2.3 (2.3)  G2: 3.0 (2.5)  G3: 3.6 (5.0)  12 month  G1: 2.4 (1.8)  G2: 2.8 (4.6)  G3: 4.5 (5.2)  Time effects (Random regression)  F: 19.98  p <0.001  Group x Time interaction: NR, NS |

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

|  |  |  |  |
| --- | --- | --- | --- |
| First Author's Last Name  Year | Definition of Binges (Days; Frequency; Remission; Abstinence etc.) | Binges Baseline | Binges Outcomes |
| Peterson, 199831  Peterson, 200132  (continued) |  |  | Measure 4  Posttreatment  G1: 78.6  G2: 75.0  G3: 90.0  Between group differences: NR, NS  1 month  G1: 54.5  G2: 69.2  G3: 63.6  Between group differences: NR, NS  6 month  G1: 55.6  G2: 70.0  G3: 75.0  Between group differences: NR, NS  12 month  G1: 66.7  G2: 84.6  G3: 75.0  Between group differences: NR, NS  Measure 5:  Posttreatment  G1: 21.4  G2: 35.3  G3: 70.0  Between group differences:  F(2,40) = 5.95  p=.05  G3 > G1, G2  1 month  G1: 18.2  G2: 23.1  G3: 45.5 |

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

|  |  |  |  |
| --- | --- | --- | --- |
| First Author's Last Name  Year | Definition of Binges (Days; Frequency; Remission; Abstinence etc.) | Binges Baseline | Binges Outcomes |
| Peterson, 199831  Peterson, 200132  (continued) |  |  | Between group differences: NR, NS  6 month  G1: 20.0  G2: 30.0  G3: 33.3  Between group differences: NR, NS  12 month  G1: 16.7  G2: 46.2  G3: 33.3  Between group differences: NR, NS  Measure 6:  Posttreatment  G1: 15.4  G2: 17.6  G3: 8.3  1 Month  G1: 0.0  G2: 13.3  G3: 8.3  6 month  G1: 0.0  G2: 27. 3  G3: 8.3  12 month  G1: 8.3  G2: 15.4  G3: 16.7  Measure 7  posttreatment  G1:30.8  G2: 17.6  G3: 50.0  1 month  G1: 45.0  G2: 26.7  G3: 41.7 |

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

|  |  |  |  |
| --- | --- | --- | --- |
| First Author's Last Name  Year | Definition of Binges (Days; Frequency; Remission; Abstinence etc.) | Binges Baseline | Binges Outcomes |
| Peterson, 199831  Peterson, 200132  (continued) |  |  | 6 month  G1: 50.0  G2: 18.2  G3: 33.3  12 Month  G1: 41.7  G2: 23.1  G3: 16.7  Measure 8  Posttreatment  G1: 30.8  G2: 41.2  G3: 0.0  1 month  G1: 27.3  G2: 40.0  G3: 8.3  6 month  G1: 30.0  G2: 18.2  G3: 33.3  12 month  G1: 25.0  G2: 7.7  G3: 41.7  Measure 9  Posttreatment  G1: 23.1  G2: 23.5  G3: 41.7  1 month  G1: 27.3  G2: 20.0  G3: 41.7 |

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

|  |  |  |  |
| --- | --- | --- | --- |
| First Author's Last Name  Year | Definition of Binges (Days; Frequency; Remission; Abstinence etc.) | Binges Baseline | Binges Outcomes |
| Peterson, 199831  Peterson, 200132  (continued) |  |  | 6 month  G1: 20.0  G2: 36.4  G3: 25.0  12 month  G1: 25.0  G2: 53.8  G3: 25.0  No 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 days  Abstinence 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 baseline  Objective 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 analysis  G1: 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 = 0.154  Post hoc p (G3 < G1, G4) = <0.008  Post hoc p (G1, G2, G3 < G4) = <0.008  Post-treatment (20 weeks post-baseline): completers analysis  Group %s and p values NR  6m follow-up (44 weeks post-baseline): ITT analysis  G1: 11.9 (13.8)  G2: 12.5 (13.2)  G3: 10.6 (14.8)  G4: NA  p = NS  6m follow-up (44 weeks post-baseline): completers analysis  Group %s and p values NR  12m follow-up (72 weeks post-baseline): ITT analysis  G1: 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 Name  Year | Definition of Binges (Days; Frequency; Remission; Abstinence etc.) | Binges Baseline | Binges Outcomes |
| Peterson, 200933  (continued) |  |  | 12m follow-up (72 weeks post-baseline): completers analysis  Group %s and p values NR  NOTE: No site differences at any post-baseline timepoint  Objective binge days, mean (SD)  Post-treatment (20 weeks post-baseline): ITT analysis  G1: 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 = 0.151  Post hoc p (G3 < G1, G4) = <0.008  Post hoc p (G2 < G4) = <0.008  Post-treatment (20 weeks post-baseline): completers analysis  Group %s and p values NR  6m follow-up (44 weeks post-baseline): ITT analysis  G1: 9.3 (8.8)  G2: 9.6 (8.8)  G3: 7.4 (9.3)  G4: NA  p = NS  6m follow-up (44 weeks post-baseline): completers analysis  Group %s and p values NR  12m follow-up (72 weeks post-baseline): ITT analysis  G1: 9.6 (8.9)  G2: 9.3 (8.6)  G3: 10.6 (9.3)  G4: NA  p = NS  12m follow-up (72 weeks post-baseline): completers analysis  Group %s and p values NR  NOTE: No site differences at any post-baseline timepoint  Abstinence from OBEs (%) |

