Evidence Table E41. Binge eating disorder behavioral and drug treatment – part 5

|  |  |  |  |
| --- | --- | --- | --- |
| First Author's Last NameYear | Definition of Binges (Days; Frequency; Remission; Abstinence etc.) | Binges Baseline | Binges Outcomes |
| Agras, 199449 | Binge days/weekAbstinence | Binge days/week, mean (SD)PretreatmentG1: 5.1 (1.4)G2: 4.4 (1.4)G3: 4.5 (1.6) | Binge days/week, mean (SD)12 wksG1: 1.8 (1.3)G2: 1.5 (1.4)G3: 2.5 (1.9)\*After 12 weeks, G1 and G2 were combined and compared to G324 wksG1: 1.6 (1.8)G2: 1.1 (1.1)G3: 1.2 (1.2)36 wks G1: 0.9 (0.9)G2: 1.2 (1.3)G3: 1.5 (.2)3 month f/u (change from posttx (36 wk) to 3 mo f/u)G1: 1.5 binge days/weekG2: 1.7 binge days/weekG3: 2.0 binge days/weekOmnibus group X time interaction, p< 0.01Abstinence36 wksG1: 41% abstinentG2: 37% abstinentG3: 19% abstinentp=NR, stated NS3 month f/u (change from posttx (36 wk) to 3 mo f/u)G1: 32% abstinentG2: 28% abstinentG3: 14% abstinentp=NR |

Evidence Table E41. Binge eating disorder behavioral and drug treatment – part 5 (continued)

|  |  |  |  |
| --- | --- | --- | --- |
| First Author's Last NameYear | Definition of Binges (Days; Frequency; Remission; Abstinence etc.) | Binges Baseline | Binges Outcomes |
| Brambilla, 200950 | Binge frequency/week | Binges/week, mean (SD)G1: 5 (3)G2: 6 (5)G3: 5 (2) | Binge/week, mean (SD)G1: 2 ( 1) G2: 5 (5)G3: 4 (4)Group X time, p=0.046 |
| Claudino, 200751 | Binge day frequency - the number of days per week that a participant engaged in at least one binge episodeBinge episode frequency per weekRemission = absence of binge eating during last week of the trial (week 21) | Binge days/wk, mean (SD)G1: 4.2 (3.4)G2: 3.4 (1.3)p = 0.18Binge episodes/wk, mean (SD)G1: 4.7 (3.3)G2: 3.8 (1.5)p = 0.13 | Binge days/wkG1: 0.0 (0.2)G2: 0.3 (0.6)Group X time rate of change, p = 0.27Binge episodes/wkG1: 0.0 (0.2)G2: 0.3 (0.8)Group X time rate of change, p = 0.18Remission, %G1: 83.8%G2: 61.1%p = 0.03 |

Evidence Table 41. Binge eating disorder behavioral and drug treatment – part 5 (continued)

|  |  |  |  |
| --- | --- | --- | --- |
| First Author's Last NameYear | Definition of Binges (Days; Frequency; Remission; Abstinence etc.) | Binges Baseline | Binges Outcomes |
| Devlin, 200752Devlin, 200553 | Binges past 28 daysBinge abstinence | Binges past 28 days, mean (SD)G1: 16.1 (6.3)G2: 17.1 (3.7)G3: 16.4 (6.3)G4: 15.4 (6.0) | Binges past 28 days, mean (SD)BaselineG1: 2.2 (5.4)G2: 3.7 (6.8)G3: 4.9 (5.6)G4: 6.0 (7.8)Group X time, p=NS6 month followupOverall: 1.8 (3.6)G1: NRG2: NRG3: NRG4: NR12 month followupOverall: 3.3 (5.6)G1: NRG2: NRG3: NRG4: NR18 month followupOverall: 2.2 (5.2)G1: NRG2: NRG3: NRG4: NR24 month followupOverall: 1.6 (4.0)G1: NRG2: NRG3: NRG4: NREstimated change in binge frequency over 24 months mean (SE): |

