DSM 5 Criteria for Binge Eating Disorder

Diagnostic Criteria

1. Recurrent episodes of binge eating characterized by both of the following:

- Eating, in a discrete period (e.g., within any 2-hour period), an amount of food that is definitely larger than what most people would eat in a similar period under similar circumstances.

- A sense of lack of control over eating during the episode (e.g., a feeling that one cannot stop eating or control what or how much one is eating).

2. The binge-eating episodes are associated with three (or more) of the following:

- Eating much more rapidly than normal.

- Eating until feeling uncomfortably full.

- Eating large amounts of food when not feeling physically hungry.

- Eating alone because of feeling embarrassed by how much one is eating.

- Feeling disgusted with oneself, depressed, or very guilty afterward.

3. Marked distress regarding binge eating is present.

4. The binge eating occurs, on average, at least once a week for three months.

5. The binge eating is not associated with the recurrent use of inappropriate compensatory behaviors (e.g., purging, fasting, excessive exercise) as in bulimia nervosa and does not occur exclusively during the course of bulimia nervosa or anorexia nervosa.

Types of Borderline Personality Disorder

The severity of binge eating disorder can be specified based on the frequency of binge eating episodes:

1. Mild: 1-3 binge eating episodes per week.

2. Moderate: 4-7 binge eating episodes per week.

3. Severe: 8-13 binge eating episodes per week.

4. Extreme: 14 or more binge eating episodes per week.

Additional Information

- Laboratory tests are not diagnostic for binge eating disorder but may be used to rule out other medical conditions or to assess the impact of binge eating on physical health.

- This handout focuses solely on the diagnostic criteria for binge eating disorder and does not address treatment or management strategies.

Health Professional's Information and Contact Details

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