Evidence Table E25. Binge eating disorder behavioral treatment – part 7

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| --- | --- | --- | --- |
| First Author's Last Name  Year | Definition of Psychopathology (BDI; STAI; BAI; RSE; BSQ) | Psychopathology Baseline | Psychopathology Outcomes |
| Agras, 19955 | Beck Depression Inventory (BDI)  Inventory of Interpersonal Problems (IIP)  Rosenberg Self-Esteem Scale (RSE)  SCL-90 (Global) | Beck Depression Inventory (BDI)  G1: 14.6 (SD 9.7)  G2: 11.2 (SD 6.8)  Inventory of Interpersonal Problems (IIP)  G1: 1.5 (SD 0.6)  G2: 1.5 (SD 0.5)  Rosenberg Self-Esteem Scale (RSE)  G1: 2.8 (SD 1.6)  G2: 2.5 (SD 1.4)  SCL-90 (Global)  G1: 0.9 (SD 0.7)  G2: 0.8 (SD 0.5) | 12wk Beck Depression Inventory (BDI)  G1: 11.5 (SD 8.7)  G2: 11.9 (SD 6.6)  p = NR  12wk Inventory of Interpersonal Problems (IIP)  G1: 1.3 (SD 0.6)  G2: 1.4 (SD 0.5)  p = NR  12wk Rosenberg Self-Esteem Scale (RSE)  G1: 2.7 (SD 1.7)  G2: 2.7 (SD 2.1)  p = NR  12wk SCL-90 (Global)  G1: 0.8 (SD 0.5)  G2: 0.8 (SD 0.6)  p= NR |
| Allen, 19996 | BDI  Fear of Negative Evaluation  Rosenberg Self-esteem scale (RSES) | BDI  G1: 17.09 (SD 5.05)  G2: 16.22 (SD 8.54)  Fear of Negative Evaluation  G1: 23.09 (SD 4.11)  G2: 23.11 (SD 9.68)  Rosenberg Self-esteem scale (RSES)  G1: 26.82 (SD 3.71)  G2: 28.67 (SD 3.43) | BDI  G1: 6.91 (SD 3.21)  G2: 12.33 (SD 5.15)  F=6.06, p<0.03  Fear of Negative Evaluation  G1: 20.00 (SD 5.00)  G2: 22.33 (SD 8.66)  F=4.80, p<0.05  Rosenberg Self-esteem scale (RSES)  G1: 30.27 (SD 3.72)  G2: 29.00 (SD 4.18)  F=4.36, p=0.053 |

Evidence Table E25. Binge eating disorder behavioral treatment – part 7 (continued)

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| --- | --- | --- | --- |
| First Author's Last Name  Year | Definition of Psychopathology (BDI; STAI; BAI; RSE; BSQ) | Psychopathology Baseline | Psychopathology Outcomes |
| Carrard, 20117 | Beck Depression Inventory-II (BDI-II)  Global Severity Index Symptom Checklist-90 Revised (SCL-90R GSI)  Rosenberg Self-Esteem Scale | Beck Depression Inventory-II (BDI-II)  G1: 15.3 (9.7)  G2: 16.8 (10.2)  Global Severity Index Symptom Checklist-90 Revised (SCL-90R GSI)  G1: 0.8 (0.4)  G2: 0.9 (0.6)  Rosenberg Self-Esteem Scale  G1: 17.5 (5.2)  G2: 18.1 (5.9) | 6m Beck Depression Inventory-II (BDI-II)  G1: 10.0 (7.4)  G2: 13.2 (9.6)  Mean Between-group difference (95% CI): NR  p = 0.405  1y Beck Depression Inventory-II (BDI-II)  G1: 7.7 (5.9)  G2: 10.6 (8.3)  Mean Between-group difference (95% CI): NR  p = NR  6m Global Severity Index Symptom Checklist-90 Revised (SCL-90R GSI)  G1: 0.6 (0.4)  G2: 0.8 (0.5)  Mean Between-group difference (95% CI): NR  p = 0.880  1y Global Severity Index Symptom Checklist-90 Revised (SCL-90R GSI)  G1: 0.4 (0.3)  G2: 0.5 (0.3)  Mean Between-group difference (95% CI): NR  p = NR  6m Rosenberg Self-Esteem Scale  G1: 21.3 (4.2)  G2: 19.1 (4.9)  Mean Between-group difference (95% CI): NR  p = 0.015  1y Rosenberg Self-Esteem Scale  G1: 22.5 (4.1)  G2: 21.0 (5.4)  Mean Between-group difference (95% CI): NR  p = NR, reports ns |

Evidence Table 25. Binge eating disorder behavioral treatment – part 7 (continued)

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| --- | --- | --- | --- |
| First Author's Last Name  Year | Definition of Psychopathology (BDI; STAI; BAI; RSE; BSQ) | Psychopathology Baseline | Psychopathology Outcomes |
| Carter, 19988 | General psychiatric disturbance, assessed by General Severity Index (GSI) of the Brief Symptom Inventory (BSI)  Self-esteem, assessed by the Rosenberg Self-Esteem Scale | G1: 1.3 (0.8)  G2: 0.9 (0.6)  G3: 1.2 (0.8) | After treatment Mean (SD)  G1: 0.8 (0.6)  G2: 0.7 (0.6)  G3: 1.2 (0.7)  3-month follow-up Mean (SD) (sample includes G3 participants who were subsequently randomized to G1 or G2, for whom this is the assessment immediately post-treatment)  G1: 1.7 (1.5)  G2: 1.6 (1.4)  6-month follow-up Mean (SD) (sample includes G3 participants who were subsequently randomized to G1 or G2, for whom this is the assessment 3 months post-treatment)  G1: 1.8 (1.5)  G2: 1.5 (1.4)  Time x Treatment condition interaction: p = 0.006 such that those in G1 and G2 had loswer GSI scores at post-treatment than those in G3. Difference between G1 and G2 = NS at post-treatment and at all f/u points. |
| Cassin, 20089 | BDI-II  Rosenberg Self-Esteem Scale (RSE) | BDI - II  G1: 25.2 (13.9)  G2: 20.6 (9.8)  RSE  G1 = 26.3 (6.1)  G2 = 24.1 (4.6) | F stat calculated using repeated measures split-plot analysis of variance (i.e. did the experimental group change more over time than the control?)  16 Week Follow-Up  BDI - II  G1: 14.2 (11.1)  G2: 16.2 (12.2)  F = 10.9, p < .001  RSE  G1: 22.5 (5.8)  G2: 22.9 (5.7)  F = 9.44, p < .01 |

Evidence Table 25. Binge eating disorder behavioral treatment – part 7 (continued)

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| --- | --- | --- | --- |
| First Author's Last Name  Year | Definition of Psychopathology (BDI; STAI; BAI; RSE; BSQ) | Psychopathology Baseline | Psychopathology Outcomes |
| Castelnuovo, 201110  Castelnuovo, 201111 | Outcome Questionnaire (OQ 45.2)  -Symptom distress  -Interpersonal relations  -Social role  -Global index | OQ 45.2-Symptom distress  Overall: 50.3 (SD 10)  G1: 48.47 (SD 8.42)  G2: 52.13 (SD 11.19)  p=NR, NS  OQ 45.2-Interpersonal relations  Overall: 25.17 (SD 6.75)  G1: 24.40 (SD 5.8)  G2: 25.93 (SD 7.61)  p=NR, NS  OQ 45.2-Social role  Overall: 18.95 (SD 4.55)  G1: 19.50 (SD 4.47)  G2: 18.40 (SD 4.64)  p=NR, NS  OQ 45.2-Global index  Overall: 94.42 (SD 10.73)  G1: 92.37 (SD 11.01)  G2: 96.47 (SD 10.22)  p=NR, NS | OQ 45.2-Symptom distress, change from BL to discharge  G1: -2.7 (SD 3.49)  G2: -3.2 (SD 3.04)  Effect size (Hedges): -0.15  95% CI: -0.66, 0.36  p=0.556  OQ 45.2-Symptom distress, change from discharge to 6m  G1: -7.93 (SD 5.12)  G2: -14.1(SD 5.98)  Effect size (Hedges): -1.09  95% CI: -1.64, -0.55  p=0.000  OQ 45.2-Interpersonal relations, change from BL to discharge  G1: -1.5 (SD 6.67)  G2: -4.5 (SD 7.78)  Effect size (Hedges): -0.41  95% CI: -0.92, 0.10  p=0.114  OQ 45.2-Interpersonal relations, change from discharge to 6m  G1: -2.2 (SD 10.3)  G2: -4.47 (SD 10.78)  Effect size (Hedges): -0.21  95% CI: -0.72, 0.29  p=0.408  OQ 45.2-Social role, change from BL to discharge  G1: -1.77 (SD 2.11)  G2: -1.7 (SD 2.93)  Effect size (Hedges): 0.03  95% CI: -0.48, 0.53  p=0.920 |

