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

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| --- | --- | --- | --- |
| First Author's Last NameYear | 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 = NR12wk Inventory of Interpersonal Problems (IIP)G1: 1.3 (SD 0.6)G2: 1.4 (SD 0.5)p = NR12wk Rosenberg Self-Esteem Scale (RSE)G1: 2.7 (SD 1.7)G2: 2.7 (SD 2.1)p = NR12wk SCL-90 (Global)G1: 0.8 (SD 0.5)G2: 0.8 (SD 0.6)p= NR |
| Allen, 19996 | BDIFear of Negative EvaluationRosenberg Self-esteem scale (RSES) | BDIG1: 17.09 (SD 5.05)G2: 16.22 (SD 8.54)Fear of Negative EvaluationG1: 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) | BDIG1: 6.91 (SD 3.21)G2: 12.33 (SD 5.15)F=6.06, p<0.03Fear of Negative EvaluationG1: 20.00 (SD 5.00)G2: 22.33 (SD 8.66)F=4.80, p<0.05Rosenberg 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 NameYear | 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 ScaleG1: 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): NRp = 0.4051y Beck Depression Inventory-II (BDI-II)G1: 7.7 (5.9)G2: 10.6 (8.3)Mean Between-group difference (95% CI): NRp = NR6m 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): NRp = 0.8801y 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): NRp = NR6m Rosenberg Self-Esteem ScaleG1: 21.3 (4.2)G2: 19.1 (4.9)Mean Between-group difference (95% CI): NRp = 0.0151y Rosenberg Self-Esteem ScaleG1: 22.5 (4.1)G2: 21.0 (5.4)Mean Between-group difference (95% CI): NRp = NR, reports ns |

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

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| --- | --- | --- | --- |
| First Author's Last NameYear | 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-IIRosenberg Self-Esteem Scale (RSE) | BDI - IIG1: 25.2 (13.9)G2: 20.6 (9.8)RSEG1 = 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-UpBDI - IIG1: 14.2 (11.1)G2: 16.2 (12.2)F = 10.9, p < .001RSEG1: 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 NameYear | Definition of Psychopathology (BDI; STAI; BAI; RSE; BSQ) | Psychopathology Baseline | Psychopathology Outcomes |
| Castelnuovo, 201110Castelnuovo, 201111 | Outcome Questionnaire (OQ 45.2)-Symptom distress-Interpersonal relations-Social role-Global index | OQ 45.2-Symptom distressOverall: 50.3 (SD 10)G1: 48.47 (SD 8.42)G2: 52.13 (SD 11.19)p=NR, NSOQ 45.2-Interpersonal relationsOverall: 25.17 (SD 6.75)G1: 24.40 (SD 5.8)G2: 25.93 (SD 7.61)p=NR, NSOQ 45.2-Social roleOverall: 18.95 (SD 4.55)G1: 19.50 (SD 4.47)G2: 18.40 (SD 4.64)p=NR, NSOQ 45.2-Global indexOverall: 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 dischargeG1: -2.7 (SD 3.49)G2: -3.2 (SD 3.04)Effect size (Hedges): -0.1595% CI: -0.66, 0.36p=0.556OQ 45.2-Symptom distress, change from discharge to 6mG1: -7.93 (SD 5.12)G2: -14.1(SD 5.98)Effect size (Hedges): -1.09 95% CI: -1.64, -0.55p=0.000OQ 45.2-Interpersonal relations, change from BL to dischargeG1: -1.5 (SD 6.67)G2: -4.5 (SD 7.78)Effect size (Hedges): -0.41 95% CI: -0.92, 0.10p=0.114OQ 45.2-Interpersonal relations, change from discharge to 6mG1: -2.2 (SD 10.3)G2: -4.47 (SD 10.78)Effect size (Hedges): -0.2195% CI: -0.72, 0.29p=0.408OQ 45.2-Social role, change from BL to dischargeG1: -1.77 (SD 2.11)G2: -1.7 (SD 2.93)Effect size (Hedges): 0.0395% CI: -0.48, 0.53p=0.920 |