Evidence Table 41. Binge eating disorder behavioral and drug 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 |
| Devlin, 200752Devlin, 200553(continued) |  |  | Overall rate ratio (outcome at 24m divided by outcome at post-treatment): 0.689 (0.049)G1: NRG2: NRG3: NRG4: NRIndividual CBT (G1&G3 vs. G2&G4): F=10.45, p=0.002Medication: (G1&G2 vs. G3&G4): F=1.20, p=0.277Time: F=27.80, p<0.0001CBT-by-time: NSMedication-by-time: NSPost-treatment binge abstinence N (%)Overall:54 (47%)G1: NRG2: NRG3: NRG4: NR6 months binge abstinence N (%)Overall: 60 (68%)G1: NRG2: NRG3: NRG4: NR12 months binge abstinence N (%)Overall: 54 (61%)G1: NRG2: NRG3: NRG4: NR |

Evidence Table 41. Binge eating disorder behavioral and drug treatment – part 5 (continued)

|  |  |  |  |
| --- | --- | --- | --- |
| First Author's Last NameYear | Definition of Binges (Days; Frequency; Remission; Abstinence etc.) | Binges Baseline | Binges Outcomes |
| Devlin, 200752Devlin, 200553(continued) |  |  | 18 months binge abstinence N (%)Overall: 61 (70%)G1: NRG2: NRG3: NRG4: NR24 months binge abstinence N (%)Overall: 64 (74%)G1: NRG2: NRG3: NRG4: NREstimated change in binge abstinence over 24 months mean (SE):Overall odds ratio (odds at 24m divided by odds at post-treatment): 1.373 (0.104)G1: NRG2: NRG3: NRG4: NRIndividual CBT (G1&G3 vs. G2&G4): F=4.28, p=0.041Medication: (G1&G2 vs. G3&G4): F=0.16, p=0.689Time: F=17.52, p<0.0001CBT-by-time: NSMedication-by-time: NS |
| Golay, 200554 | Binges/week% without BED diagnosis | Binges/week, meanG1: 5.4 G2: 6.2p=NS | Binges/week, meanG1: 1.0 G2: 1.7p=NR% without BED diagnosis:G1: 77%G2: 71%p=NS |

Evidence Table 41. Binge eating disorder behavioral and drug treatment – part 5 (continued)

|  |  |  |  |
| --- | --- | --- | --- |
| First Author's Last NameYear | Definition of Binges (Days; Frequency; Remission; Abstinence etc.) | Binges Baseline | Binges Outcomes |
| Grilo, 200555 | Binge days/month (OBEs on EDE) for past 28 daysBinge episodes/month (OBEs on EDE) for past 28 daysRemission (0 binges over the past month) | Binge days/monthG1: 15.3 (SD 6.6)G2: 12.8 (SD 5.4)p=0.15Binge episodes/monthG1: 16.4 (SD 8.0)G2: 13.5 (SD 6.6)p=0.16 | Binge days/monthG1: NRG2: NRPost-treatment Binge episodes/monthG1: 3.2 (SD 5.5)G2: 3.6 (SD 5.2)F=0.24p=0.623m Binge episodes/monthG1: 3.4 (SD 6.5)G2: 2.8 (SD 5.3)F=0.03p=0.87Post-treatment remission, ITT analysisG1: 64%G2: 36%chi-square 3.920p=0.0483m remission, ITT analysisG1: 52%G2: 52%chi-square NRp=NRPost-treatment remission, completersG1: 79%G2: 45%chi-sqare 4.74p=0.0293m remission, completersG1: 68%G2: 60%chi-square 0.30p=0.58 |