Evidence Table 25. Binge eating disorder behavioral treatment – part 7 (continued)

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| --- | --- | --- | --- |
| First Author's Last Name  Year | Definition of Psychopathology (BDI; STAI; BAI; RSE; BSQ) | Psychopathology Baseline | Psychopathology Outcomes |
| Castelnuovo, 201110  Castelnuovo, 201111  (continued) |  |  | OQ 45.2-Social role, change from discharge to 6m  G1: -4.33 (SD 2.93)  G2: -5.57 (SD 4.38)  Effect size (Hedges): -0.33  95% CI: -0.84, 0.18  p=0.205  OQ 45.2-Global index, change from BL to discharge  G1: -5.97 (SD 6.2)  G2: -9.4 (SD 7.46)  Effect size (Hedges): -0.49  95% CI: -1.01, 0.02  p=0.570  OQ 45.2-Global index, change from discharge to 6m  G1: -14.47 (SD 12.07)  G2: -27.2 (SD 10.91)  Effect size (Hedges): -1.09  95% CI: -1.63, -0.55  p=0.000 |
| Cesa, 201312 | Body Satisfaction Scale (BSS); not analyzed for 1y due to lack of imputation  Body Image Avoidance Questionnaire (BIAQ), using N=44 "as-treated" sample ; not analyzed for 1y due to lack of imputation  Contour Drawing Rating Scale, using N=44 "as-treated" sample ; not analyzed for 1y due to lack of imputation | BSS  G1: 54.85 (SD 12.8)  G2: 60.35 (SD 8.7)  G3: 57 (SD 12.8)  p=0.281  BIAQ-Total  G1: 34.4 (SD 8.5)  G2: 33.85 (SD 5.8)  G3: 35.53 (SD 7.16)  p=0.681  CDRS  G1: 1.85 (SD 0.35)  G2: 2.3 (SD 1.65)  G3: 1.8 (SD 0.44)  p=0.886 | Post-treatment BSS  G1: 45 (SD 13.9)  G2: 52 (SD 15.5)  G3: 47.84 (SD 13)  p=0.353 (across groups at each time point)  Post-treatment BIAQ  G1: 27.2 (SD 7.23)  G2: 31.95 (SD 6.9)  G3: 33.1 (SD 10.26)  p=0.031 (across groups at each time point)  Post-treatment CDRS  G1: 1.58 (SD 0.36)  G2: 2.02 (SD 1.69)  G3: 1.6 (SD 0.35)  p=0.711 (across groups at each time point) |

Evidence Table 25. Binge eating disorder behavioral treatment - part 7 (continued)

|  |  |  |  |
| --- | --- | --- | --- |
| First Author's Last Name  Year | Definition of Psychopathology (BDI; STAI; BAI; RSE; BSQ) | Psychopathology Baseline | Psychopathology Outcomes |
| Compare, 201313 | NA | NA | NA |
| De Zwaan, 200514 | BDI  HAM-D  RSE | NR | No quantitative data reported for any of the three measures used to measure general psychopathology. Reason given by authors: "Because of missing data, particularly during the follow-up period, detailed statistical analyses were not conducted. The overall pattern of change for most of the questionnaires assessing...general (BDI, HAM-D, MPQ-Impulsivity, RSE) psychopathology revealed a U-shape with some improvement during active treatment and worsening during follow-up, usually not quite returning to baseline levels" (pg. 95).  Qualitative data reported as follows: "ANCOVAs conducted at the end of treatment [24 week] controlling for baseline values and ANCOVAs conducted at the 1-year follow-up controlling for end-of-treatment [24 week] values did not reveal significant differences for most of the scales between participants with and without CBT" (pg. 95). |
| Dingemans, 200715 | BDI  SCL-90 score  Coping styles (Utrecht Coping List)  -Active tackling  -Palliative reacting  -Avoiding,waiting  -Seeking social support  -Passive reacting  -Expression of emotions  -Reassuring thoughts | BDI  G1: 20.7 (SD 13.1)  G2: 17.7 (SD 9.8)  p=NR  SCL-90 score  G1: 169.3 (SD 48.0)  G2: 167.2 (SD 45.6)  p=NR  Coping styles (Utrecht Coping List)  -Active tackling  G1: 17.5 (SD 3.5)  G2: 16.5 (SD 3.5)  p=NR | 10wk BDI  G1: 14.6 (SD 10.4)  G2:18.2 (SD 11.9)  Post-treatment BDI  G1: 12.9 (SD 13.2)  G2: 17.4 (SD 10.5)  BDI concern test statistics and significance  Time ß (SE): 0.78 (SE 1.41), p=NR, NS  Time x condition ß (SE): -3.72 (SE 1.32), p<0.01  10wk SCL-90  G1: 152.1 (SD 39.7)  G2: 166.8 (SD 52.0) |

Evidence Table 25. Binge eating disorder behavioral treatment – part 7 (continued)

|  |  |  |  |
| --- | --- | --- | --- |
| First Author's Last Name  Year | Definition of Psychopathology (BDI; STAI; BAI; RSE; BSQ) | Psychopathology Baseline | Psychopathology Outcomes |
| Dingemans, 200715 (continued) |  | -Palliative reacting  G1: 19.0 (SD 2.9)  G2: 19.3 (SD 3.0)  p=NR  -Avoiding,waiting  G1: 17.5 (SD 3.8)  G2: 17.2 (SD 3.5)  p=NR  -Seeking social support  G1: 12.1 (SD 4.3)  G2: 12.6 (SD 3.3)  p=NR  -Passive reacting  G1: 14.0 (SD 3.5)  G2: 13.5 (SD 2.7)  p=NR  -Expression of emotions  G1: 6.4 (SD 1.5)  G2: 6.6 (SD 1.7)  p=NR  -Reassuring thoughts  G1: 15.5 (SD 2.6)  G2: 14.3 (SD 3.2)  p=NR | Post-treatment SCL-90  G1: 143.6 (SD 49.0)  G2: 170.0 (SD 57.7)  SCL-90 test statistics and significance  Time ß (SE): 5.08 (SE 5.56), p=NR, NS  Time x condition ß (SE): -16.09 (SE 4.85), p<0.001  10wk UCL-Active tackling  G1: 18.1 (SD 4.4)  G2: 16.8 (SD 2.9)  Post-treatment UCL-Active tackling  G1: 17.7 (SD 3.9)  G2: 16.3 (SD 3.3)  UCL-Active tackling concern test statistics and significance  Time ß (SE): -0.63 (SE 0.51), p=NR, NS  Time x condition ß (SE): 0.32 (SE 0.41), p=NR, NS  10wk UCL-palliative reacting  G1: 18.4 (SD 3.0)  G2: 19.6 (SD 3.0)  Post-treatment UCL-palliative reacting  G1: 18.8 (SD 3.3)  G2: 18.6 (SD 2.7)  UCL-palliative reacting test statistics and significance  Time ß (SE): -0.10 (SE 0.53), p=NR, NS  Time x condition ß (SE): -0.08 (SE 0.38), p=NR, NS  10wk UCL-avoiding,waiting  G1: 16.2 (SD 3.2)  G2: 17.5 (SD 3.6)  Post-treatment UCL-avoiding,waiting  G1: 16.4 (SD 3.4)  G2: 17.1 (SD 3.2) |

