



Recognizing the Signs and Symptoms of Binge Eating Disorders



Binge eating disorder (BED) is the most common eating disorder, yet often it is unrecognized and untreated.¹ Join us in raising awareness around the common signs and symptoms as we work together to identify and treat your clients with BED and related disorders.

SIGNS AND SYMPTOMS THAT MAY APPEAR

A comprehensive assessment is recommended **if your client is showing one or more** of these signs and symptoms. We're here to partner with you and your client on their path to long-lasting healing and recovery.

Recurrent episodes of binge eating defined by:



- Eating significantly more food in a short period than most would eat under similar circumstances
- A sense of lack of control over eating during the episodes

Binge eating episodes associated with three or more of the following:



- Eating much more rapidly than normal
- Eating until feeling uncomfortably full
- Eating large amounts of food when not feeling physically hungry
- Eating alone because of feeling embarrassed by how much one is eating



Feeling disgusted with oneself, depressed, or very guilty after the binge episodes



Experiencing elevated stress levels in relation to binge eating



Self-evaluation is unduly influenced by body shape and weight



Large portion of food consumed after the evening meal or during the night

1. Hudson, J.I., Hiripi, E., Pope, H.G., Jr., & Kessler, R.C. (2007). The prevalence and correlates of eating disorders in the National Comorbidity Survey Replication. *Biological Psychiatry*, 61(3):348-358. doi:10.1016/j.biopsych.2006.03.040.

CONVERSATION WATCH OUTS: WHAT YOU MIGHT HEAR FROM PATIENTS WITH BED

Food is the only thing that makes me feel better.

Sometimes I hide my food or wrappers so that others don't see what I'm eating or how much.

I feel so out of control around food.

I've tried so many different diets to lose weight, and nothing seems to work.

I often skip meals or go through the day without eating, then end up overeating at night.

I can't keep certain foods in the house.



Freedom Is Possible

Through our **Eating Recovery At Home** virtual intensive outpatient program for binge eating disorders, your clients will gain freedom from shame around food and their body to live a more meaningful and fulfilling life.



Evidence-based, weight-inclusive approach addresses the emotions and thoughts that are leading to binge eating behaviors



In their **own small healing community**, clients learn **mindful eating** while building skills to **manage binge eating behaviors**



Takes place from the **comfort and privacy of home**, where patients may struggle the most



Specialized experienced care team includes licensed therapist, registered dietitian, consulting physician and care coordinator; **9,000+ patients treated** in all virtual programs **since 2016**



Coverage by **most major commercial insurers**

LEARN MORE

Scan Me!



Learn more about binge eating disorders and our treatment program.

Please contact us to make a referral or schedule a free consultation with a master's-level clinician. 1-877-825-8584 | Fax: 425-974-1530

For a list of current programs and states, visit: EatingRecovery.com/AtHome