Evidence Table 41. Binge eating disorder behavioral and drug treatment – part 5 (continued)

|  |  |  |  |
| --- | --- | --- | --- |
| First Author's Last NameYear | Definition of Binges (Days; Frequency; Remission; Abstinence etc.) | Binges Baseline | Binges Outcomes |
| Grilo, 201356 | Remission from BED (0 OBEs in the past 28 days) (missing values at follow-up replaced with "failure to remit"), per the Spanish-EDE | NA | Post-treatment Remission from BEDG1: 60%G2: 70%chi-square=0.44, p=0.516m remission from BEDG1: 50%G2: 50%p=NR, NS |
| Grilo, 200557Grilo, 201258Grilo, 201259Grilo, 200660 | Measure 1: Daily self-monitoring: prosepctively daily record sheets each weekMeasure 2: Binge episodes/month (EDE-Q)Measure 3: Binge days/month (EDE)Measure 4: Binge episodes/month (EDE)Measure 5: Remission rates (from self-monitoring) | Self-minitoring episodes/monthNRBinge episodes/month (EDE-Q)G1: 17.9 (12.2)G2: 13.2 (9.3)G3: 15.2 (7.7)G4: 16.6 (8.9)F: 1.62p=0.188Binge days/month (EDE)G1: 16.5 (7.6)G2: 13.5 (7.4)G3: 16.5 (7.2)G4: 17.4 (7.5)F: 1.41p=0.245Binge episodes/month EDE)G1: 20.0 (11.6) G2: 16.3 (11.9)G3: 22.7 (13.7)G4: 22.8 (14.7)F: 1.37p=0.255Remission rates (from self-monitoring)NA | Self-monitoring episodes/monthG1: 11.0 (11.2)G2: 7.4 (10.2)G3: 4.2 (6.9)G4: 2.6 (5.8)ANCOVA p== 0.000G2 v G1: p=nsG4 v G3: p=nsG4 v G2: p=0.004 G4 v G1: p=0.04G3 v G2: p=0.05G3 v G1: p=0.001Binge episodes/month (EDE-Q)Post-treatmentG1: 10.4 (1.6)G2: 7.2 (9.2)G3: 4.7 (11.9)G4: 1.8 (3.9)ANCOVA p=0.000G2 v G1: p=nsG4 v G3: p=nsG4 v G2: p=0.002G4 v G1: p=0.000G3 v G2: p=0.02G3 v G1: p=0.001 |

Evidence Table 41. Binge eating disorder behavioral and drug treatment – part 5 (continued)

|  |  |  |  |
| --- | --- | --- | --- |
| First Author's Last NameYear | Definition of Binges (Days; Frequency; Remission; Abstinence etc.) | Binges Baseline | Binges Outcomes |
| Grilo, 200557Grilo, 201258Grilo, 201259Grilo, 200660(continued) |  |  | 6-month followup (estimated marginal means, SE)G1: 11.6 (2.4)G2: NRG3: 3.9 (1.6)G4: 5.7 (1.4)12-month followup (estimated marginal means, SE)G1: 10.3 (11.1)G2: NRG3: 4.3 (1.6)G4: 2.3 (1.0)Mixed-model, p=NR, stated = significantG4 v G3: p=0.808G4 v G1: p<0.001G3 v G1: p<0.001Binge days/month (EDE)NRBinge episodes/month (EDE)NRRemission rates (from self-monitoring)G1: 22%G2: 26%G3: 50%G4: 61%G1 v G2: NSG3 v G4: NSG4 v G2: p=0.008G4 v G1: p=0.004G3 v G2: p=0.05G3 v G1: p=0.03 |

Evidence Table 41. Binge eating disorder behavioral and drug treatment – part 5 (continued)