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

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| --- | --- | --- | --- |
| First Author's Last NameYear | Definition of Psychopathology (BDI; STAI; BAI; RSE; BSQ) | Psychopathology Baseline | Psychopathology Outcomes |
| Castelnuovo, 201110Castelnuovo, 201111(continued) |  |  | OQ 45.2-Social role, change from discharge to 6mG1: -4.33 (SD 2.93)G2: -5.57 (SD 4.38)Effect size (Hedges): -0.3395% CI: -0.84, 0.18p=0.205OQ 45.2-Global index, change from BL to dischargeG1: -5.97 (SD 6.2)G2: -9.4 (SD 7.46)Effect size (Hedges): -0.4995% CI: -1.01, 0.02p=0.570OQ 45.2-Global index, change from discharge to 6mG1: -14.47 (SD 12.07)G2: -27.2 (SD 10.91)Effect size (Hedges): -1.0995% CI: -1.63, -0.55p=0.000 |
| Cesa, 201312 | Body Satisfaction Scale (BSS); not analyzed for 1y due to lack of imputationBody Image Avoidance Questionnaire (BIAQ), using N=44 "as-treated" sample ; not analyzed for 1y due to lack of imputationContour Drawing Rating Scale, using N=44 "as-treated" sample ; not analyzed for 1y due to lack of imputation | BSSG1: 54.85 (SD 12.8)G2: 60.35 (SD 8.7)G3: 57 (SD 12.8)p=0.281BIAQ-TotalG1: 34.4 (SD 8.5)G2: 33.85 (SD 5.8)G3: 35.53 (SD 7.16)p=0.681CDRSG1: 1.85 (SD 0.35)G2: 2.3 (SD 1.65)G3: 1.8 (SD 0.44)p=0.886 | Post-treatment BSSG1: 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 BIAQG1: 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 CDRSG1: 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 NameYear | Definition of Psychopathology (BDI; STAI; BAI; RSE; BSQ) | Psychopathology Baseline | Psychopathology Outcomes |
| Compare, 201313 | NA | NA | NA |
| De Zwaan, 200514 | BDIHAM-DRSE | 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 | BDISCL-90 scoreCoping styles (Utrecht Coping List)-Active tackling-Palliative reacting-Avoiding,waiting-Seeking social support-Passive reacting-Expression of emotions-Reassuring thoughts | BDIG1: 20.7 (SD 13.1)G2: 17.7 (SD 9.8)p=NRSCL-90 scoreG1: 169.3 (SD 48.0)G2: 167.2 (SD 45.6)p=NRCoping styles (Utrecht Coping List)-Active tacklingG1: 17.5 (SD 3.5)G2: 16.5 (SD 3.5)p=NR | 10wk BDIG1: 14.6 (SD 10.4)G2:18.2 (SD 11.9)Post-treatment BDIG1: 12.9 (SD 13.2)G2: 17.4 (SD 10.5)BDI concern test statistics and significanceTime ß (SE): 0.78 (SE 1.41), p=NR, NSTime x condition ß (SE): -3.72 (SE 1.32), p<0.0110wk SCL-90G1: 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 NameYear | Definition of Psychopathology (BDI; STAI; BAI; RSE; BSQ) | Psychopathology Baseline | Psychopathology Outcomes |
| Dingemans, 200715 (continued) |  | -Palliative reactingG1: 19.0 (SD 2.9)G2: 19.3 (SD 3.0)p=NR-Avoiding,waitingG1: 17.5 (SD 3.8)G2: 17.2 (SD 3.5)p=NR-Seeking social supportG1: 12.1 (SD 4.3)G2: 12.6 (SD 3.3)p=NR-Passive reactingG1: 14.0 (SD 3.5)G2: 13.5 (SD 2.7)p=NR-Expression of emotionsG1: 6.4 (SD 1.5)G2: 6.6 (SD 1.7)p=NR-Reassuring thoughtsG1: 15.5 (SD 2.6)G2: 14.3 (SD 3.2)p=NR | Post-treatment SCL-90G1: 143.6 (SD 49.0)G2: 170.0 (SD 57.7)SCL-90 test statistics and significanceTime ß (SE): 5.08 (SE 5.56), p=NR, NSTime x condition ß (SE): -16.09 (SE 4.85), p<0.00110wk UCL-Active tacklingG1: 18.1 (SD 4.4)G2: 16.8 (SD 2.9)Post-treatment UCL-Active tacklingG1: 17.7 (SD 3.9)G2: 16.3 (SD 3.3)UCL-Active tackling concern test statistics and significanceTime ß (SE): -0.63 (SE 0.51), p=NR, NSTime x condition ß (SE): 0.32 (SE 0.41), p=NR, NS10wk UCL-palliative reactingG1: 18.4 (SD 3.0)G2: 19.6 (SD 3.0)Post-treatment UCL-palliative reactingG1: 18.8 (SD 3.3)G2: 18.6 (SD 2.7)UCL-palliative reacting test statistics and significanceTime ß (SE): -0.10 (SE 0.53), p=NR, NSTime x condition ß (SE): -0.08 (SE 0.38), p=NR, NS10wk UCL-avoiding,waitingG1: 16.2 (SD 3.2)G2: 17.5 (SD 3.6)Post-treatment UCL-avoiding,waitingG1: 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 NameYear | Definition of Psychopathology (BDI; STAI; BAI; RSE; BSQ) | Psychopathology Baseline | Psychopathology Outcomes |
| Dingemans, 200715 (continued) |  |  | UCL-avoiding,waiting test statistics and significanceTime ß (SE): 0.32 (SE 0.46), p=NR, NSTime 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: 1.40G2: 1.19Beck Depression Inventory (BDI)G1: 13.67G2: 14.38Rosenberg Self-Esteem Scale (RSE)G1: 22.68G2: 21.0Global Severity Index of the SCL-90-R (GSI)G1: 0.63G2: 0.75 | 12wk Inventory of Interpersonal Problems (IIP)G1: 1.17G2: 0.96Time effect F=12.54, p=0.001; Table 1 appears to show no effect for treatment12wk Beck Depression Inventory (BDI)G1: 9.17G2: 7.88Time effect F=10.72, p=0.002; Table 1 appears to show no effect for treatment12wk Rosenberg Self-Esteem Scale (RSE)G1: 20.26G2: 18.88Time effect F=8.45, p=0.006; Table 1 appears to show no effect for treatment12wk Global Severity Index of the SCL-90-R (GSI)G1: 0.52G2: 0.47Time 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 NameYear | 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 < .05Difference between groups in change over time (P < .05) Follow UpG1: 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 analysisG1: 8.9 (7.7)G2: 12.0 (7.4)Effect size = 0.13p = NRGroup-by-time interaction p = 0.57 |

