

Name \_\_\_\_\_

## Binge Eating Fill in the Blank Notes

\_\_\_\_\_ - A mental disorder

where a person regularly has an uncontrollable urge to eat large amounts of food.

People with binge eating disorder may...

Have trouble \_\_\_\_\_ food intake.

Not \_\_\_\_\_ after eating large amounts of food.

Cannot stop eating even when they are \_\_\_\_\_.

Intend to eat \_\_\_\_\_ and then lose

\_\_\_\_\_. (example: Mean to eat a slice or two of

bread but end up eating the entire loaf.

Have \_\_\_\_\_.

Have trouble with \_\_\_\_\_.

May not be able to \_\_\_\_\_.

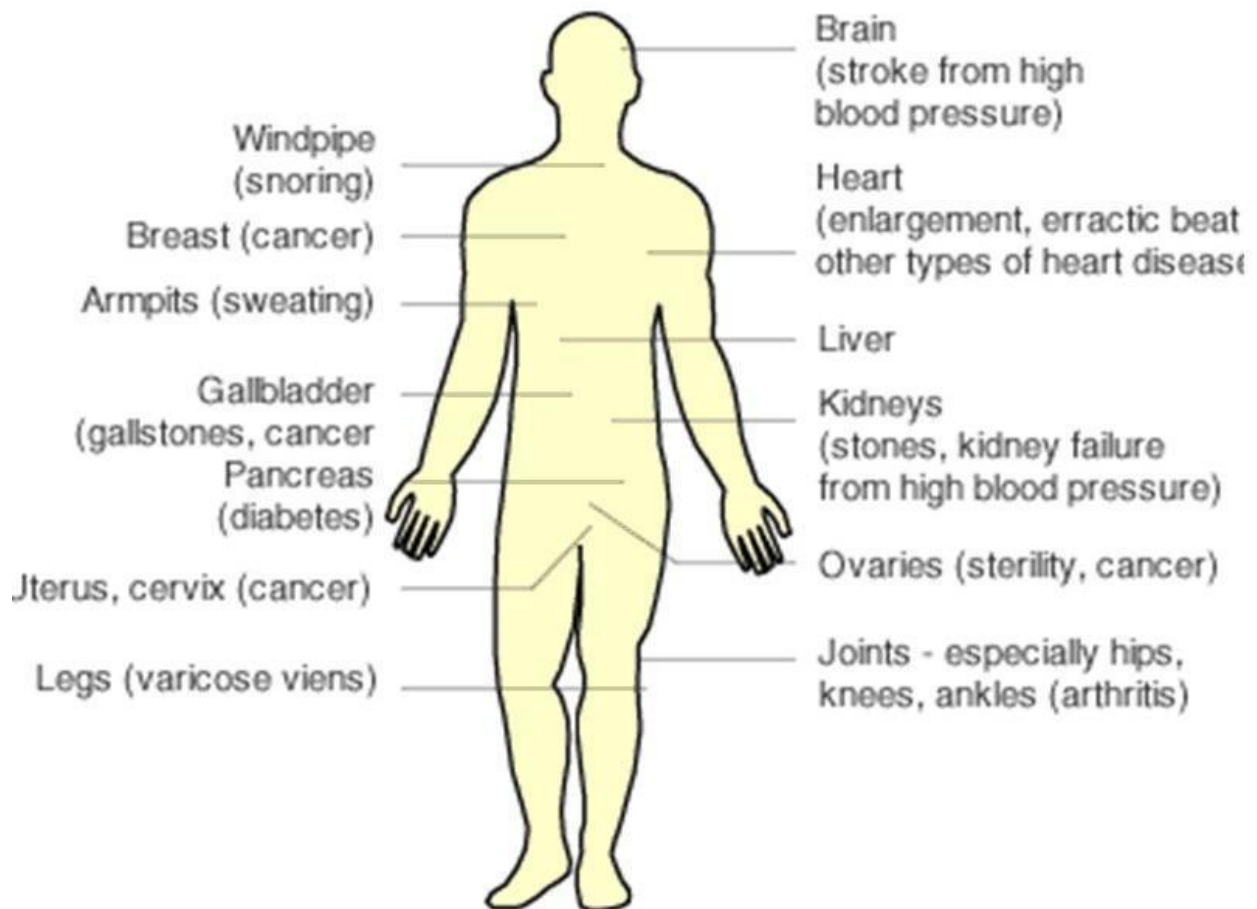
# Binge Eating Disorder

Several \_\_\_\_\_

Body Frame: \_\_\_\_\_

Will not \_\_\_\_\_

Body Image Problem / \_\_\_\_\_



## Signs of Binge Eating Disorder...

Eating \_\_\_\_\_ amounts of food.

Eating even when \_\_\_\_\_.

Eating \_\_\_\_\_ during binge episodes.

Feeling that the eating behavior is \_\_\_\_\_.

Eating a lot even when you're \_\_\_\_\_.

\_\_\_\_\_

\_\_\_\_\_

Frequent \_\_\_\_\_, possibly without weight loss.

Frequently eating \_\_\_\_\_.

Feeling depressed, \_\_\_\_\_ or upset

about your eating.

## Risk Factors for Binge Eating Disorder...

\_\_\_\_\_ ; Women are slightly more likely than men to develop binge-eating disorder.

\_\_\_\_\_ ; Although people of any age can have binge-eating disorder, it often begins when people are in late adolescence or their early 20s.

\_\_\_\_\_ ; If you have close relatives - siblings or parents - who've had an eating disorder, you have an increased risk of developing an eating disorder yourself.

\_\_\_\_\_ ; People with binge-eating disorder have a mixed history of dieting - some have dieted to excess dating back to childhood, while others haven't dieted. Dieting may trigger an urge to binge eat.

\_\_\_\_\_ ; Binge eaters may have trouble coping with stressful situations, anger, sadness, boredom and worry.