

# DSM-5 Criteria for Binge Eating Disorder

<b>Recurrent binge eating</b>	<b>Binge eating episodes associated with <math>\geq 3</math> of 5:</b>	<b>Additional characteristics</b>
Recurrent episodes of binge eating at least once weekly for 3 months	Eating until feeling uncomfortably full	Marked distress regarding binge eating
Binge eating is characterized by 2 main features:	Eating large amounts of food when not physically hungry	Binge eating is <u>not</u> associated with inappropriate weight compensatory behaviors, such as purging
1. Eating an unusually large amount of food during a discrete time frame (2-hour period)	Eating much more rapidly than normal	Binge eating does not occur exclusively during the course of bulimia nervosa or anorexia nervosa
2. A sense of lack of control over the eating during the specific episode (feeling unable to stop eating or control what or how much you are eating)	Eating alone because of embarrassment about the quantity eaten	Severity can be specified based on frequency of binge eating
	Feeling disgusted, depressed, ashamed, or guilty after eating	

APA. *Diagnostic and Statistical Manual of Mental Disorders, Fifth Edition*. Arlington, VA: American Psychiatric Association; 2013.  
White MA, Grilo CM. *J Consult Clin Psychol*. 2011;79:75-83.  
Grilo CM, White MA. *J Consult Clin Psychol* . 2011;79:509-5214.

# DSM-5: Bulimia Nervosa vs. BED

## Bulimia Nervosa

Binge eating with loss of control

Regular compensatory behaviors

Over-concern about shape and weight

Not part of diagnostic criteria

Not part of diagnostic criteria  
(however - patients are generally very distressed  
about both the binge eating and purging)

Binge eating occurs at least once weekly

Duration of at least 3 months

## Binge Eating Disorder

Binge eating with loss of control

No regular compensatory behavior

Not part of diagnostic criteria  
(however - approximately half of patients with BED  
have intense over-concern with shape/weight)

Behavioral indicators required for binge eating  
(such as eating rapidly, eating until uncomfortably full,  
eating large amounts when not physically hungry,  
eating alone due to embarrassment, feeling disgusted,  
depressed or guilty)

Marked distress about binge eating

Binge eating occurs at least once weekly

Duration of at least 3 months