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

|  |  |  |  |
| --- | --- | --- | --- |
| First Author's Last NameYear | 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) | PosttreatmentG1: 9.8 (SD 9.7)G2: 9.6 (SD 11.3)Hand calculated p = .949 6mG1: 10.3 (SD 10.6)G2: 8.7 (SD 9.9)Hand calculated p = .602 12mG1: 10.5 (SD 9.1)G2: 7.5 (SD 6.9)Hand calculated p = .219 |
| Grilo, 201120Grilo, 201121 | Beck Depression Inventory (BDI) | G1: 15.2 (SD 6.9)G2: 15.9 (SD 8.4)G3: 17.4 (SD 9.3) | Post-treatmentG1: 10.1 (SD 8.8)G2: 11.1 (SD 8.3)G3: 9.7 (SD 9.2)p=NS, NR6mG1: 8.1 (SD 7.3)G2: 11.1 (SD 8.7)G3: 10.1 (SD 9.9)p=NS, NR12mG1: 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 NameYear | Definition of Psychopathology (BDI; STAI; BAI; RSE; BSQ) | Psychopathology Baseline | Psychopathology Outcomes |
| Grilo, 200522Masheb, 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=0.41Self-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=0.46412wk Self-esteem (RSE) mean (SD)G1: 31.5 (5.6)G2: 31.0 (5.8)G3: 30.6 (6.2)Omnibus analysis p=0.09G1 vs. G2 p=nsG2 vs. G3 p=0.03G1 vs. G3 p=ns |
| Hilbert, 200424 | Measure 1: Depression (BDI) | Measure 1:PrettreatmentG1: 19.0 (8.6)G2: 16.0 (7.7) | Measure 1:PosttreatmentG1: 12.8 (8.8)G2: 12.7 (9.0)4- month follow-upG1: 13.9 (8.7)G2: 12.3 (6.9)Repeated Measures (Analysis of time)F: 10.37df: 2, 44p: < 0.001 |