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

|  |  |  |  |
| --- | --- | --- | --- |
| First Author's Last Name  Year | Definition of Binges (Days; Frequency; Remission; Abstinence etc.) | Binges Baseline | Binges Outcomes |
| Peterson, 200933  (continued) |  |  | Post-treatment (20 weeks post-baseline): ITT analysis  G1: 17.9  G2: 33.3  G3: 51.7  G4: 10.1  p = <0.001 (adjusted for site and sex)  Post hoc p (G2, G3 > G4) = <0.008  Post hoc p (G3 > G1) = NR but significant  Post-treatment (20 weeks post-baseline): completers analysis  Group %s NR  p = <0.001 (G1, G2 > G4 only; adjusted for site and sex)  6m follow-up (44 weeks post-baseline): ITT analysis  G1: 19.4  G2: 23.8  G3: 43.3  G4: NA  p = 0.62  6m follow-up (44 weeks post-baseline): completers analysis  Group %s NR  p = 0.035 (adjusted for site and sex)  Post hoc p (G3 > G1) = 0.013  12m follow-up (72 weeks post-baseline): ITT analysis  G1: 25.4  G2: 27.0  G3: 20.8  G4: NA  p = 0.274  12m follow-up (72 weeks post-baseline): completers analysis  Group %s NR  p = 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 Name  Year | 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<0.01  G2: 4.0 (2.0, 8.0), p<0.01  3y Binge episodes/month, median (quartiles), p for within-group change posttreatment to 3y  G1: 4.0 (0, 6), p=NR, NS  G2: 4.0 (0, 8), p<0.05  Binge episodes/month, repeated measures ANOVA for between-group comparison with covariate age  F= 0.12  p=0.73  Posttreatment ED full recovery  G1: 24 (33.3%)  G2: 12 (16.7%)  chi-square: 5.33  p=0.02  3y ED full recovery  G1: 26 (36.1%)  G2: 20 (27.8%)+  p=NR, NS  Posttreatment ED diagnostic change  G1: 13 (18.1%)  G2: 24 (33.3%)  chi-squre 4.40  p=0.03  3y ED diagnostic change  G1: 12 (16.7%)  G2: 18 (25.0%)  p=NR, NS  Posttreatment treatment resistant  G1: 35 (48.6%)  G2: 36 (50.0%)  p=NR, NS  3y ED relapses  G1: 7 (9.7%)  G2: 8 (11.1%)  p=NR, NS |

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

|  |  |  |  |
| --- | --- | --- | --- |
| First Author's Last Name  Year | 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 eating  G1: 100%  G2: 100%  1 month after treatment complete cessation of binge eating  G1: 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 specified  EDI-2 | Binge eating  G1: NR  G2: NR  G3: NR  G4: NR  EDI Bulimia score  G1: NR  G2: NR  G3: NR  G4: NR | Posttreatment Binge eating abstinence  G1: 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: NR  6m Binge eating abstinence  G1: 77%  G2: 56%  G3: 22%  G4: NR  Posttreatment EDI Bulimia score  G1: NR  G2: NR  G3: NR  G4: NR  6m EDI Bulimia score  G1: 9.33  G2: 14.56  G3: 18.11  G4: NR  p<0.05 ("G1 scored significantly better") |

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

|  |  |  |  |
| --- | --- | --- | --- |
| First Author's Last Name  Year | Definition of Binges (Days; Frequency; Remission; Abstinence etc.) | Binges Baseline | Binges Outcomes |
| Safer, 201037  Safer, 201138  Robinson, 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: NR  Measure 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-up  G2: 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-up  Measure 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 episodes  Subective binge episodes  # of weekly binges | Abstainer Rates:  0%  Objective binge episodes:  7.89  Subjective binge episodes  1.88  # of weekly binges  3.53 | Abstainer Rate  G1: 39%  G2: 0%  p=0.008  Objective Binge Episode (mean difference):  G1: -5.47  G2: - 0.43  p=0.009  Subjective binge episodes (mean difference):  G1: -0.65  G2: -0.17  p=0.570  # of weekly binges (mean difference):  G1: -1.58  G2: 0.35  p=0.0004 |

