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Relationship between Body Mass Index and Binge Eating Disorders

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Introduction

Binge Eating Disorders (BED) is most frequently associated to obese and overweight subjects. However, studies indicate that subjects with a normal weight also show Binge Eating Disorders episodes

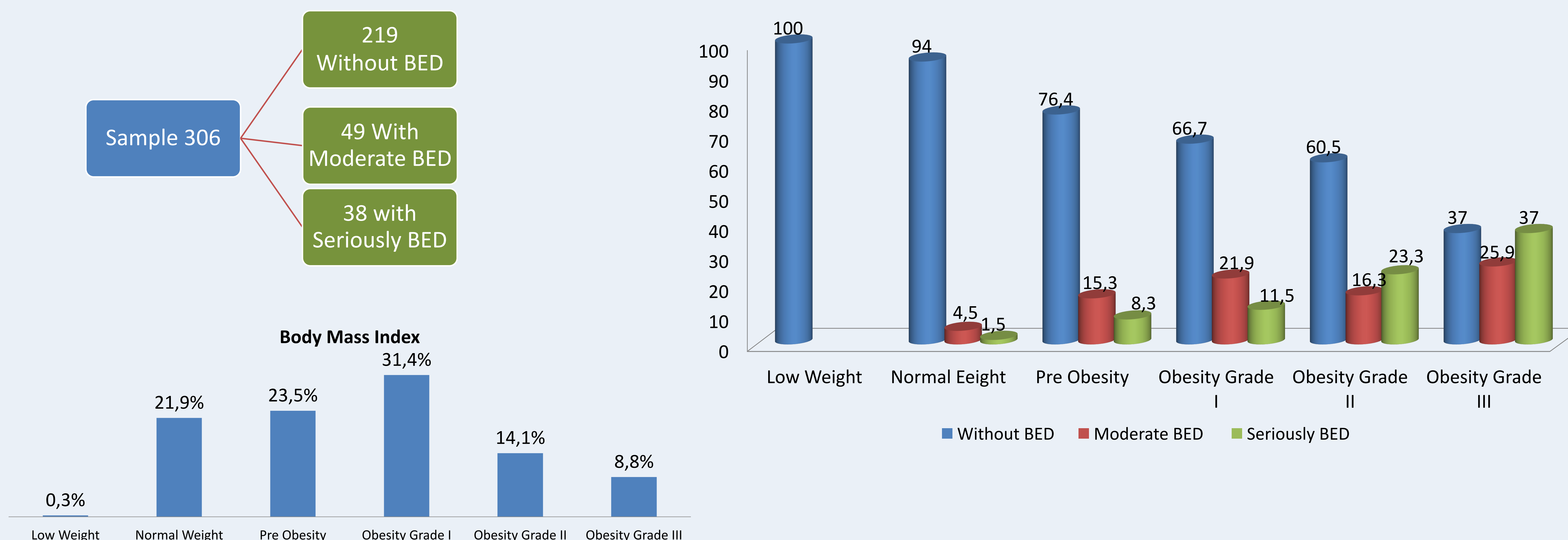
Objective

To find relationships between the level of Body Mass Index (BMI) and Binge Eating Disorders

Methods

A quantitative exploratory study was designed with the purpose to know the ratio between Body Mass Index (BMI) and BED, involving a sample of 306 people of both genders with different BMI categories (0.3% of the sample was underweight, 21.9% had normal weight, 23.5% were pre-obese, 31.4% had Grade I obesity, 14.1% had Grade II obesity and 8.8% had Grade III obesity). Data was collected by means of the Periodic Eating Compulsion Scale (PCES) at 4 hospitals in the North and Centre regions of the Portugal

Results



Conclusion

It was observed that the higher the BMI, the higher the number of subjects with compulsive-type BED, a fact considered to be pertinent for new studies in this overweight population. The results show the need for nutritional education and renewed vigilance in the population with BED

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