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

|  |  |  |  |
| --- | --- | --- | --- |
| First Author's Last NameYear | Definition of Psychopathology (BDI; STAI; BAI; RSE; BSQ) | Psychopathology Baseline | Psychopathology Outcomes |
| Le Grange, 200225 | BDIRSE | BDI: mean (SD)G1: 20.1 (15.7)G2: 20.4 (11.5)p = NSRSE: mean (SD)G1: 26.6 (5.1)G2: 25.1 (5.1)p = NS | BDI, mean (SD)12 weeks, ITT analysisG1: 15.7 (9.7)G2: 14.8 (10.3)p = >0.1512 months, ITT analysisG1: 16.7 (9.3)G2: 15.1 (9.9)p = >0.15RSE: mean (SD)12 weeks, ITT analysisG1: 28.7 (5.7)G2: 26.4 (6.2)p = >0.1512 months, ITT analysisG1: 28.5 (5.6)G2: 26.6 (6.3)p = >0.15 |
| Masheb, 201126 | BDI | BDIG1: 2.6 (SE 0.1)G2: 2.8 (SE 0.1) | 12m BDIG1: 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=0.76Between 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: NAEffect 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 NameYear | Definition of Psychopathology (BDI; STAI; BAI; RSE; BSQ) | Psychopathology Baseline | Psychopathology Outcomes |
| Munsch, 200728Munsch, 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 psychotropicsSeeking additional psychological treatment after end of active therapyNegative affect (BDI >18) (0=no,1=yes) | Munsch, Biedert, Meyer, et al., 200728:BDIG1 (n=37): 15.14 (SD 9.16)G2 (n=33): 11.82 (SD 6.72)BAIG1 (n=34): 13.79 (SD 12.95)G2 (n=34): 10.74 (SD 9.43) | Munsch, Biedert, Meyer, et al., 200728:Post-treatment BDI, CompleterG1 (n=31): 9.16 (SD 7.80)G2 (n=26): 9.19 (SD 6.54)F=1.30, p=0.2612m BDI, CompleterG1 (n=22): 8.23 (SD 11.31)G2 (n=21): 7.76 (SD 6.48)F=2.26, p=0.14Post-treatment BAI, CompletersG1 (n=32): 9.72 (SD 10.15)G2 (n=27): 11.07 (SD 9.46)F=1.67, p=0.2012m BAI, CompletersG1 (n=23): 6.30 (SD 10.10)G2 (n=21): 11.00 (SD 12.17)F=9.16, p=0.004 |
| Pendleton, 200130 | BDI | BDIG1: 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=NRExercisers (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=0.007Maintenance (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=NR10m 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)

|  |  |  |  |
| --- | --- | --- | --- |
| First Author's Last NameYear | 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=NRMaintenance (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=NRG1 vs. G2: F=5.37, p=0.02516m 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=NRExercisers (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=NRMaintenance (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=NRThroughout 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 NameYear | Definition of Psychopathology (BDI; STAI; BAI; RSE; BSQ) | Psychopathology Baseline | Psychopathology Outcomes |
| Peterson, 199831Peterson, 200132 | Peterson, 1998Measure 1: HDRSMeasure 2: RSEQMeasure 3: BSQPeterson, 2001Measure 4: BDI | Peterson, 1998NRPeterson, 2001Measure 1BaselineG1: 13.3 (7.3)G2: 8.8 (6.9)G3: 7.7 (5.9)Measure 2baselineG1: 27.4 (6.2)G2: 28.4 (6.9)G3: 26.9 (5.7)Measure 3baselineG1: 140.6 (40.0)G2: 141.1 (28.0)G3: 127.7 (25.5)Measure 4BaselineG1: 15.5 (9.9)G2: 11.1 (9.1)G3: 13.5 (9.5) | Peterson, 1998Measure 1Group differencesF (3, 46): 2.68p: 0.058Measure 2F(3, 45): 0.48p: 0.697Measure 3F (3,47): 2.20p: 0.101Peterson, 2001Measure 1PosttreatmentG1: 10.5 (7.3)G2: 4.8 (3.3)G3: 8.0 (6.4)1 monthG1: 7.6 (3.7)G2: 6.3 (4.9)G3: 7.0 (7.0)6 monthG1: 6.5 (4.4)G2: 7.7 (7.9)G3: 5.5 (4.6)12 monthG1: 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 NameYear | Definition of Psychopathology (BDI; STAI; BAI; RSE; BSQ) | Psychopathology Baseline | Psychopathology Outcomes |
| Peterson, 199831Peterson, 200132(continued) |  |  | Group x Time interaction: NR, NSMeasure 2PosttreatmentG1: 29.3 (6.7)G2: 31.4 (5.4)G3: 29.6 (5.3)1 monthG1: 31.9 (5.2 )G2: 30.4 (4.4)G3: 31.2 (5.3)6 monthG1: 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) = 10.16p < .0001Group x Time interaction: NR, NS |