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

|  |  |  |  |
| --- | --- | --- | --- |
| First Author's Last Name  Year | 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 episodes  G1: 14.80  G2: 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 episodes  G1: 0.43  G2: 2.36  Effect size: 0.29  p=0.23  12-month OBE episodes  G1: 0.01  G2: 1.91  Effect size: 0.16  p=0.43  End of treatment Remission (%)  G1: 86%  G2: 46%  OR: 7.4  p=0.008  12-month Remission (%)  G1: >99%  G2: 64%  OR: 127.4  p=0.16 |

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

|  |  |  |  |
| --- | --- | --- | --- |
| First Author's Last Name  Year | Definition of Binges (Days; Frequency; Remission; Abstinence etc.) | Binges Baseline | Binges Outcomes |
| Tasca, 200642  Tasca, 201243 | Number of days binged in the past 7 days  Percent 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" category  Percent of patients abstinent in the past 7 days: no days binged in the past 7 days | Baseline  G1: 4.11 (SD 1.35)  G2: 3.95 (SD 1.70)  G3: 4.00 (SD 1.52) | Post-treatment  G1: 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<0.001  G1 vs. G3 Hierarchical linear modeling (HLM) coefficient: -1.43; t-value: -5.75, p<0.001  G2 vs. G1 Hierarchical linear modeling (HLM) coefficient:0.27; t-value: 1.37, p=NR  6m  G1: 1.06 (SD 1.81)  G2: 0.59 (SD 1.13)  G3: N/A (6m and 12m not measured for control group)  12m  G1: 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 modeling  Linear modeling coefficients: -5.50, t-value: -9.09, p<0.001  Treatments modeling: 0.18, t-value: 0.61, p=NR  Quadratic modeling coefficients: 0.86, t-value: 6.14, p<0.001  Treatments 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 7d  G1: 75.7%  G2: 86.5%  G3: 12.1% |

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

|  |  |  |  |
| --- | --- | --- | --- |
| First Author's Last Name  Year | Definition of Binges (Days; Frequency; Remission; Abstinence etc.) | Binges Baseline | Binges Outcomes |
| Tasca, 200642  Tasca, 201243  (continued) |  |  | 6m % improved in days binged in the past 7d  G1: 86.5%  G2: 75.7%  G3: not measured for control  12m % improved in days binged in the past 7d  G1: 78.4%  G2: 73.0%  G3: not measured for control  Post-treatment % abstinent in days binged in the past 7d  G1: 59.5%  G2: 62.2%  G3: 9.1%  6m % abstinent in days binged in the past 7d  G1: 62.2%  G2: 64.9%  G3: not measured for control  12m % abstinent in days binged in the past 7d  G1: 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)

|  |  |  |  |
| --- | --- | --- | --- |
| First Author's Last Name  Year | Definition of Binges (Days; Frequency; Remission; Abstinence etc.) | Binges Baseline | Binges Outcomes |
| Telch, 200144 | Binge days, 28 days  Binge episodes, per 28 days  Binge 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 G2  Binge 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 G2  Binge abstinence (M)  G1: 89%  G2: 12.5%  p<0.001 |

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

|  |  |  |  |
| --- | --- | --- | --- |
| First Author's Last Name  Year | Definition of Binges (Days; Frequency; Remission; Abstinence etc.) | Binges Baseline | Binges Outcomes |
| Wilfley, 200245  Hilbert, 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 month  Percentage of participants being at or below a comparative level of eating disorder attutides and behaviors  Hilbert, Bishop, Stein, et al., 201246  Binge days per EDE: days with OBEs over previous 28 days  Recovered: 0 OBE days in previous 28 days  Remitted: fewer than 4 OBE days in previous 28 days  Categorical 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., 201246  Binge days  G1: 16.44 (SD 0.81)  G2: 15.78 (SD 0.81)  Recovered  G1: 0%  G2: 0%  Remitted  G1: 0%  G2: 0% | Wilfley, Welch, Stein, et al., 200245:  Binge-eating days Post-treatment  G1: 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 G2  GEE main effect of time indicated improvement from pretreatment to posttreatment (p<0.001)  Binge-eating days 4-month  G1: 2.0 (SD 4.6, range 0-26)  G2: 1.5 (SD 3.9, range 0-23)  Binge-eating days 8-month  G1: 2.1 (SD 5.0, range 0-28)  G2: 1.9 (SD 4.5, range 0-28)  Binge-eating days 12-month  G1: 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 G2  G1 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: NR  G2: NR |

