B.E.D. is a distinct eating disorder recognized in the American Psychiatric Association's [APA] *Diagnostic and Statistical Manual of Mental Disorders*, Fifth Edition (DSM-5®).*1 In order for an individual to be diagnosed with B.E.D. by a health care provider, all of the following have to occur:

- Regularly consuming far more food than most people would eat in a similar time period under similar circumstances
- Feeling that eating is out of control during a binge
- Being very distressed by eating binges
- Binge eating on at least a weekly basis for three months

Instances of B.E.D. also include three or more of the following:

- Eating extremely fast
- Eating beyond feeling full
- Eating large amounts of food when not hungry
- Eating alone to hide how much food is being eaten
- Feeling bad after a binge

Unlike people with other eating disorders, people with B.E.D. don’t routinely try to “undo” their excessive eating with extreme actions like purging or over-exercising.1

**Possible Causes and Risk Factors**

While the exact cause of B.E.D. is unknown,1 certain theories suggest that adults with B.E.D. may have differences in brain chemistry.8,9,10,11 that could:

- Interfere with the ability to regulate food cravings8,12
- Create or increase the “wanting” of a particular food10,13,14
- Increase the “liking” of a particular food14,15
- Differences in brain chemistry8,9,10,11
- Differences in brain chemistry8,9,10,11
- Differences in brain chemistry8,9,10,11
- Differences in brain chemistry8,9,10,11

**Diagnosis of B.E.D.**

B.E.D. must be diagnosed by a licensed health care provider using the diagnostic criteria presented in the DSM-5®.5

**Functional Consequences of B.E.D.**

According to the DSM-5®, B.E.D. may have an impact on the day-to-day lives of adults, including adapting to social roles such as different responsibilities adults have as parents, spouses, and employees, and an increased risk to overall health.1

**B.E.D. Resources**

For more information, please talk to your doctor or visit:

- Binge Eating Disorder Association (BEDA): [BEDAOnline.com](http://BEDAOnline.com)
- National Eating Disorders Association (NEDA): [NationalEatingDisorders.org](http://NationalEatingDisorders.org)
- BingeEatingDisorder.com

Additional information about the DSM-5® criteria can be found on the APA website: [Psychiatry.org](http://Psychiatry.org).

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