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

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| --- | --- | --- | --- |
| First Author's Last NameYear | Definition of Psychopathology (BDI; STAI; BAI; RSE; BSQ) | Psychopathology Baseline | Psychopathology Outcomes |
| Peterson, 200933 | IDS-SR: Depression symptomsRosenberg 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 = NSRosenberg 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 timepointsIDS-SR, mean (SD)Post-treatment (20 weeks post-baseline): ITT analysisG1: 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 analysisG1: 25.2 (12.8)G2: 17.0 (9.4)G3: 20.3 (11.7)G4: NAp = NS (adjusted for baseline value, site, and sex)12m follow-up (72 weeks post-baseline): ITT analysisG1: 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 NameYear | Definition of Psychopathology (BDI; STAI; BAI; RSE; BSQ) | Psychopathology Baseline | Psychopathology Outcomes |
| Ricca, 201034 | BDIState-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<0.01G2: 15.0 (9.0, 22.7), p<0.053y BDI, median (quartiles), p for within-group change posttreatment to 3yG1: 17.0 (11.7, 1.5), p=NR, NSG2: 14.0 (7.0, 22.0), p<0.05BDI, repeated measures ANOVA for between-group comparison with covariate ageF= 0.92p=0.33Posttreatment State-trait anxiety inventory (STAI), median (quartiles), p for within-group change BL to posttreatment G1: 40.5 (39.2, 56.5), p<0.05G2: 48.0 (36.7, 55.0), p=NR, NS3y State-trait anxiety inventory (STAI), median (quartiles), p for within-group change posttreatment to 3yG1: 40.5 (39.0, 59.5), p=NR, NSG2:47.0 (47.0, 55.0), p=NR, NSState-trait anxiety inventory (STAI), repeated measures ANOVA for between-group comparison with covariate ageF= 0.01p=0.99 |

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

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| --- | --- | --- | --- |
| First Author's Last NameYear | 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 activitiesBody satisfaction scale (BSS)-total score-head-torso-limbsContour drawing rating scale (CDRS)-real body-ideal body-body satisfaction indexFigure rating scale (FRS)-real body-ideal body-body satisfaction indexSTAI-x2 total scoreAssertion Inventory (AI)-Anxiety-Ability | BIAQ-total scoreG1: 33.20G2: 31.00BIAQ-eating restraintG1: 3.00G2: 4.40BIAQ-clothingG1: 16.10G2: 14.60BIAQ-grooming/weighingG1: 4.10G2: 3.20BIAQ-social activitiesG1: 10.00G2: 8.80BSS-total scoreG1: 51.30G2: 57.20BSS-headG1: 11.80G2: 15.10BSS-torsoG1: 19.30G2: 20.30BSS-limbsG1: 20.20G2: 21.80CDRS-real bodyG1: 7.80G2: 8.40CDRS-ideal bodyG1: 4.40G2: 4.40CDRS-body satisfaction indexG1: 1.87G2: 2.55 | All outcomes are post-treatmentBIAQ-total scoreG1: 32.40G2: 29.50G1 Mean difference before and after treatment: 0.80G2 Mean difference before and after treatment:1.50G1 before-after p=NSG2 before-after p=NSBetween-group mean difference p=NSBIAQ-eating restraintG1: 5.20G2: 5.00G1 Mean difference before and after treatment: -2.20G2 Mean difference before and after treatment:-0.60G1 before-after p=NSG2 before-after p=NSBetween-group mean difference p=NSBIAQ-clothingG1: 13.80G2: 13.80G1 Mean difference before and after treatment:2.30G2 Mean difference before and after treatment:0.80G1 before-after p=0.021G2 before-after p=NSBetween-group mean difference p=0.035BIAQ-grooming/weighingG1: 5.30G2: 4.10 |

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

|  |  |  |  |
| --- | --- | --- | --- |
| First Author's Last NameYear | Definition of Psychopathology (BDI; STAI; BAI; RSE; BSQ) | Psychopathology Baseline | Psychopathology Outcomes |
| Riva, 200235(continued) |  | FRS-real bodyG1: 6.90G2: 6.80FRS-ideal bodyG1: 3.80G2: 3.80FRS-body satisfaction indexG1: 1.87G2: 2.35STAI-x2 total scoreG1: 47.80G2: 39.20AI AnxietyG1: 99.40G2: 101.50AI abilityG1: 101.30G2: 105.00 | G1 Mean difference before and after treatment:-1.20G2 Mean difference before and after treatment:-0.90G1 before-after p=NSG2 before-after p=NSBetween-group mean difference p=NSBIAQ-social activitiesG1: 8.10G2: 6.60G1 Mean difference before and after treatment:1.90G2 Mean difference before and after treatment:2.20G1 before-after p=0.07G2 before-after p=NSBetween-group mean difference p=NSBSS-total scoreG1: 47.60G2: 53.70G1 Mean difference before and after treatment:3.70G2 Mean difference before and after treatment:3.50G1 before-after p=0.06G2 before-after p=NSBetween-group mean difference p=NSBSS-headG1: 9.20G2: 13.20G1 Mean difference before and after treatment: 2.60G2 Mean difference before and after treatment: 1.90G1 before-after p=NSG2 before-after p=NS |