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

|  |  |  |  |
| --- | --- | --- | --- |
| First Author's Last Name  Year | Definition of Binges (Days; Frequency; Remission; Abstinence etc.) | Binges Baseline | Binges Outcomes |
| Wilfley, 200245  Hilbert, 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: NR  G2: NR  Recovery 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: NR  G2: NR  Sub-clinical bingeing (completers)  G1: NR  G2: NR  Sub-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 outcomes  Hilbert, Bishop, Stein, et al., 201246  ITT Post-treatment binge days  G1: 0.49 (SD 0.82)  G2: 1.16 (SD 0.81)  ITT 1y binge days  G1: 1.09 (SD 0.91)  G2: 2.15 (SD 0.85) |

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

|  |  |  |  |
| --- | --- | --- | --- |
| First Author's Last Name  Year | Definition of Binges (Days; Frequency; Remission; Abstinence etc.) | Binges Baseline | Binges Outcomes |
| Wilfley, 200245  Hilbert, 201246  (continued) |  |  | ITT Long-term binge days  G1: 5.86 (SD 1.09)  G2: 2.32 (SD 0.98)  ITT GEE binge days treatment effect  F=0.88  p=0.351  ITT GEE binge days time effect  F=155.94  p=<0.001  ITT GEE binge days treatment x time effect  F=2.42  p=0.068  Post-hoc analyses binge days  Significant improvements at post-treatment, 1y, and long-term follow-up when compared with pre-treatment (p<0.01)  ITT Post-treatment Recovered  G1: 81.8%  G2: 64.4%  ITT 1y Recovered  G1: 77.8%  G2: 53.7%  ITT Long-term Recovered  G1: 52.0%  G2: 76.7%  ITT GEE Recovered treatment effect  chi-square 0.68, p=0.411  ITT GEE Recovered time effect  chi-square 2.38, p=0.304  ITT GEE Recovered treatment x time effect  chi-square 15.85, p<0.001  ITT Post-hoc analyses Recovered  No 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)

|  |  |  |  |
| --- | --- | --- | --- |
| First Author's Last Name  Year | Definition of Binges (Days; Frequency; Remission; Abstinence etc.) | Binges Baseline | Binges Outcomes |
| Wilfley, 200245  Hilbert, 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 assessments  G1: 27.3%  G2: 22.2%  Completer analysis Recovery from 1y to long-term follow-up: Maintained abstinence  G1: 52.0%  G2: 43.3%  Completer analysis Recovery from 1y to long-term follow-up: Achieved abstinence  G1: 0.0%  G2: 33.3%  Completer analysis Recovery from 1y to long-term follow-up: Relapsed  G1: 24.0%  G2: 10.0%  Completer analysis Recovery from 1y to long-term follow-up: Remained non-abstinent  G1: 24.0%  G2: 13.3%  ITT Post-treatment Remitted  G1: 95.5%  G2: 86.7%  ITT 1y Remitted  G1: 88.9%  G2: 80.5%  ITT Long-term Remitted  G1: 72.0%  G2: 83.9%  ITT GEE Remitted treatment effect  chi-square 0.64, p=0.424  ITT GEE Remitted time effect  chi-square 5.14, p=0.077  ITT GEE Remitted treatment x time effect  chi-square 3.67, p=0.160 |

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

|  |  |  |  |
| --- | --- | --- | --- |
| First Author's Last Name  Year | Definition of Binges (Days; Frequency; Remission; Abstinence etc.) | Binges Baseline | Binges Outcomes |
| Wilfley, 2002(#499)  Hilbert, 201246  (continued) |  |  | Long-term Dx BED  G1: 12.0%  G2: 9.4%  Long-term Dx anorexia nervosa  G1: 0%  G2: 0%  Long-term Dx bulimia nervosa  G1: 0%  G2: 0%  Long-term Dx ED not otherwise specified  G1: 0%  G2: 0%  Long-term Purging behavior  G1: 0%  G2: 0%  Long-term Fasting  G1: 0%  G2: 0%  Long-term Intense exercising  G1: 0%  G2: 0% |

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

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

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

|  |  |  |  |
| --- | --- | --- | --- |
| First Author's Last Name  Year | Definition of Binges (Days; Frequency; Remission; Abstinence etc.) | Binges Baseline | Binges Outcomes |
| Wilson, 201047  Sysko, 201048  (continued) |  |  | Mean change: NR  p=NS, NR "At 1 year, no significant difference among treatments on any measure of binge eating were found."  2y remission:  G1: NR  G2: NR  G3: NR  Mean change: NR; F=3.6  G1 vs. G2 OR: 2.3  G1 vs. G3 OR: 2.6  G2 vs. G3 OR: 1.2  p<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 BED  G1: 81%  G2: 82%  G3: 87%  Mean change: NR  p=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 BED  G1: NR  G2: NR  G3: NR  Mean change: NR  p=NR  2y No longer meeting DSM-IV criteria for BED  G1: NR  G2: NR  G3: NR  Mean change: NR  p=NR |