



Converging Healthcare & Technology

INTERNATIONAL JOURNAL OF CONVERGENCE IN HEALTHCAREPublished by
IJCIH & Pratyaksh Medicare LLPwww.ijcih.com
doi.org/10.55487/ijcih.v3i1.126

Is Conservative Interventions in Binge Eating Disorder Genuinely Paying off: A Review

Choudhary S¹, Aditi², Rai A²¹BPT Student, Faculty of Physiotherapy, SGT University, India, ²Assistant Professor, SGT University, India

Abstract

Sufferers from Binge Eating Disorder (BED) underestimate the severity risk of their illness and therefore postpone seeking professional help for years. The purpose of this paper is to provide the rationale for current treatment approaches. The aim of the study is to outline the specific methods and procedures and to determine whether the physical exercise and dietary therapy (PED-t) or cognitive behavioral therapy (CBT) or both are beneficial in the treatment of BED. Subjects of age group 18-75 years and body mass index (BMI) ≥ 25 kg/m² were included in the study. The method of the study is review. Google scholar, PubMed, Science Direct and Cochrane Library were systemically searched between January 2013 to January 2023 in which females had binge eating disorders and from that we only included the females who were obese. Total of 8 article were included based on the inclusion criteria in there were total 553 females. The result of the study was that the women in both intervention groups achieved major improvements in anthropometric measures, eating disorder symptoms, and exercise capacity, and both interventions similarly improved BED symptoms. In conclusion, our findings suggest that both interventions similarly improved BED symptoms but the addition of Combined Anaerobic Aerobic Exercise Training (CAAET) provides additional benefit in improving the effects of the dietary, exercise, and Cognitive Behavioural Therapy program. However, it could be important in the long-term maintenance of both body weight loss and reduction in binge eating episodes in BED patients, thus improving the eating disorder. As PED-t is producing a faster impact on the subjects dealing with Binge Eating Disorder, a multidisciplinary approach can improve quality of life on the physical and psychological parameters.

Keywords: Exercise, binge eating disorder, physical activity, physical exercise and dietary therapy, combined anaerobic aerobic exercise training, cognitive behavioral therapy.