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

|  |  |  |  |
| --- | --- | --- | --- |
| First Author's Last NameYear | Definition of Psychopathology (BDI; STAI; BAI; RSE; BSQ) | Psychopathology Baseline | Psychopathology Outcomes |
| Riva, 200235(continued) |  |  | Between-group mean difference p=NSBSS-torsoG1: 18.10G2: 19.90G1 Mean difference before and after treatment: 1.20G2 Mean difference before and after treatment:0.40G1 before-after p=NSG2 before-after p=NSBetween-group mean difference p=NSBSS-limbsG1: 20.30G2: 20.60G1 Mean difference before and after treatment:-0.10G2 Mean difference before and after treatment:1.20G1 before-after p=NSG2 before-after p=NSBetween-group mean difference p=NSCDRS-real bodyG1: 8.10G2: 8.00G1 Mean difference before and after treatment:-0.30G2 Mean difference before and after treatment:0.40G1 before-after p=NSG2 before-after p=NSBetween-group mean difference p=NSCDRS-ideal bodyG1: 5.10G2: 4.80 |

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

|  |  |  |  |
| --- | --- | --- | --- |
| First Author's Last NameYear | Definition of Psychopathology (BDI; STAI; BAI; RSE; BSQ) | Psychopathology Baseline | Psychopathology Outcomes |
| Riva, 200235(continued) |  |  | G1 Mean difference before and after treatment:-0.70G2 Mean difference before and after treatment:-0.40G1 before-after p=0.035G2 before-after p=NSBetween-group mean difference p=NSCDRS-body satisfaction indexG1: 1.66G2: 2.29G1 Mean difference before and after treatment:0.21G2 Mean difference before and after treatment:0.26G1 before-after p=NSG2 before-after p=NSBetween-group mean difference p=NSFRS-real bodyG1: 6.80G2: 6.60G1 Mean difference before and after treatment:0.10G2 Mean difference before and after treatment:0.20G1 before-after p=NSG2 before-after p=NSBetween-group mean difference p=NSFRS-ideal bodyG1: 3.90G2: 3.80G1 Mean difference before and after treatment:-0.10G2 Mean difference before and after treatment:0.00G1 before-after p=NSG2 before-after p=NS |

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

|  |  |  |  |
| --- | --- | --- | --- |
| First Author's Last NameYear | Definition of Psychopathology (BDI; STAI; BAI; RSE; BSQ) | Psychopathology Baseline | Psychopathology Outcomes |
| Riva, 200235(continued) |  |  | Between-group mean difference p=NSFRS-body satisfaction indexG1: 1.82G2: 2.28G1 Mean difference before and after treatment:5.60G2 Mean difference before and after treatment:6.20G1 before-after p=NSG2 before-after p=NSBetween-group mean difference p=NS |
| Riva, 200336 | STAIBDIRathus Assertiveness Schedule (RAS) | STAI, mean scoreG1: 49.44G2: NRG3: 49.77G4: NRBDI, mean scoreG1: 22.23G2: 20.55G3: NRG4: NRRSE, mean scoreG1: NRG2: NRG3: NRG4: NRRAS mean scoreG1: NRG2: NRG3: NRG4: NR | Posttreatment STAI, mean score, within-group change p-valueG1: 36.77, p=0.018G2: NR, p=NR, NSG3: 38.77, p=0.013G4: NR, p=NR, NS6m STAIG1: NRG2: NRG3: NRG4: NRPosttreatment BDI, mean score, within-group change p-valueG1: 8.11, p=0.008G2: 12.11, p=0.05G3: NR, NSG4: NR, NS"Complete remission of depressive symptoms was observed only in G1."6m BDI G1: NRG2: NRG3: NRG4: NR |

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

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| --- | --- | --- | --- |
| First Author's Last NameYear | Definition of Psychopathology (BDI; STAI; BAI; RSE; BSQ) | Psychopathology Baseline | Psychopathology Outcomes |
| Riva, 200336(continued) |  |  | Posttreatment RSE, mean score, within-group change p-valueG1: NR, p=NR, significant improvementG2: NR, p=NR, significant improvementG3: NR, p=NR, significant improvementG4: NR, NS6m RSEG1: NRG2: NRG3: NRG4: NRPosttreatment RAS, mean score, within-group change p-valueG1: NR, p=NR, significant improvementG2: NR, NSG3: NR, NSG4: NR, NS6m RASG1: NRG2: NRG3: NRG4: NR |

