Binge Eating Disorder and Comorbid Obesity

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The term obesity can be described as the accumulation of body fat in a person’s weight and height or their (BMI) that is body mass index. An individual whose BMI exceeds over 30 then he or she is classified as being obese. Obesity can increase an individual’s risk of developing severe health conditions such as diabetes, high cholesterol level, and blood pressure, or heart problems.

 In this research, Jeffrey B. Jackson and his fellow researchers Giada, Alessandro, and Gianluca Castelnuovo provided a complete one year follow up on the issue of binge eating disorder and comorbid obesity of women along with its therapy (Jackson & Castelnuovo, 2018). Over the past 35 years, obesity rates have been doubled in more than 70 countries and are continuing to grow more. The mental health disorder is also associated with obesity, which is also called comorbidity BED. Severe distress causes binge eating, where people abnormally eat large amounts of food and do not get involved in any physical activity and weight-control methods. These impacts and increasing prevailed rates of obesity suggest a person for psychotherapy. Other methods like Tele-medicine have also been introduced, providing clinical services through computers or telephones.

CBT and BST are the two treatments that were tested for the research apart from BED. CBT is the most well-known and well researched psychotherapy treatment, but BST is clinically more effective after the treatment where 60 participants were invited for self-referred weight loss program, including women aged from (18-70). The treatment was for 7 months fully organized and sponsored by the researchers, where they observed physical activities, dietary programs, and psychotherapy sessions. Frequencies of binge eating and weight were tested, including global functioning, to produce a global index. Research showed the decreasing levels of binge eating, their weight decreased, and that BST is a more promising method with good results, but it's on the will power. The participants who were already motivated and determined to lose weight, it depends on a person's own will.

References

Jackson, J. B., Pietrabissa, G., Rossi, A., Manzoni, G. M., & Castelnuovo, G. (2018). Brief strategic therapy and cognitive behavioral therapy for women with binge eating disorder and comorbid obesity: A randomized clinical trial one-year follow-up. *Journal of consulting and clinical psychology*, *86*(8), 688.