Evidence Table 25. Binge eating disorder behavioral treatment – part 7 (continued)

|  |  |  |  |
| --- | --- | --- | --- |
| First Author's Last Name  Year | Definition of Psychopathology (BDI; STAI; BAI; RSE; BSQ) | Psychopathology Baseline | Psychopathology Outcomes |
| Dingemans, 200715 (continued) |  |  | UCL-avoiding,waiting test statistics and significance  Time ß (SE): 0.32 (SE 0.46), p=NR, NS  Time x condition ß (SE): -0.74 (SE 0.34), p=NR, NS |
| Eldredge, 199716 | Inventory of Interpersonal Problems (IIP)  Beck Depression Inventory (BDI)  Rosenberg Self-Esteem Scale (RSE)  Global Severity Index of the SCL-90-R (GSI) | Inventory of Interpersonal Problems (IIP)  G1: 1.40  G2: 1.19  Beck Depression Inventory (BDI)  G1: 13.67  G2: 14.38  Rosenberg Self-Esteem Scale (RSE)  G1: 22.68  G2: 21.0  Global Severity Index of the SCL-90-R (GSI)  G1: 0.63  G2: 0.75 | 12wk Inventory of Interpersonal Problems (IIP)  G1: 1.17  G2: 0.96  Time effect F=12.54, p=0.001; Table 1 appears to show no effect for treatment  12wk Beck Depression Inventory (BDI)  G1: 9.17  G2: 7.88  Time effect F=10.72, p=0.002; Table 1 appears to show no effect for treatment  12wk Rosenberg Self-Esteem Scale (RSE)  G1: 20.26  G2: 18.88  Time effect F=8.45, p=0.006; Table 1 appears to show no effect for treatment  12wk Global Severity Index of the SCL-90-R (GSI)  G1: 0.52  G2: 0.47  Time effect F=3.84, p=0.06; Table 1 appears to show no effect for treatment |

Evidence Table 25. Binge eating disorder behavioral treatment – part 7 (continued)

|  |  |  |  |
| --- | --- | --- | --- |
| First Author's Last Name  Year | Definition of Psychopathology (BDI; STAI; BAI; RSE; BSQ) | Psychopathology Baseline | Psychopathology Outcomes |
| Gorin, 200317 | BDI | BDI (m,sd):  G1: 18.71 (8.89)  G2: 20.41 (9.96)  G3: 17.41 (9.93)  (P = NS) | BDI (m,sd):  Endpoint:  G1: 14.76 (9.32) (P = NR)  G2: 11.82 (9.42) (P = NR)  G3: 16.77 (9.54) (P = NR)  Difference between groups  G1+G2 v G3 = p < .05  Difference between groups in change over time (P < .05)  Follow Up  G1: 12.89 (8.05)  G2: 12.24 (9.23)  Follow-up (no data reported for waitlist grp):  G1: 12.89 (8.05) (P = NR)  G2: 12.24 (9.23) (P = NR)  Difference between groups  (P = NR)  Difference between groups in change over time (P = NS) |
| Grilo, 201318 | BDI | BDI: mean (SD)  G1: 14.6 (8.5)  G2: 16.1 (8.6)  p = NS | BDI: mean (SD)  16 weeks, ITT analysis  G1: 8.9 (7.7)  G2: 12.0 (7.4)  Effect size = 0.13  p = NR  Group-by-time interaction p = 0.57 |

Evidence Table 25. Binge eating disorder behavioral treatment – part 7 (continued)

|  |  |  |  |
| --- | --- | --- | --- |
| First Author's Last Name  Year | Definition of Psychopathology (BDI; STAI; BAI; RSE; BSQ) | Psychopathology Baseline | Psychopathology Outcomes |
| Grilo, 201419 | BDI | G1: 17.0 (SD 11.6)  G2: 13.6 (SD 11.2) | Posttreatment  G1: 9.8 (SD 9.7)  G2: 9.6 (SD 11.3)  Hand calculated p = .949  6m  G1: 10.3 (SD 10.6)  G2: 8.7 (SD 9.9)  Hand calculated p = .602  12m  G1: 10.5 (SD 9.1)  G2: 7.5 (SD 6.9)  Hand calculated p = .219 |
| Grilo, 201120  Grilo, 201121 | Beck Depression Inventory (BDI) | G1: 15.2 (SD 6.9)  G2: 15.9 (SD 8.4)  G3: 17.4 (SD 9.3) | Post-treatment  G1: 10.1 (SD 8.8)  G2: 11.1 (SD 8.3)  G3: 9.7 (SD 9.2)  p=NS, NR  6m  G1: 8.1 (SD 7.3)  G2: 11.1 (SD 8.7)  G3: 10.1 (SD 9.9)  p=NS, NR  12m  G1: 9.1 (SD 7.9)  G2: 9.6 (SD 7.7)  G3: 9.7 (SD 9.3)  p=NS, NR |

Evidence Table 25. Binge eating disorder behavioral treatment – part 7 (continued)

|  |  |  |  |
| --- | --- | --- | --- |
| First Author's Last Name  Year | Definition of Psychopathology (BDI; STAI; BAI; RSE; BSQ) | Psychopathology Baseline | Psychopathology Outcomes |
| Grilo, 200522  Masheb, 200723 | Depression (BDI)  Self-esteem (RSE) | Depression (BDI) mean (SD)  G1: 15.6 (9.2)  G2: 17.8 (9.7)  G3: 14.5 (7.5)  p=0.41  Self-esteem (RSE) mean (SD)  G1: 28.6 (5.7)  G2: 28.7 (5.0)  G3: 30.3 (6.4)  p=0.59 | 12wk Depression (BDI) mean (SD)  G1: 9.5 (9.4)  G2: 12.0 (10.3)  G3: 11.4 (8.5)  Omnibus analysis p=0.464  12wk Self-esteem (RSE) mean (SD)  G1: 31.5 (5.6)  G2: 31.0 (5.8)  G3: 30.6 (6.2)  Omnibus analysis p=0.09  G1 vs. G2 p=ns  G2 vs. G3 p=0.03  G1 vs. G3 p=ns |
| Hilbert, 200424 | Measure 1: Depression (BDI) | Measure 1:  Prettreatment  G1: 19.0 (8.6)  G2: 16.0 (7.7) | Measure 1:  Posttreatment  G1: 12.8 (8.8)  G2: 12.7 (9.0)  4- month follow-up  G1: 13.9 (8.7)  G2: 12.3 (6.9)  Repeated Measures (Analysis of time)  F: 10.37  df: 2, 44  p: < 0.001 |

