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COGNITIVE BEHAVIOR THERAPY IN PATIENTS WITH BINGE EATING DISORDER

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Introduction: With the growing epidemic of obesity many treatments are aimed at reducing weight like diets, exercise, pharmacotherapy and bariatric surgery. All of these can reduce weight at least for a period; however none of them adequately address the behavior of binge eating/ eating disorder

Aim: assessed the role of Cognitive Behavior therapy in reducing disordered eating behavior.

Method: The subjects were enrolled in 12 weeks CBT. They were all obese and had a score of > 20 on the BES. They completed a BDI, MBSRQ, and BES before and after the groups. Their weight was recorded before and after the 12 weeks. 79 patients were enrolled in groups over a period of 3 years. Of those 56 patients completed the groups and questionnaires. Most groups consisted of 6-8 patients.

Discussion: 70% of patients had psychiatric symptoms psychotropic medications like antidepressants. More than 70 % felt their eating habits were more in control and felt more informed about themselves since attending CBT groups. All of the patients who stayed and attended groups felt that the connection helped them sustain better eating habits. 67% of patients had lost 4-30 lbs during the 12 weeks of CBT, none had gained weight.

Conclusion CBT helps the patient reduce disordered eating behaviors by understanding the cause of their self sabotage. CBT addresses the core of the problem i.e. disordered behavior as opposed to its consequences (viz. obesity and its multiple medical comorbidities); while affecting weight indirectly.