|  |  |  |  |
| --- | --- | --- | --- |
| First Author's Last NameYear | Definition of Binges (Days; Frequency; Remission; Abstinence etc.) | Binges Baseline | Binges Outcomes |
| Laederach-Hofmann, 199961 | Binges/week | Binges/week, mean (SD)BaselineG1: 7.1 (4.1) G2: 7.1 (4.9)p=NS | Binges/week, mean (SD)8 wksG1: 2.8 (3.0)G2: 5.4 (5.1)32 wksG1: 4.1 (2.1)G2: 7.2 (4.3)Binges/week, % reduction8 weeks:G1: 73%G2: 28%p<0.0232 weeks:G1: NR (data in figure)G2: NR (dat in figure)p < 0.0001 |
| Lanzarone, 201462 | Binge Eating Scale (BES) Score | BES, meanG1: 31.43 (SD 2.41)G2: 30.90 (SD 3.54)G3: 30.80 (SD 2.78)p=NS | BES, meanG1: 28.71 (SD 2.46)G2: 27.90 (SD 2.85)G3: 27.20 (SD 2.57)No statistical differences between groups:G1 v G2, p=0.50G1 v G3, p=0.19G2 v G3, p=0.53 |

Evidence Table 41. Binge eating disorder behavioral and drug treatment – part 5 (continued)

|  |  |  |  |
| --- | --- | --- | --- |
| First Author's Last NameYear | Definition of Binges (Days; Frequency; Remission; Abstinence etc.) | Binges Baseline | Binges Outcomes |
| Molinari, 200563 | Achieved reduction in binge episodes to <2/weekNumber of binge eating episodes per month | G1: NRG2: 15.19 (SD 5.99)G3: NR | 3m Achieved reduction in binge episodes to <2/weekG1: 100%G2: 100%G3: 100%6m # binge episodes/monthG1: 3.28 (SD 2.12)G2: 4.47 (SD 1.61)G3: 3.20 (SD 2.44)p=NR, NS12m # binge episodes/monthG1: 0.80 (SD 1.32)G2: 4.40 (SD 2.07)G3: 2.10 (SD 1.79)p=0.001 |
| Ricca, 200164 | Frequency of binge eating episodes (episodes per month) | G1: 18 (SD 2.3)G2: 17 (SD 3.1)G3: 18 (SD 3.5)G4: 20 (SD 4.3)G5: 20 (SD 5.8) | 24 weeks (end of treatment)G1: 8 (SD 3.9), p<0.001 vs. baselineG2: 6 (SD 4.6), p<0.001 vs. baselineG3: 8 (SD 3.2), p<0.001 vs. baselineG4: 19 (SD 3.5)G5: 18 (SD 2.4)Group X time, p=NR1 year after end of treatmentG1: 8 (SD 5.1), p<0.001 vs. baselineG2: 7 (SD 3.4), p<0.001 vs. baselineG3: 8 (SD 2.4), p<0.001 vs. baselineG4: 21 (SD 3.1)G5: 18 (SD 1.7)No differences were observed in the frequency of binge eating episodes in all 5 groups of patients when compared to 24wk |

Evidence Table 41. Binge eating disorder behavioral and drug treatment – part 5 (continued)

|  |  |  |  |
| --- | --- | --- | --- |
| First Author's Last NameYear | Definition of Binges (Days; Frequency; Remission; Abstinence etc.) | Binges Baseline | Binges Outcomes |
| Ricca, 200965 | Binges/monthBinge eating scale (BES) | Binges/month: mean, 25th and 75th percentiles)G1: 5.0 (4.0-18.7)G2: 5.0 (4.0-15.0)Binge eating scale (BES): mean, 25th and 75th percentiles)G1: 15 (9.5-21.5)G2: 15 (11.0-18.0) | 24wk Binge frequency / month: mean, 25th and 75th percentiles)G1: 2.0 (1.0-3.0)G2: 2.0 (0.0-5.0)p=NR18m Binge frequency / month: mean, 25th and 75th percentiles)G1: 3.0 (2.0-3.0)G2: 2.0 (0.0-5.0)G2 had greater reduction, p<0.0124wk Binge eating scale (BES): mean, 25th and 75th percentiles)G1: 10 (5.0-11.7)G2: 7 (3.0-16.0)G2 had greater reduction, p<0.0518m Binge eating scale (BES): mean, 25th and 75th percentiles)G1: 9.0 (5.5-12.7)G2: 7 (2.0-16.0)G2 had greater reduction, p<0.01 |