Evidence Table 25. Binge eating disorder behavioral treatment – part 7 (continued)

|  |  |  |  |
| --- | --- | --- | --- |
| First Author's Last Name  Year | Definition of Psychopathology (BDI; STAI; BAI; RSE; BSQ) | Psychopathology Baseline | Psychopathology Outcomes |
| Le Grange, 200225 | BDI  RSE | BDI: mean (SD)  G1: 20.1 (15.7)  G2: 20.4 (11.5)  p = NS  RSE: mean (SD)  G1: 26.6 (5.1)  G2: 25.1 (5.1)  p = NS | BDI, mean (SD)  12 weeks, ITT analysis  G1: 15.7 (9.7)  G2: 14.8 (10.3)  p = >0.15  12 months, ITT analysis  G1: 16.7 (9.3)  G2: 15.1 (9.9)  p = >0.15  RSE: mean (SD)  12 weeks, ITT analysis  G1: 28.7 (5.7)  G2: 26.4 (6.2)  p = >0.15  12 months, ITT analysis  G1: 28.5 (5.6)  G2: 26.6 (6.3)  p = >0.15 |
| Masheb, 201126 | BDI | BDI  G1: 2.6 (SE 0.1)  G2: 2.8 (SE 0.1) | 12m BDI  G1: 1.9 (SE 0.2)  G2: 1.8 (SE 0.2)  Time x treatment F=1.58, p=0.187 |
| Masson, 201327 | Difficulties in Emotional Regulation Scale (DERS) | Difficulties in Emotional Regulation Scale (DERS)  G1: 100.02 (SD 26.38)  G2: 100.97 (SD 23.36)  Effect size d=0.04 | Posttreatment Difficulties in Emotional Regulation Scale (DERS)  G1: 84.39 (SD 26.81)  G2: 104.03 (SD 24.64)  Effect size d=0.76  Between group comparison B=-18.98, SE=4.87, t=-3.90, p<0.05 (95%CI -28.73, -9.27; sr2=0.21)  6m Difficulties in Emotional Regulation Scale (DERS)  G1: 82.48 (SD 27.67)  G2: NA  Effect size (between BL and 6m, G2 only) d=0.65 |

Evidence Table 25. Binge eating disorder behavioral treatment – part 7 (continued)

|  |  |  |  |
| --- | --- | --- | --- |
| First Author's Last Name  Year | Definition of Psychopathology (BDI; STAI; BAI; RSE; BSQ) | Psychopathology Baseline | Psychopathology Outcomes |
| Munsch, 200728  Munsch, 201229 | Munsch, Biedert, Meyer, et al., 200728:  Beck Depression Inventory (BDI)  Beck Anxiety Inventory (BAI)  Munsch, Meyer, Biedert, et al., 201229:  Regular intake of medicine  % of regularly taken medicine that is psychotropics  Seeking additional psychological treatment after end of active therapy  Negative affect (BDI >18) (0=no,1=yes) | Munsch, Biedert, Meyer, et al., 200728:  BDI  G1 (n=37): 15.14 (SD 9.16)  G2 (n=33): 11.82 (SD 6.72)  BAI  G1 (n=34): 13.79 (SD 12.95)  G2 (n=34): 10.74 (SD 9.43) | Munsch, Biedert, Meyer, et al., 200728:  Post-treatment BDI, Completer  G1 (n=31): 9.16 (SD 7.80)  G2 (n=26): 9.19 (SD 6.54)  F=1.30, p=0.26  12m BDI, Completer  G1 (n=22): 8.23 (SD 11.31)  G2 (n=21): 7.76 (SD 6.48)  F=2.26, p=0.14  Post-treatment BAI, Completers  G1 (n=32): 9.72 (SD 10.15)  G2 (n=27): 11.07 (SD 9.46)  F=1.67, p=0.20  12m BAI, Completers  G1 (n=23): 6.30 (SD 10.10)  G2 (n=21): 11.00 (SD 12.17)  F=9.16, p=0.004 |
| Pendleton, 200130 | BDI | BDI  G1: 15.7 (SD 9.7)  G2: 18.1 (SD 10.7)  G3: 19.0 (SD 10.5)  G4: 18.0 (SD 7.2)  Exercisers (G1&G2): 16.8 (SD 10.1)  Non-exercisers (G3&G4): 18.6 (SD 9.2)  Maintenance (G1&G3): 17.3 (SD 10.1)  No maintenance (G2&G4): 18.1 (SD 9.2) | 4m BDI  G1: 6.4 (SD 5.5)  G2: 7.3 (SD 7.8)  G3: 9.7 (SD 6.2)  G4: 11.8 (SD 9.6)  G1,2,3,4: F=NR  Exercisers (G1&G2): 6.8 (SD 6.6)  Non-exercisers (G3&G4): 10.6 (SD 7.8)  Exercisers (G1&G2) vs. non-exercisers (G3&G4): F=7.7, p=0.007  Maintenance (G1&G3): 8.0 (SD 6.0)  No maintenance (G2&G4): 9.4 (SD 8.9)  Maintenance (G1&G3) vs. no maintenance (G2&G4): F=NR  10m BDI  G1: 5.2 (SD 5.1)  G2: 11.0 (SD 10.7)  G3: 9.1 (SD 8.1)  G4: 8.7 (SD 5.6)  G1,2,3,4: F=NR |

Evidence Table 25. Binge eating disorder behavioral treatment – part 7 (continued)

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| --- | --- | --- | --- |
| First Author's Last Name  Year | Definition of Psychopathology (BDI; STAI; BAI; RSE; BSQ) | Psychopathology Baseline | Psychopathology Outcomes |
| Pendleton, 200130  (continued) |  |  | Exercisers (G1&G2): 7.8 (SD 8.5)  Non-exercisers (G3&G4): 8.9 (SD 7.0)  Exercisers (G1&G2) vs. non-exercisers (G3&G4): F=NR  Maintenance (G1&G3): 7.1 (SD 6.9)  No maintenance (G2&G4): 9.9 (SD 8.6)  Maintenance (G1&G3) vs. no maintenance (G2&G4): F=NR  G1 vs. G2: F=5.37, p=0.025  16m BDI  G1: 5.1 (SD 5.9)  G2: 8.2 (SD 8.6)  G3: 8.0 (SD 7.7)  G4: 10.4 (SD 8.2)  G1,2,3,4: F=NR  Exercisers (G1&G2): 6.5 (SD 7.3)  Non-exercisers (G3&G4): 9.0 (SD 7.9)  Exercisers (G1&G2) vs. non-exercisers (G3&G4): F=NR  Maintenance (G1&G3): 6.5 (SD 6.9)  No maintenance (G2&G4): 9.3 (SD 8.4)  Maintenance (G1&G3) vs. no maintenance (G2&G4):F=NR  Throughout the study:  Exercisers (G1&G2) had higher BDI scores than non-exercisers (G3&G4)  Maintenance (G1&G3) vs. no maintenance (G2&G4) was not significantly different: F=3.28, p=0.07 |

Evidence Table 25. Binge eating disorder behavioral treatment - part 7 (continued)

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| --- | --- | --- | --- |
| First Author's Last Name  Year | Definition of Psychopathology (BDI; STAI; BAI; RSE; BSQ) | Psychopathology Baseline | Psychopathology Outcomes |
| Peterson, 199831  Peterson, 200132 | Peterson, 1998  Measure 1: HDRS  Measure 2: RSEQ  Measure 3: BSQ  Peterson, 2001  Measure 4: BDI | Peterson, 1998  NR  Peterson, 2001  Measure 1  Baseline  G1: 13.3 (7.3)  G2: 8.8 (6.9)  G3: 7.7 (5.9)  Measure 2  baseline  G1: 27.4 (6.2)  G2: 28.4 (6.9)  G3: 26.9 (5.7)  Measure 3  baseline  G1: 140.6 (40.0)  G2: 141.1 (28.0)  G3: 127.7 (25.5)  Measure 4  Baseline  G1: 15.5 (9.9)  G2: 11.1 (9.1)  G3: 13.5 (9.5) | Peterson, 1998  Measure 1  Group differences  F (3, 46): 2.68  p: 0.058  Measure 2  F(3, 45): 0.48  p: 0.697  Measure 3  F (3,47): 2.20  p: 0.101  Peterson, 2001  Measure 1  Posttreatment  G1: 10.5 (7.3)  G2: 4.8 (3.3)  G3: 8.0 (6.4)  1 month  G1: 7.6 (3.7)  G2: 6.3 (4.9)  G3: 7.0 (7.0)  6 month  G1: 6.5 (4.4)  G2: 7.7 (7.9)  G3: 5.5 (4.6)  12 month  G1: 9.9 (8.6)  G2: 3.8 (3.9)  G3: 6.2 (4.7)  Time effect: F(4,138) = 3.06  p < .018 |

