CLÍNICA VIVALDI · FREE SHEET · EATING DISORDERS

Binge-eating disorder

Episodes of eating too much in a short time with a sense of loss of control, followed by guilt or discomfort, without compensatory behaviors.

COMMON SIGNS

- Eats a lot and very fast
- Eats when not hungry or in secret
- Guilt and shame afterwards

TIPS FOR YOU

1. Set regular mealtimes
2. Tell physical hunger apart from emotional hunger
3. Find other ways to soothe your emotions

FOR FAMILY AND FRIENDS

1. Don't criticise what they eat or their body
2. Share regular, relaxed meals

WHEN TO ASK FOR HELP

1. If the binges are frequent
2. If there is a lot of guilt or sadness

TO OBSERVE AND NOTE DOWN

☐ I eat a large amount in a short time
☐ I feel I can't stop eating
☐ I eat when I'm not hungry
☐ I eat until I feel unwell
☐ I eat in secret out of shame
☐ Afterwards I feel guilty
☐ It happens to me at least once a week
☐ I eat to soothe my emotions

FREE RESOURCES

- Online test and tips: clinicavivaldi.com/en/trastorno/trastorno-por-atracon
- Full article: Anorexia, bulimia and binge eating: clinicavivaldi.com/en/trastorno-anorexia-bulimia-atracones
- ADANER: Spanish association for anorexia and bulimia care: https://adaner.org/
- In Spain: 024 suicide crisis line (24 h) · Emergencies 112