

28 February 2024

Binge Eating Disorder

1. Is the Trust commissioned to provide a service for patients assessed as meeting diagnostic criteria for Binge Eating Disorder (BED)?

1. For under 18s

The CAMHS Eating Disorders Youth Service (EDYS) are commissioned to meet the specifications of the You in Mind Regional Care Pathway for the Treatment of Eating Disorders (2016). The care pathway is "concerned with the identification, treatment and management of anorexia nervosa, bulimia nervosa, and associated atypical eating disorders".

The Care Pathway also states, "the management of loss of appetite due to physical illness, psychogenic disturbance of appetite or binge eating is not within the scope of this care pathway".

2. For 18+ year olds

Adult Eating Disorders services in Northern Ireland are commissioned to meet the specifications of the You in Mind Regional Care Pathway for the Treatment of Eating Disorders (2016). The care pathway is "concerned with the identification, treatment and management of anorexia nervosa, bulimia nervosa, and associated atypical eating disorders". The Care Pathway also states, "the management of loss of appetite due to physical illness, psychogenic disturbance of appetite or binge eating is not within the scope of this care pathway". The current care pathway for the treatment of Binge Eating Disorder (BED) is through Cognitive Behavioural Therapy (CBT) or Psychology.

2. Does the Trust provide any kind of treatment for patients assessed as meeting diagnostic criteria for Binge Eating Disorder (BED) or signpost them to services provided by other organisations?

1. For under 18s

The current care pathway for the treatment of Binge Eating Disorder (BED) in children is through Community Dietetics.

2. For 18+ year olds

Adult CBT service provide assessment and treatment for Binge Eating Disorder, as recommended by NICE guidelines.

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3. If applicable, please outline the services that the Trust provides for patients assessed as meeting diagnostic criteria for Binge Eating Disorder (BED), including:

a) the types of treatment that the Trust provides specifically for Binge Eating Disorder (BED) (e.g. binge eating disorder-focused guided self-help, group eating disorder-focused CBT [group CBT-ED], individual eating disorder-focused CBT [individual CBT-ED]) and,

For Under 18s - This is not applicable to CAMHS EDYS

For 18+ - The CBT service follow the Centre for Clinical Interventions 14 module programme, which provides individual CBT. It uses a combination of guided self-help material and 1:1 interventions with a therapist

b) how these are provided (i.e. by eating disorder service/s, Improving Access to Psychological Therapies (IAPT) service/s, other primary care-based mental health services, Weight management services or otherwise).

In the case of self-help, please specify whether this is guided or unguided.

For Under 18s - This is not applicable to CAMHS EDYS

For 18+ - The CBT team provide the services using a combination of guided self-help material and 1:1 interventions with a therapist.

4. If applicable, please describe any service restrictions/eligibility criteria around accessing treatment specifically for Binge Eating Disorder (BED) (e.g. age, weight/BMI, comorbidity, severity etc). *If the Trust provides more than one relevant service, please list answers separately against each.*

For Under 18s - This is not applicable to CAMHS EDYS

For 18+ - Restrictions would include a BMI of below 17.5, or if medically unstable.