Evidence Table 25. Binge eating disorder behavioral treatment - part 7 (continued)

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| --- | --- | --- | --- |
| First Author's Last Name  Year | Definition of Psychopathology (BDI; STAI; BAI; RSE; BSQ) | Psychopathology Baseline | Psychopathology Outcomes |
| Peterson, 199831  Peterson, 200132  (continued) |  |  | Group x Time interaction: NR, NS  Measure 2  Posttreatment  G1: 29.3 (6.7)  G2: 31.4 (5.4)  G3: 29.6 (5.3)  1 month  G1: 31.9 (5.2 )  G2: 30.4 (4.4)  G3: 31.2 (5.3)  6 month  G1: 32.1 (5.3)  G2: 32.6 (5.4)  G3: 32.2 (5.1)  12 month  G1: 30.9 (5.7)  G2: 33.7 (4.0)  G3: 31.7 (5.0)  Time effect: F(4,132) = 10.16  p < .0001  Group x Time interaction: NR, NS |

Evidence Table 25. Binge eating disorder behavioral treatment - part 7 (continued)

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| --- | --- | --- | --- |
| First Author's Last Name  Year | Definition of Psychopathology (BDI; STAI; BAI; RSE; BSQ) | Psychopathology Baseline | Psychopathology Outcomes |
| Peterson, 200933 | IDS-SR: Depression symptoms  Rosenberg Self-Esteem Questionnaire | IDS-SR: mean (SD)  G1: 26.7 (11.2)  G2: 20.4 (10.0)  G3: 25.2 (10.9)  G4: 26.4 (12.2)  p = NS  Rosenberg Self-Esteem Questionnaire: mean (SD)  G1: 3.2 (2.1)  G2: 2.3 (1.9)  G3: 2.6 (1.9)  G4: 2.8 (2.0)  p = NS | NOTE: Ns and p values NR for all completers analyses at all post-treatment and follow-up timepoints  IDS-SR, mean (SD)  Post-treatment (20 weeks post-baseline): ITT analysis  G1: 23.4 (13.4)  G2: 17.7 (9.5)  G3: 19.8 (11.3)  G4: 23.3 (10.7)  p = NS (adjusted for baseline value, site, and sex)  6m follow-up (44 weeks post-baseline): ITT analysis  G1: 25.2 (12.8)  G2: 17.0 (9.4)  G3: 20.3 (11.7)  G4: NA  p = NS (adjusted for baseline value, site, and sex)  12m follow-up (72 weeks post-baseline): ITT analysis  G1: 23.8 (12.4)  G2: 17.8 (10.0)  G3: 20.8 (12.0)  G4: NA  p = NS (adjusted for baseline value, site, and sex) |

Evidence Table 25. Binge eating disorder behavioral treatment - part 7 (continued)

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| --- | --- | --- | --- |
| First Author's Last Name  Year | Definition of Psychopathology (BDI; STAI; BAI; RSE; BSQ) | Psychopathology Baseline | Psychopathology Outcomes |
| Ricca, 201034 | BDI  State-trait anxiety inventory (STAI)  SCL-90 GSI | BDI, median (quartiles)  G1: 17.0 (11.0, 25.0)  G2:17.0 (12.0, 24.0)  State-trait anxiety inventory (STAI), median (quartiles)  G1: 50.0 (40.0, 58.5)  G2: 48.0 (40.0, 59.0)  SCL-90 GSI, median (quartiles)  G1: 1.2 (0.8, 1.7)  G2: 1.18 (0.76, 1.62) | Posttreatment BDI, median (quartiles), p for within-group change BL to posttreatment  G1: 17.0 (12.0, 23.0) , p<0.01  G2: 15.0 (9.0, 22.7), p<0.05  3y BDI, median (quartiles), p for within-group change posttreatment to 3y  G1: 17.0 (11.7, 1.5), p=NR, NS  G2: 14.0 (7.0, 22.0), p<0.05  BDI, repeated measures ANOVA for between-group comparison with covariate age  F= 0.92  p=0.33  Posttreatment State-trait anxiety inventory (STAI), median (quartiles), p for within-group change BL to posttreatment  G1: 40.5 (39.2, 56.5), p<0.05  G2: 48.0 (36.7, 55.0), p=NR, NS  3y State-trait anxiety inventory (STAI), median (quartiles), p for within-group change posttreatment to 3y  G1: 40.5 (39.0, 59.5), p=NR, NS  G2:47.0 (47.0, 55.0), p=NR, NS  State-trait anxiety inventory (STAI), repeated measures ANOVA for between-group comparison with covariate age  F= 0.01  p=0.99 |

Evidence Table 25. Binge eating disorder behavioral treatment - part 7 (continued)

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| --- | --- | --- | --- |
| First Author's Last Name  Year | Definition of Psychopathology (BDI; STAI; BAI; RSE; BSQ) | Psychopathology Baseline | Psychopathology Outcomes |
| Riva, 200235 | Body image avoidance questionnaire  -total score  -eating restraint  -clothing  -grooming/weighing  -social activities  Body satisfaction scale (BSS)  -total score  -head  -torso  -limbs  Contour drawing rating scale (CDRS)  -real body  -ideal body  -body satisfaction index  Figure rating scale (FRS)  -real body  -ideal body  -body satisfaction index  STAI-x2 total score  Assertion Inventory (AI)  -Anxiety  -Ability | BIAQ-total score  G1: 33.20  G2: 31.00  BIAQ-eating restraint  G1: 3.00  G2: 4.40  BIAQ-clothing  G1: 16.10  G2: 14.60  BIAQ-grooming/weighing  G1: 4.10  G2: 3.20  BIAQ-social activities  G1: 10.00  G2: 8.80  BSS-total score  G1: 51.30  G2: 57.20  BSS-head  G1: 11.80  G2: 15.10  BSS-torso  G1: 19.30  G2: 20.30  BSS-limbs  G1: 20.20  G2: 21.80  CDRS-real body  G1: 7.80  G2: 8.40  CDRS-ideal body  G1: 4.40  G2: 4.40  CDRS-body satisfaction index  G1: 1.87  G2: 2.55 | All outcomes are post-treatment  BIAQ-total score  G1: 32.40  G2: 29.50  G1 Mean difference before and after treatment: 0.80  G2 Mean difference before and after treatment:1.50  G1 before-after p=NS  G2 before-after p=NS  Between-group mean difference p=NS  BIAQ-eating restraint  G1: 5.20  G2: 5.00  G1 Mean difference before and after treatment: -2.20  G2 Mean difference before and after treatment:-0.60  G1 before-after p=NS  G2 before-after p=NS  Between-group mean difference p=NS  BIAQ-clothing  G1: 13.80  G2: 13.80  G1 Mean difference before and after treatment:2.30  G2 Mean difference before and after treatment:0.80  G1 before-after p=0.021  G2 before-after p=NS  Between-group mean difference p=0.035  BIAQ-grooming/weighing  G1: 5.30  G2: 4.10 |

Evidence Table 25. Binge eating disorder behavioral treatment - part 7 (continued)

|  |  |  |  |
| --- | --- | --- | --- |
| First Author's Last Name  Year | Definition of Psychopathology (BDI; STAI; BAI; RSE; BSQ) | Psychopathology Baseline | Psychopathology Outcomes |
| Riva, 200235  (continued) |  | FRS-real body  G1: 6.90  G2: 6.80  FRS-ideal body  G1: 3.80  G2: 3.80  FRS-body satisfaction index  G1: 1.87  G2: 2.35  STAI-x2 total score  G1: 47.80  G2: 39.20  AI Anxiety  G1: 99.40  G2: 101.50  AI ability  G1: 101.30  G2: 105.00 | G1 Mean difference before and after treatment:-1.20  G2 Mean difference before and after treatment:-0.90  G1 before-after p=NS  G2 before-after p=NS  Between-group mean difference p=NS  BIAQ-social activities  G1: 8.10  G2: 6.60  G1 Mean difference before and after treatment:1.90  G2 Mean difference before and after treatment:2.20  G1 before-after p=0.07  G2 before-after p=NS  Between-group mean difference p=NS  BSS-total score  G1: 47.60  G2: 53.70  G1 Mean difference before and after treatment:3.70  G2 Mean difference before and after treatment:3.50  G1 before-after p=0.06  G2 before-after p=NS  Between-group mean difference p=NS  BSS-head  G1: 9.20  G2: 13.20  G1 Mean difference before and after treatment: 2.60  G2 Mean difference before and after treatment: 1.90  G1 before-after p=NS  G2 before-after p=NS |

