

CADTH RAPID RESPONSE REPORT: SUMMARY OF ABSTRACTS

# Group-Based Eating Disorder Treatment Program for Binge Eating Disorder: Clinical Effectiveness and Guidelines

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## Research Questions

1. What is the clinical effectiveness of treating patients with binge eating disorder in an inpatient setting within the same group-based eating disorder treatment program as patients with anorexia nervosa, bulimia nervosa and other specified feeding and eating disorder?
2. What are the evidence-based guideline for treating binge eating disorder patients in an inpatient setting within the same group-based eating disorder treatment program as patients with anorexia nervosa, bulimia nervosa and other specified feeding and eating disorder?

## Key Findings

No relevant literature was identified regarding the clinical effectiveness of treating patients with binge eating disorder in an inpatient setting within the same group-based eating disorder treatment program as patients with anorexia nervosa, bulimia nervosa and other specified feeding and eating disorder. Additionally, no evidence-based guidelines were identified for treating binge eating disorder patients in an inpatient setting within the same group-based eating disorder treatment program as patients with other eating disorders.

## Methods

A limited literature search was conducted by an information specialist on key resources including Ovid Medline, PsycINFO, the Cochrane Library, the University of York Centre for Reviews and Dissemination (CRD) databases, the websites of Canadian and major international health technology agencies, as well as a focused Internet search. The search strategy was comprised of both controlled vocabulary, such as the National Library of Medicine's MeSH (Medical Subject Headings), and keywords. The main search concepts were binge eating disorders and group therapy. No filters were applied to limit the retrieval by study type. Where possible, retrieval was limited to the human population. The search was also limited to English language documents published between January 1, 2014 and November 22, 2019. Internet links were provided, where available.

## Selection Criteria

One reviewer screened citations and selected studies based on the inclusion criteria presented in Table 1.

**Table 1: Selection Criteria**

<b>Population</b>	Adult patients with a diagnosis of binge eating disorder
<b>Intervention</b>	Inpatient treatment in a group-based eating disorder treatment program that combined patients with binge eating disorder, anorexia nervosa, bulimia nervosa and other specified feeding and eating disorder
<b>Comparator</b>	Q1. Individual treatment; group-based therapy for binge eating disorder only, separate from group-based therapy for anorexia nervosa, bulimia nervosa and other specified feeding and eating disorders Q2. No comparator
<b>Outcomes</b>	Q1. Clinical effectiveness of integrated treatment (e.g. quality of life, change in eating disorder behavior, binge eating, vomit, restriction of eating, food rules measure, documented or perceived harm to the patient participating in this type of intervention) Q2. Guidelines
<b>Study Designs</b>	Health technology assessments, systematic reviews, meta-analyses, randomized controlled trials, non-randomized studies, and evidence-based guidelines

## Results

No relevant literature was identified regarding the clinical effectiveness of treating patients with binge eating disorder in an inpatient setting within the same group-based eating disorder treatment program as patients with anorexia nervosa, bulimia nervosa and other specified feeding and eating disorder. Additionally, no evidence-based guidelines were identified for treating binge eating disorder patients in an inpatient setting within the same group-based eating disorder treatment program as patients with other eating disorders.

References of potential interest are provided in the appendix.

## Overall Summary of Findings

No relevant literature was identified regarding the clinical effectiveness of treating patients with binge eating disorder in an inpatient setting within the same group-based eating disorder treatment program as patients with anorexia nervosa, bulimia nervosa and other specified feeding and eating disorder. No evidence-based guidelines were identified for treating binge eating disorder patients in an inpatient setting within the same group-based eating disorder treatment program as patients with other eating disorders. Therefore, no summary can be provided.

## References Summarized

### Health Technology Assessments

No literature identified.

### Systematic Reviews and Meta-analyses

No literature identified.

### Randomized Controlled Trials

No literature identified.

## Non-Randomized Studies

No literature identified.

## Guidelines and Recommendations

No literature identified.

## Appendix — Further Information

### Previous CADTH Reports

1. Optimal evidence-based therapies for the treatment of compulsive behaviours and eating disorders: clinical effectiveness and guidelines. (*CADTH Rapid response report: summary of abstracts*). Ottawa (ON): CADTH; 2016: <https://www.cadth.ca/optimal-evidence-based-therapies-treatment-compulsive-behaviours-and-eating-disorders-clinical>. Accessed 2019 Dec 2.

### Systematic Reviews and Meta-analyses

#### *Group-Based Eating Disorder Program Details Not Specified*

2. Grenon R, Schwartze D, Hammond N, et al. Group psychotherapy for eating disorders: a meta-analysis. *Int J Eat Disord*. 2017 09;50(9):997-1013. [PubMed: PM28771758](https://pubmed.ncbi.nlm.nih.gov/28771758/)
3. RTI International–University of North Carolina Evidence-based Practice Center, Berkman ND, Brownley KA, Peat CM, et al. Management and outcomes of binge-eating disorder. (*Comparative effectiveness review no. 160*). Rockville (MD): Agency for Healthcare Research and Quality;2015: [https://effectivehealthcare.ahrq.gov/sites/default/files/pdf/binge-eating\\_research.pdf](https://effectivehealthcare.ahrq.gov/sites/default/files/pdf/binge-eating_research.pdf). Accessed 2019 Dec 2.
4. Reinar LM, Hval Straumann G, Myrhaug HT, Vist GE. No effectiveness studies on treatment of eating disorders in pregnancy. (*NIPH Systematic Reviews: Executive Summaries*). Vol 14-2015. Oslo (NO): Norwegian Knowledge Centre for the Health Services; 2015. [PubMed: PM28510389](https://pubmed.ncbi.nlm.nih.gov/28510389/)
5. Brauhardt A, de Zwaan M, Hilbert A. The therapeutic process in psychological treatments for eating disorders: a systematic review. *Int J Eat Disord*. 2014 Sep;47(6):565-584. [PubMed: PM24796817](https://pubmed.ncbi.nlm.nih.gov/24796817/)

### Non-Randomized Studies – Before and After Studies

6. Carter R, Yanykulovitch-Levy D, Wertheim H, et al. Group cognitive behavioral treatment in female soldiers diagnosed with binge/purge eating disorders. *Eat Disord*. 2016 Jul-Sep;24(4):338-353. [PubMed: PM27128883](https://pubmed.ncbi.nlm.nih.gov/27128883/)

### Guidelines and Recommendations

#### *Group-Based Eating Disorder Program Details Not Specified*

7. National Institute for Health Care and Excellence. Eating disorders: recognition and treatment. (*NICE guideline NG69*). 2017; <https://www.nice.org.uk/guidance/ng69>. Accessed 2019 Dec 2.

8. National Institute for Health Care and Excellence. Eating disorders. (*Quality standard QS175*).2018; <https://www.nice.org.uk/guidance/qs175/resources/eating-disorders-pdf-75545662586821>. Accessed 2019 Dec 2.  
*See: Quality statement 3: First-line psychological treatment for binge eating disorder (p.12)*

## Review Articles

9. Downey, J. Group therapy for adolescents living with an eating disorder: a scoping review. *SAGE Open*. July-September 2014: 1–11  
<https://journals.sagepub.com/doi/pdf/10.1177/2158244014550618>. Accessed 2019 Dec 2.