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

|  |  |  |  |
| --- | --- | --- | --- |
| First Author's Last NameYear | Definition of Psychopathology (BDI; STAI; BAI; RSE; BSQ) | Psychopathology Baseline | Psychopathology Outcomes |
| Safer, 201037Safer, 201138Robinson, 201239 | Measure 1: Beck Depression Inventory (BDI)Measure 2: Negative Mood Regulation Scale (NMR) | Measure 1:baselineG1: 17.94 (9.37)G2: 15.27 (6.83)Measure 2:baselineG1: 98.86 (19.24)G2: 100.31 (16. 26) | Measure 1:PosttreatmentG1: 9.10 (9.21)G2: 10.84 (6.86)12 month FUG1: 10.36 (9.97)G2: 10.04 (6.86)effect size posttreatment: 0.21effect size 12 month FU: -0.04Measure 2:PosttreatmentG1: 99.54 (16.67)G2: 99.71 (13.35)12 month FUG1: 108.40 (19.72)G2: 110. 12 (13.61)effect size posttreatment: 0.01effect size 12 month FU: 0.10 |
| Schlup, 200940 | BDIBAI | BDI9.12BAI6.91 | BDI (mean difference) G1: -1.86G2: 0.96p=0.064BAI (mean difference) G1: -1.98G2: -0.28p=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 NameYear | Definition of Psychopathology (BDI; STAI; BAI; RSE; BSQ) | Psychopathology Baseline | Psychopathology Outcomes |
| Tasca, 200642Tasca, 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 scoreCES-D | The following are from Tasca, Ritchie, Conrad, et al., 200642Rosenberg 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-DG1: 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 RSEG1: 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=NRG1 vs. G3 Hierarchical linear modeling (HLM) coefficient: -0.40; t-value: -0.78, p=NRG2 vs. G1 Hierarchical linear modeling (HLM) coefficient: -0.09; t-value:-0.17, p=NR6m RSEG1: 31.39 (SD 3.61)G2: 23.76 (SD 3.46)G3: 6m and 12m not measured for control group12m RSE: not collected at 12mRSE Pre-treatment to follow-ups modelingLinear modeling coefficients: 4.44, t-value: 1.43, p=NRTreatments modeling: -2.87, t-value: -2.44, p=0.016Quadratic modeling coefficients: -2.29, t-value: -2.44, p=0.016Treatments 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 NameYear | Definition of Psychopathology (BDI; STAI; BAI; RSE; BSQ) | Psychopathology Baseline | Psychopathology Outcomes |
| Tasca, 200642Tasca, 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=.016G1 vs. G3 Hierarchical linear modeling (HLM) coefficient: -.14; t-value: -2.25, p=.024G2 vs. G1 Hierarchical linear modeling (HLM) coefficient: .01; t-value: .196m IIP mean score G1: 1.13 (SD 0.54)G2: 1.29 (SD 0.63)G3: 6m and 12m not measured for control group12m IIP mean score: not measured at 12mLinear modeling coefficients: -16, t-value: -2.69, p=.008 Treatments modeling: .02, t-value: .42Quadratic 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: -1.60G1 vs. G3 Hierarchical linear modeling (HLM) coefficient: -3.64; t-value: -2.36, p=0.018G2 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 NameYear | Definition of Psychopathology (BDI; STAI; BAI; RSE; BSQ) | Psychopathology Baseline | Psychopathology Outcomes |
| Tasca, 200642Tasca, 201243(continued) |  |  | 6m CES-DG1: 17.81 (SD 6.55)G2: 19.61 (SD 11.30)G3: 6m and 12m not measured for control group12m CES-D: not measured at 12mLinear modeling coefficients: -14.81, t-value: -2.51, p=0.014Treatments modeling: -2.56, t-value: -0.87, p=NRQuadratic modeling coefficients: 2.70, t-value: 1.61, , p=NRTreatments 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 NameYear | Definition of Psychopathology (BDI; STAI; BAI; RSE; BSQ) | Psychopathology Baseline | Psychopathology Outcomes |
| Telch, 200144 | EES AnxietyEES DepressionEES AngerBDINMRPANAS PositivePANAS NegativeRSE | 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)RSEG1: 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 PositiveG1: 30.0 (10.8)G2: 31.2 (7.8)p=NSPANAS NegativeG1: 17.9 (6.7)G2: 20.6 (8.7)p=0.16RSE (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 NameYear | Definition of Psychopathology (BDI; STAI; BAI; RSE; BSQ) | Psychopathology Baseline | Psychopathology Outcomes |
| Wilfley, 200245Hilbert, 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., 201246Brief symptom inventory (BSI)-depression-anxiety | Wilfley, Welch, Stein, et al., 200245:GSIG1: 43.3 (SD 7.8)G2: 42.0 (SD 8.9)RSEG1: 26.8 (SD 5.6)G2: 27.3 (SD 5.9)SCL DepressionG1: 44.3 (SD 8.3)G2: 42.4 (SD 9.6)Hilbert, Bishop, Stein, et al., 201246BSI-depressionG1: 1.16 (SD 0.15)G2: 1.02 (SD 0.13)BSI-anxietyG1: 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-treatmentG1: 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-monthG1: 33.0 (SD 8.4)G2: 33.2 (SD 10.9)GSI 8-monthG1: 31.9 (SD 9.7)G2: 32.7 (SD 10.6)GSI 12-monthG1: 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-treatmentG1: 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-monthG1: 29.9 (SD 5.8)G2: 30.6 (SD 5.7)RSE 8-monthG1: 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 NameYear | Definition of Psychopathology (BDI; STAI; BAI; RSE; BSQ) | Psychopathology Baseline | Psychopathology Outcomes |
| Wilfley, 2002(#499)Hilbert, 201246(continued) |  |  | RSE 12-monthG1: 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-treatmentG1: 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-monthG1: 34.2 (SD 8.3)G2: 34.6 (SD 10.6)SCL 8-monthG1: 33.3 (SD 8.6)G2: 34.4 (SD 10.7)SCL 12-monthG1: 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., 201246ITT Post-treatment BSI-depressionG1: 0.49 (SD 0.15)G2: 0.53 (SD 0.13)ITT 1y BSI-depressionG1: 0.48 (SD 0.15)G2: 0.63 (SD 0.14)ITT Long-term BSI-depressionG1: 0.70 (SD 0.15)G2: 0.64 (SD 0.14)ITT BSI-depression GEE treatment effectF=0.00p=0.985 |