Evidence Table 25. Binge eating disorder behavioral treatment - part 7 (continued)

|  |  |  |  |
| --- | --- | --- | --- |
| First Author's Last Name  Year | Definition of Psychopathology (BDI; STAI; BAI; RSE; BSQ) | Psychopathology Baseline | Psychopathology Outcomes |
| Riva, 200235  (continued) |  |  | Between-group mean difference p=NS  BSS-torso  G1: 18.10  G2: 19.90  G1 Mean difference before and after treatment: 1.20  G2 Mean difference before and after treatment:0.40  G1 before-after p=NS  G2 before-after p=NS  Between-group mean difference p=NS  BSS-limbs  G1: 20.30  G2: 20.60  G1 Mean difference before and after treatment:-0.10  G2 Mean difference before and after treatment:1.20  G1 before-after p=NS  G2 before-after p=NS  Between-group mean difference p=NS  CDRS-real body  G1: 8.10  G2: 8.00  G1 Mean difference before and after treatment:-0.30  G2 Mean difference before and after treatment:0.40  G1 before-after p=NS  G2 before-after p=NS  Between-group mean difference p=NS  CDRS-ideal body  G1: 5.10  G2: 4.80 |

Evidence Table 25. Binge eating disorder behavioral treatment - part 7 (continued)

|  |  |  |  |
| --- | --- | --- | --- |
| First Author's Last Name  Year | Definition of Psychopathology (BDI; STAI; BAI; RSE; BSQ) | Psychopathology Baseline | Psychopathology Outcomes |
| Riva, 200235  (continued) |  |  | G1 Mean difference before and after treatment:-0.70  G2 Mean difference before and after treatment:-0.40  G1 before-after p=0.035  G2 before-after p=NS  Between-group mean difference p=NS  CDRS-body satisfaction index  G1: 1.66  G2: 2.29  G1 Mean difference before and after treatment:0.21  G2 Mean difference before and after treatment:0.26  G1 before-after p=NS  G2 before-after p=NS  Between-group mean difference p=NS  FRS-real body  G1: 6.80  G2: 6.60  G1 Mean difference before and after treatment:0.10  G2 Mean difference before and after treatment:0.20  G1 before-after p=NS  G2 before-after p=NS  Between-group mean difference p=NS  FRS-ideal body  G1: 3.90  G2: 3.80  G1 Mean difference before and after treatment:-0.10  G2 Mean difference before and after treatment:0.00  G1 before-after p=NS  G2 before-after p=NS |

Evidence Table 25. Binge eating disorder behavioral treatment - part 7 (continued)

|  |  |  |  |
| --- | --- | --- | --- |
| First Author's Last Name  Year | Definition of Psychopathology (BDI; STAI; BAI; RSE; BSQ) | Psychopathology Baseline | Psychopathology Outcomes |
| Riva, 200235  (continued) |  |  | Between-group mean difference p=NS  FRS-body satisfaction index  G1: 1.82  G2: 2.28  G1 Mean difference before and after treatment:5.60  G2 Mean difference before and after treatment:6.20  G1 before-after p=NS  G2 before-after p=NS  Between-group mean difference p=NS |
| Riva, 200336 | STAI  BDI  Rathus Assertiveness Schedule (RAS) | STAI, mean score  G1: 49.44  G2: NR  G3: 49.77  G4: NR  BDI, mean score  G1: 22.23  G2: 20.55  G3: NR  G4: NR  RSE, mean score  G1: NR  G2: NR  G3: NR  G4: NR  RAS mean score  G1: NR  G2: NR  G3: NR  G4: NR | Posttreatment STAI, mean score, within-group change p-value  G1: 36.77, p=0.018  G2: NR, p=NR, NS  G3: 38.77, p=0.013  G4: NR, p=NR, NS  6m STAI  G1: NR  G2: NR  G3: NR  G4: NR  Posttreatment BDI, mean score, within-group change p-value  G1: 8.11, p=0.008  G2: 12.11, p=0.05  G3: NR, NS  G4: NR, NS  "Complete remission of depressive symptoms was observed only in G1."  6m BDI  G1: NR  G2: NR  G3: NR  G4: NR |

Evidence Table 25. Binge eating disorder behavioral treatment - part 7 (continued)

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| --- | --- | --- | --- |
| First Author's Last Name  Year | Definition of Psychopathology (BDI; STAI; BAI; RSE; BSQ) | Psychopathology Baseline | Psychopathology Outcomes |
| Riva, 200336  (continued) |  |  | Posttreatment RSE, mean score, within-group change p-value  G1: NR, p=NR, significant improvement  G2: NR, p=NR, significant improvement  G3: NR, p=NR, significant improvement  G4: NR, NS  6m RSE  G1: NR  G2: NR  G3: NR  G4: NR  Posttreatment RAS, mean score, within-group change p-value  G1: NR, p=NR, significant improvement  G2: NR, NS  G3: NR, NS  G4: NR, NS  6m RAS  G1: NR  G2: NR  G3: NR  G4: NR |

Evidence Table 25. Binge eating disorder behavioral treatment - part 7 (continued)

|  |  |  |  |
| --- | --- | --- | --- |
| First Author's Last Name  Year | Definition of Psychopathology (BDI; STAI; BAI; RSE; BSQ) | Psychopathology Baseline | Psychopathology Outcomes |
| Safer, 201037  Safer, 201138  Robinson, 201239 | Measure 1: Beck Depression Inventory (BDI)  Measure 2: Negative Mood Regulation Scale (NMR) | Measure 1:  baseline  G1: 17.94 (9.37)  G2: 15.27 (6.83)  Measure 2:  baseline  G1: 98.86 (19.24)  G2: 100.31 (16. 26) | Measure 1:  Posttreatment  G1: 9.10 (9.21)  G2: 10.84 (6.86)  12 month FU  G1: 10.36 (9.97)  G2: 10.04 (6.86)  effect size posttreatment: 0.21  effect size 12 month FU: -0.04  Measure 2:  Posttreatment  G1: 99.54 (16.67)  G2: 99.71 (13.35)  12 month FU  G1: 108.40 (19.72)  G2: 110. 12 (13.61)  effect size posttreatment: 0.01  effect size 12 month FU: 0.10 |
| Schlup, 200940 | BDI  BAI | BDI  9.12  BAI  6.91 | BDI (mean difference)  G1: -1.86  G2: 0.96  p=0.064  BAI (mean difference)  G1: -1.98  G2: -0.28  p=0.318 |
| Schlup, 201041 | NR | NR | NR |

Evidence Table 25. Binge eating disorder behavioral treatment - part 7 (continued)

