Evidence Table E41. Binge eating disorder behavioral and drug 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, 199449 | Binge days/week  Abstinence | Binge days/week, mean (SD)  Pretreatment  G1: 5.1 (1.4)  G2: 4.4 (1.4)  G3: 4.5 (1.6) | Binge days/week, mean (SD)  12 wks  G1: 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 G3  24 wks  G1: 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/week  G2: 1.7 binge days/week  G3: 2.0 binge days/week  Omnibus group X time interaction, p< 0.01  Abstinence  36 wks  G1: 41% abstinent  G2: 37% abstinent  G3: 19% abstinent  p=NR, stated NS  3 month f/u (change from posttx (36 wk) to 3 mo f/u)  G1: 32% abstinent  G2: 28% abstinent  G3: 14% abstinent  p=NR |

Evidence Table E41. Binge eating disorder behavioral and drug 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 |
| 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 episode  Binge episode frequency per week  Remission = 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 = 0.18  Binge episodes/wk, mean (SD)  G1: 4.7 (3.3)  G2: 3.8 (1.5)  p = 0.13 | Binge days/wk  G1: 0.0 (0.2)  G2: 0.3 (0.6)  Group X time rate of change, p = 0.27  Binge episodes/wk  G1: 0.0 (0.2)  G2: 0.3 (0.8)  Group X time rate of change, p = 0.18  Remission, %  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 Name  Year | Definition of Binges (Days; Frequency; Remission; Abstinence etc.) | Binges Baseline | Binges Outcomes |
| Devlin, 200752  Devlin, 200553 | Binges past 28 days  Binge 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)  Baseline  G1: 2.2 (5.4)  G2: 3.7 (6.8)  G3: 4.9 (5.6)  G4: 6.0 (7.8)  Group X time, p=NS  6 month followup  Overall: 1.8 (3.6)  G1: NR  G2: NR  G3: NR  G4: NR  12 month followup  Overall: 3.3 (5.6)  G1: NR  G2: NR  G3: NR  G4: NR  18 month followup  Overall: 2.2 (5.2)  G1: NR  G2: NR  G3: NR  G4: NR  24 month followup  Overall: 1.6 (4.0)  G1: NR  G2: NR  G3: NR  G4: NR  Estimated change in binge frequency over 24 months mean (SE): |

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

|  |  |  |  |
| --- | --- | --- | --- |
| First Author's Last Name  Year | Definition of Binges (Days; Frequency; Remission; Abstinence etc.) | Binges Baseline | Binges Outcomes |
| Devlin, 200752  Devlin, 200553  (continued) |  |  | Overall rate ratio (outcome at 24m divided by outcome at post-treatment): 0.689 (0.049)  G1: NR  G2: NR  G3: NR  G4: NR  Individual CBT (G1&G3 vs. G2&G4): F=10.45, p=0.002  Medication: (G1&G2 vs. G3&G4): F=1.20, p=0.277  Time: F=27.80, p<0.0001  CBT-by-time: NS  Medication-by-time: NS  Post-treatment binge abstinence N (%)  Overall:54 (47%)  G1: NR  G2: NR  G3: NR  G4: NR  6 months binge abstinence N (%)  Overall: 60 (68%)  G1: NR  G2: NR  G3: NR  G4: NR  12 months binge abstinence N (%)  Overall: 54 (61%)  G1: NR  G2: NR  G3: NR  G4: NR |

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

|  |  |  |  |
| --- | --- | --- | --- |
| First Author's Last Name  Year | Definition of Binges (Days; Frequency; Remission; Abstinence etc.) | Binges Baseline | Binges Outcomes |
| Devlin, 200752  Devlin, 200553  (continued) |  |  | 18 months binge abstinence N (%)  Overall: 61 (70%)  G1: NR  G2: NR  G3: NR  G4: NR  24 months binge abstinence N (%)  Overall: 64 (74%)  G1: NR  G2: NR  G3: NR  G4: NR  Estimated 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: NR  G2: NR  G3: NR  G4: NR  Individual CBT (G1&G3 vs. G2&G4): F=4.28, p=0.041  Medication: (G1&G2 vs. G3&G4): F=0.16, p=0.689  Time: F=17.52, p<0.0001  CBT-by-time: NS  Medication-by-time: NS |
| Golay, 200554 | Binges/week  % without BED diagnosis | Binges/week, mean  G1: 5.4  G2: 6.2  p=NS | Binges/week, mean  G1: 1.0  G2: 1.7  p=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 Name  Year | Definition of Binges (Days; Frequency; Remission; Abstinence etc.) | Binges Baseline | Binges Outcomes |
| Grilo, 200555 | Binge days/month (OBEs on EDE) for past 28 days  Binge episodes/month (OBEs on EDE) for past 28 days  Remission (0 binges over the past month) | Binge days/month  G1: 15.3 (SD 6.6)  G2: 12.8 (SD 5.4)  p=0.15  Binge episodes/month  G1: 16.4 (SD 8.0)  G2: 13.5 (SD 6.6)  p=0.16 | Binge days/month  G1: NR  G2: NR  Post-treatment Binge episodes/month  G1: 3.2 (SD 5.5)  G2: 3.6 (SD 5.2)  F=0.24  p=0.62  3m Binge episodes/month  G1: 3.4 (SD 6.5)  G2: 2.8 (SD 5.3)  F=0.03  p=0.87  Post-treatment remission, ITT analysis  G1: 64%  G2: 36%  chi-square 3.920  p=0.048  3m remission, ITT analysis  G1: 52%  G2: 52%  chi-square NR  p=NR  Post-treatment remission, completers  G1: 79%  G2: 45%  chi-sqare 4.74  p=0.029  3m remission, completers  G1: 68%  G2: 60%  chi-square 0.30  p=0.58 |

