

The Mindful Eating Cycle: Treatment for Binge Eating Disorder

Anderson K, May M

2012 Arizona State University, Doctor of Behavioral Health, Culminating Project

Abstract

Binge eating disorder is by far the most prevalent eating disorder affecting nearly 3% of the general public and 30% of obese individuals seeking treatment. It results in major health consequences including depression, obesity, and chronic disease which come with great personal and economic cost. Binge eating disorder goes largely undetected due to the secrecy and shame attached to the behavior. Unfortunately, BED may not be differentiated from obesity and is therefore subject to traditional weight loss strategies, further complicating its course. Although public health officials are wary, treating the binge eating behavior using a non-restrictive approach may produce favorable long-term results in the overall health of these individuals. Mindfulness-based treatments are effective with the binge eating population due to their focus on self-regulatory processes. The researchers of this study hypothesized that mindfulness-based treatment through a framework designed by Michelle May MD called *The Mindful Eating Cycle* would not only target the eating behavior but the motivation driving it. A 10-week treatment program was designed and tested on adult women with binge eating disorder. Participants went from a range of severe binge eating to a non-bingeing level on the Binge Eating Scale. Other significant improvements were found in levels of mindfulness, depression, anxiety and dietary choices. Screening and referral programs in mental and primary health care could shift the course of Binge Eating Disorder.

References: <http://www.amihungry.com/pdf/MindfulEatingCycleTreatmentForBingeEatingReferences.pdf>

More details: <http://www.amihungry.com/Mindful-Eating-Program-for-Binge-Eating.shtml>

Kari Anderson, DBH, LPC balancedlifecounseling@gmail.com

Michelle May, MD mmay@amihungry.com