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| --- | --- | --- | --- |
| First Author's Last Name  Year | Definition of Psychopathology (BDI; STAI; BAI; RSE; BSQ) | Psychopathology Baseline | Psychopathology Outcomes |
| Tasca, 200642  Tasca, 201243 | Rosenberg Self-Esteem Scale (RSE)  IIP total score and 8 subscales (Domineering/controlling, Vindictive/self-centered, Cold/distant, Socially inhibited, Non-assertive, Overly accommodating, Self-sacrificing, Intrusive/needy)  IIP mean score  CES-D | The following are from Tasca, Ritchie, Conrad, et al., 200642  Rosenberg Self-Esteem Scale (RSE)  G1: 25.14 (SD 5.72)  G2: 24.66 (SD 6.40)  G3: 26.07 (SD 5.54)  IIP mean score  G1: 1.39 (SD 0.48)  G2: 1.56 (SD 0.53)  G3: 1.53 (SD 0.61)  CES-D  G1: 24.65 (SD 9.14)  G2: 25.19 (SD 13.32)  G3: 23.84 (SD 9.93)  The following are from Tasca et al., 201242:  IIP Total Score (total score, not mean-item score): mean (SD)  Overall: 96.06 (32.21)  G1: 91.39 (29.46)  G2: 100.82 (34.45)  IIP Domineering/controlling (total score, not mean-item score): mean (SD)  Overall: 7.39 (4.93)  G1: 6.78 (4.94)  G2: 8.00 (4.89)  IIP Vindictive/self-centered (total score, not mean-item score): mean (SD)  Overall: 7.35 (5.32)  G1: 6.87 (5.31)  G2: 7.84 (5.34) | The below are from Tasca et al., 200642:  Post-treatment RSE  G1: 25.72 (SD 2.27)  G2: 26.17 (SD 2.64)  G3: 26.32 (SD 1.97)  G2 vs. G3 Hierarchical linear modeling (HLM) coefficient: -0.32; t-value: -0.62, p=NR  G1 vs. G3 Hierarchical linear modeling (HLM) coefficient: -0.40; t-value: -0.78, p=NR  G2 vs. G1 Hierarchical linear modeling (HLM) coefficient: -0.09; t-value:-0.17, p=NR  6m RSE  G1: 31.39 (SD 3.61)  G2: 23.76 (SD 3.46)  G3: 6m and 12m not measured for control group  12m RSE: not collected at 12m  RSE Pre-treatment to follow-ups modeling  Linear modeling coefficients: 4.44, t-value: 1.43, p=NR  Treatments modeling: -2.87, t-value: -2.44, p=0.016  Quadratic modeling coefficients: -2.29, t-value: -2.44, p=0.016  Treatments modeling: 1.73, t-value: 3.80, p<0.001  "For self-esteem, the Treatment x Quadratic slope interaction suggested that patients improved by posttreatment and maintained improvements to six months posttreatment. However, the significant interaction indicated that the significant quadratic slope was due to improvements for patients in G1 only." |

Evidence Table 25. Binge eating disorder behavioral treatment - part 7 (continued)

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| First Author's Last Name  Year | Definition of Psychopathology (BDI; STAI; BAI; RSE; BSQ) | Psychopathology Baseline | Psychopathology Outcomes |
| Tasca, 200642  Tasca, 201243  (continued) |  | IIP Cold/distant (total score, not mean-item score): mean (SD)  Overall: 9.34 (5.43)  G1: 9.22 (5.71)  G2: 9.46 (5.19)  IIP Socially inhibited (total score, not mean-item score): mean (SD)  Overall: 14.06 (6.45)  G1: 12.96 (6.59)  G2: 15.19 (6.17)  IIP Non-assertive (total score, not mean-item score): mean (SD)  Overall: 16.71 (7.42)  G1: 15.84 (7.23)  G2: 17.60 (7.60)  IIP Overly accommodating (total score, not mean-item score): mean (SD)  Overall: 15.41 (6.64)  G1: 15.22 (5.84)  G2: 15.60 (7.42)  IIP Self-sacrificing (total score, not mean-item score): mean (SD)  Overall: 16.14 (6.09)  G1: 14.95 (5.71)  G2: 17.35 (6.29)  IIP Intrusive/needy (total score, not mean-item score): mean (SD)  Overall: 9.46 (5.28)  G1: 9.36 (5.09)  G2: 9.56 (5.51) | Post-treatment IIP mean score  G1: 1.23 (SD 0.52)  G2: 1.29 (SD 0.61)  G3: 1.50 (SD 0.67)  G2 vs. G3 Hierarchical linear modeling (HLM) coefficient: -.15; t-value: -2.42, p=.016  G1 vs. G3 Hierarchical linear modeling (HLM) coefficient: -.14; t-value: -2.25, p=.024  G2 vs. G1 Hierarchical linear modeling (HLM) coefficient: .01; t-value: .19  6m IIP mean score  G1: 1.13 (SD 0.54)  G2: 1.29 (SD 0.63)  G3: 6m and 12m not measured for control group  12m IIP mean score: not measured at 12m  Linear modeling coefficients: -16, t-value: -2.69, p=.008  Treatments modeling: .02, t-value: .42  Quadratic modeling coefficients: .02, t-value: .23  Treatments modeling: .04, t-value: .91  "There was a significant linear slope for interpersonal problems, idicating that across both treatments there were reductions in these symptoms from pre-treatment to six months posttreatment (p.115)."  Post-treatment CES-D  G1: 16.81 (SD 13.13)  G2: 19.03 (SD 13.62)  G3: 23.30 (SD 12.28)  G2 vs. G3 Hierarchical linear modeling (HLM) coefficient: -2.47; t-value: -1.60  G1 vs. G3 Hierarchical linear modeling (HLM) coefficient: -3.64; t-value: -2.36, p=0.018  G2 vs. G1 Hierarchical linear modeling (HLM) coefficient: -1.17; t-value: -0.79 |

Evidence Table 25. Binge eating disorder behavioral treatment - part 7 (continued)

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| First Author's Last Name  Year | Definition of Psychopathology (BDI; STAI; BAI; RSE; BSQ) | Psychopathology Baseline | Psychopathology Outcomes |
| Tasca, 200642  Tasca, 201243  (continued) |  |  | 6m CES-D  G1: 17.81 (SD 6.55)  G2: 19.61 (SD 11.30)  G3: 6m and 12m not measured for control group  12m CES-D: not measured at 12m  Linear modeling coefficients: -14.81, t-value: -2.51, p=0.014  Treatments modeling: -2.56, t-value: -0.87, p=NR  Quadratic modeling coefficients: 2.70, t-value: 1.61, , p=NR  Treatments modeling: 0.79, t-value: 0.88, p=NR  "There was a significant linear slope for interpersonal problems, idicating that across both treatments there were reductions in these symptoms from pre-treatment to six months posttreatment (p.115)." |

Evidence Table 25. Binge eating disorder behavioral treatment - part 7 (continued)

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| First Author's Last Name  Year | Definition of Psychopathology (BDI; STAI; BAI; RSE; BSQ) | Psychopathology Baseline | Psychopathology Outcomes |
| Telch, 200144 | EES Anxiety  EES Depression  EES Anger  BDI  NMR  PANAS Positive  PANAS Negative  RSE | EES, Anxiety (M,SD)  G1: 2.3 (0.9)  G2: 2.7 (0.6)  (P = NS)  EES Depression (M,SD)  G1: 3.0 (0.7)  G2: 3.3 (0.7)  (P = NS)  EES Anger (M,SD)  G1: 2.5 (0.8)  G2: 2.8 (0.6)  BDI (M,SD)  G1: 12.8 (7.4)  G2: 13.8 (9.1)  (P = NS)  NMR (M,SD)  G1: 99.8 (15.2)  G2: 101.4 (15.7)  PANAS Positive (M,SD)  G1: 25.8 (7.5)  G2: 31.9 (8.2)  PANAS Negative (M,SD)  G1: 23.6 (8.8)  G2: 22.8 (7.3)  RSE  G1: 26.0 (6.8)  G2: 28.9 (5.0) | EES Anxiety (M,SD)  G1: 1.5 (0.9) (P = NR)  G2: 2.4 (1.0) (P = NR)  Diff between groups (P = NR)  Diff between groups in change over time  (P = NS)  EES Depression (M,SD)  G1: 2.4 (1.0) (P = NR)  G2: 3.0 (0.8) (P = NR)  Diff between groups (P = NR)  Diff between groups in change over time  (P = NS)  BDI (M,SD)  G1: 9.9 (10.0) (P = NR)  G2: 12.8 (8.3) (P = NR)  Diff between groups (P = NR)  Diff between groups in change over time  (P = NS)  PANAS Positive  G1: 30.0 (10.8)  G2: 31.2 (7.8)  p=NS  PANAS Negative  G1: 17.9 (6.7)  G2: 20.6 (8.7)  p=0.16  RSE (M,SD)  G1: 29.4 (6.1)  G2: 29.2 (4.5)  p=0.07 |