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

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| --- | --- | --- | --- |
| First Author's Last NameYear | Definition of Psychopathology (BDI; STAI; BAI; RSE; BSQ) | Psychopathology Baseline | Psychopathology Outcomes |
| Wilfley, 2002(#499)Hilbert, 201246(continued) |  |  | ITT BSI-depression GEE time effectF=11.39p<0.001ITT GEE BSI-depression treatment x time effectF=0.65p=0.587Post-hoc analyses BSI-depressionSignificant improvements at post-treatment, 1y, and long-term follow-up when compared with pre-treatment (p<0.01)ITT Post-treatment BSI-anxietyG1: 0.33 (SD 0.12)G2: 0.50 (SD 0.10)ITT 1y BSI-anxietyG1: 0.35 (SD 0.12)G2: 0.48 (SD 0.11)ITT Long-term BSI-anxietyG1: 0.49 (SD 0.12)G2: 0.87 (SD 0.11)ITT GEE BSI-anxiety treatment effectF=2.52p=0.119ITT GEE BSI-anxiety time effectF=7.05p<0.001ITT GEE BSI-anxiety treatment x time effectF=1.28p=0.283Post-hoc analyses BSI-anxietySignificant 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 NameYear | Definition of Psychopathology (BDI; STAI; BAI; RSE; BSQ) | Psychopathology Baseline | Psychopathology Outcomes |
| Wilson, 201047Sysko, 201048 | Beck Depression Inventory (BDI)Rosenberg Self-Esteem (RSE) | BDI >18, %G1: 44%G2: 44%G3: 44%RSEG1: 23.4 (SD 6.2)G2: 22.8 (SD 5.3)G3: 23.7 (SD 5.4) | Post-treatment BDIG1: NRG2: NRG3: NRMean change: NRp=NR, NS "No differences were found ... for BDI"1y BDIG1: NRG2: NRG3: NRMean change: NRp=NR, no results are reported for the analysis of 1y BDI2y BDIG1: NRG2: NRG3: NRMean change: NRp=NR, no results are reported for the analysis of 2y BDIPost-treatment RSEG1: NRG2: NRG3: NRMean change: NRp=NR, NS "No differences were found ... for the self-esteem scale"1y RSEG1: NRG2: NRG3: NR |

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

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| --- | --- | --- | --- |
| First Author's Last NameYear | Definition of Psychopathology (BDI; STAI; BAI; RSE; BSQ) | Psychopathology Baseline | Psychopathology Outcomes |
| Wilson, 201047Sysko, 201048 (continued) |  |  | Mean change: NRp=NR, no results are reported for the analysis of 1y RSE2y RSEG1: NRG2: NRG3: NRMean change: NRp=NR, no results are reported for the analysis of 2y RSE |