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

|  |  |  |  |
| --- | --- | --- | --- |
| First Author's Last Name  Year | 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 BED  G1: 60%  G2: 70%  chi-square=0.44, p=0.51  6m remission from BED  G1: 50%  G2: 50%  p=NR, NS |
| Grilo, 200557  Grilo, 201258  Grilo, 201259  Grilo, 200660 | Measure 1: Daily self-monitoring: prosepctively daily record sheets each week  Measure 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/month  NR  Binge 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: 1.62  p=0.188  Binge days/month (EDE)  G1: 16.5 (7.6)  G2: 13.5 (7.4)  G3: 16.5 (7.2)  G4: 17.4 (7.5)  F: 1.41  p=0.245  Binge episodes/month EDE)  G1: 20.0 (11.6)  G2: 16.3 (11.9)  G3: 22.7 (13.7)  G4: 22.8 (14.7)  F: 1.37  p=0.255  Remission rates (from self-monitoring)  NA | Self-monitoring episodes/month  G1: 11.0 (11.2)  G2: 7.4 (10.2)  G3: 4.2 (6.9)  G4: 2.6 (5.8)  ANCOVA p== 0.000  G2 v G1: p=ns  G4 v G3: p=ns  G4 v G2: p=0.004  G4 v G1: p=0.04  G3 v G2: p=0.05  G3 v G1: p=0.001  Binge episodes/month (EDE-Q)  Post-treatment  G1: 10.4 (1.6)  G2: 7.2 (9.2)  G3: 4.7 (11.9)  G4: 1.8 (3.9)  ANCOVA p=0.000  G2 v G1: p=ns  G4 v G3: p=ns  G4 v G2: p=0.002  G4 v G1: p=0.000  G3 v G2: p=0.02  G3 v G1: p=0.001 |

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

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

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

|  |  |  |  |
| --- | --- | --- | --- |
| First Author's Last Name  Year | Definition of Binges (Days; Frequency; Remission; Abstinence etc.) | Binges Baseline | Binges Outcomes |
| Laederach-Hofmann, 199961 | Binges/week | Binges/week, mean (SD)  Baseline  G1: 7.1 (4.1)  G2: 7.1 (4.9)  p=NS | Binges/week, mean (SD)  8 wks  G1: 2.8 (3.0)  G2: 5.4 (5.1)  32 wks  G1: 4.1 (2.1)  G2: 7.2 (4.3)  Binges/week, % reduction  8 weeks:  G1: 73%  G2: 28%  p<0.02  32 weeks:  G1: NR (data in figure)  G2: NR (dat in figure)  p < 0.0001 |
| Lanzarone, 201462 | Binge Eating Scale (BES) Score | BES, mean  G1: 31.43 (SD 2.41)  G2: 30.90 (SD 3.54)  G3: 30.80 (SD 2.78)  p=NS | BES, mean  G1: 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=0.50  G1 v G3, p=0.19  G2 v G3, p=0.53 |

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

|  |  |  |  |
| --- | --- | --- | --- |
| First Author's Last Name  Year | Definition of Binges (Days; Frequency; Remission; Abstinence etc.) | Binges Baseline | Binges Outcomes |
| Molinari, 200563 | Achieved reduction in binge episodes to <2/week  Number of binge eating episodes per month | G1: NR  G2: 15.19 (SD 5.99)  G3: NR | 3m Achieved reduction in binge episodes to <2/week  G1: 100%  G2: 100%  G3: 100%  6m # binge episodes/month  G1: 3.28 (SD 2.12)  G2: 4.47 (SD 1.61)  G3: 3.20 (SD 2.44)  p=NR, NS  12m # binge episodes/month  G1: 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. baseline  G2: 6 (SD 4.6), p<0.001 vs. baseline  G3: 8 (SD 3.2), p<0.001 vs. baseline  G4: 19 (SD 3.5)  G5: 18 (SD 2.4)  Group X time, p=NR  1 year after end of treatment  G1: 8 (SD 5.1), p<0.001 vs. baseline  G2: 7 (SD 3.4), p<0.001 vs. baseline  G3: 8 (SD 2.4), p<0.001 vs. baseline  G4: 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 Name  Year | Definition of Binges (Days; Frequency; Remission; Abstinence etc.) | Binges Baseline | Binges Outcomes |
| Ricca, 200965 | Binges/month  Binge 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=NR  18m 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<0.01  24wk 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<0.05  18m 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 |