Evidence Table 25. Binge eating disorder behavioral treatment - part 7 (continued)

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| First Author's Last Name  Year | Definition of Psychopathology (BDI; STAI; BAI; RSE; BSQ) | Psychopathology Baseline | Psychopathology Outcomes |
| Wilfley, 200245  Hilbert, 201246 | Wilfley, Welch, Stein, et al., 200245:  Global Symptom Index (GSI)  Rosenberg Self-Esteem Scale (RSE)  Symptom Checklist 90-Revised Depression subscale (SCL Depression)  Hilbert, Bishop, Stein, et al., 201246  Brief symptom inventory (BSI)  -depression  -anxiety | Wilfley, Welch, Stein, et al., 200245:  GSI  G1: 43.3 (SD 7.8)  G2: 42.0 (SD 8.9)  RSE  G1: 26.8 (SD 5.6)  G2: 27.3 (SD 5.9)  SCL Depression  G1: 44.3 (SD 8.3)  G2: 42.4 (SD 9.6)  Hilbert, Bishop, Stein, et al., 201246  BSI-depression  G1: 1.16 (SD 0.15)  G2: 1.02 (SD 0.13)  BSI-anxiety  G1: 0.69 (SD 0.11)  G2: 0.71 (SD 0.10) | Wilfley, Welch, Stein, et al., 200245:  "All other secondary outcomes showed a significant improbelemtn from pre-treatment to post-treatment (linear time effects, all p-values <0.001) except for BMI, which remained stable during the course of treatment."  GSI Post-treatment  G1: 32.8 (SD 8.8)  G2: 32.3 (SD 8.5)  GEE main effect of time indicated improvement from pretreatment to posttreatment (p<0.001)  GSI 4-month  G1: 33.0 (SD 8.4)  G2: 33.2 (SD 10.9)  GSI 8-month  G1: 31.9 (SD 9.7)  G2: 32.7 (SD 10.6)  GSI 12-month  G1: 32.0 (SD 8.9)  G2: 30.7 (SD 10.6)  No significant GEE main effects of time or treatment and no significant interaction across follow-up (e.g., stable during the follow-up period)  RSE Post-treatment  G1: 31.1 (SD 6.0)  G2: 30.3 (SD 5.5)  GEE main effect of time indicated improvement from pretreatment to posttreatment (p<0.001)  RSE 4-month  G1: 29.9 (SD 5.8)  G2: 30.6 (SD 5.7)  RSE 8-month  G1: 30.5 (SD 6.1)  G2: 30.9 (SD 5.6) |

Evidence Table 25. Binge eating disorder behavioral treatment - part 7 (continued)

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| First Author's Last Name  Year | Definition of Psychopathology (BDI; STAI; BAI; RSE; BSQ) | Psychopathology Baseline | Psychopathology Outcomes |
| Wilfley, 2002(#499)  Hilbert, 201246  (continued) |  |  | RSE 12-month  G1: 30.4 (SD 5.7)  G2: 31.4 (SD 5.6)  No significant GEE main effects of time or treatment and no significant interaction across follow-up (e.g., stable during the follow-up period)  SCL Post-treatment  G1: 34.8 (SD 7.9)  G2: 33.6 (SD 8.6)  GEE main effect of time indicated improvement from pretreatment to posttreatment (p<0.001)  SCL 4-month  G1: 34.2 (SD 8.3)  G2: 34.6 (SD 10.6)  SCL 8-month  G1: 33.3 (SD 8.6)  G2: 34.4 (SD 10.7)  SCL 12-month  G1: 33.1 (SD 8.2)  G2: 32.2 (SD 10.3)  No significant GEE main effects of time or treatment and no significant interaction across follow-up (e.g., stable during the follow-up period)  Hilbert, Bishop, Stein, et al., 201246  ITT Post-treatment BSI-depression  G1: 0.49 (SD 0.15)  G2: 0.53 (SD 0.13)  ITT 1y BSI-depression  G1: 0.48 (SD 0.15)  G2: 0.63 (SD 0.14)  ITT Long-term BSI-depression  G1: 0.70 (SD 0.15)  G2: 0.64 (SD 0.14)  ITT BSI-depression GEE treatment effect  F=0.00  p=0.985 |

Evidence Table 25. Binge eating disorder behavioral treatment - part 7 (continued)

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| --- | --- | --- | --- |
| First Author's Last Name  Year | Definition of Psychopathology (BDI; STAI; BAI; RSE; BSQ) | Psychopathology Baseline | Psychopathology Outcomes |
| Wilfley, 2002(#499)  Hilbert, 201246  (continued) |  |  | ITT BSI-depression GEE time effect  F=11.39  p<0.001  ITT GEE BSI-depression treatment x time effect  F=0.65  p=0.587  Post-hoc analyses BSI-depression  Significant improvements at post-treatment, 1y, and long-term follow-up when compared with pre-treatment (p<0.01)  ITT Post-treatment BSI-anxiety  G1: 0.33 (SD 0.12)  G2: 0.50 (SD 0.10)  ITT 1y BSI-anxiety  G1: 0.35 (SD 0.12)  G2: 0.48 (SD 0.11)  ITT Long-term BSI-anxiety  G1: 0.49 (SD 0.12)  G2: 0.87 (SD 0.11)  ITT GEE BSI-anxiety treatment effect  F=2.52  p=0.119  ITT GEE BSI-anxiety time effect  F=7.05  p<0.001  ITT GEE BSI-anxiety treatment x time effect  F=1.28  p=0.283  Post-hoc analyses BSI-anxiety  Significant improvements when compared with pre-treatment at post-treatment and 1y (p<0.01) but not at long-term follow-up (p>0.01) |

Evidence Table 25. Binge eating disorder behavioral treatment - part 7 (continued)

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| First Author's Last Name  Year | Definition of Psychopathology (BDI; STAI; BAI; RSE; BSQ) | Psychopathology Baseline | Psychopathology Outcomes |
| Wilson, 201047  Sysko, 201048 | Beck Depression Inventory (BDI)  Rosenberg Self-Esteem (RSE) | BDI >18, %  G1: 44%  G2: 44%  G3: 44%  RSE  G1: 23.4 (SD 6.2)  G2: 22.8 (SD 5.3)  G3: 23.7 (SD 5.4) | Post-treatment BDI  G1: NR  G2: NR  G3: NR  Mean change: NR  p=NR, NS "No differences were found ... for BDI"  1y BDI  G1: NR  G2: NR  G3: NR  Mean change: NR  p=NR, no results are reported for the analysis of 1y BDI  2y BDI  G1: NR  G2: NR  G3: NR  Mean change: NR  p=NR, no results are reported for the analysis of 2y BDI  Post-treatment RSE  G1: NR  G2: NR  G3: NR  Mean change: NR  p=NR, NS "No differences were found ... for the self-esteem scale"  1y RSE  G1: NR  G2: NR  G3: NR |

Evidence Table 25. Binge eating disorder behavioral treatment - part 7 (continued)

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| --- | --- | --- | --- |
| First Author's Last Name  Year | Definition of Psychopathology (BDI; STAI; BAI; RSE; BSQ) | Psychopathology Baseline | Psychopathology Outcomes |
| Wilson, 201047  Sysko, 201048  (continued) |  |  | Mean change: NR  p=NR, no results are reported for the analysis of 1y RSE  2y RSE  G1: NR  G2: NR  G3: NR  Mean change: NR  p=NR, no results are reported for the analysis of 2y RSE |