



# THE PRIMARY CARE COMPANION FOR CNS DISORDERS

## **Supplementary Material**

**Article Title:** The Use and Value of the 7-Item Binge Eating Disorder Screener in Clinical Practice

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**DOI Number:** <https://doi.org/10.4088/PCC.16m02075>

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### **Disclaimer**

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**Table 1. Summary of Key Survey Questions**

**BED Knowledge**

- BED is included as a diagnosis in the *DSM-5* (correct response: true)
- Defines, in part, an “episode of binge eating” (a sense of lack of control over eating)
- Not included in the *DSM-5* criteria for BED (eating high-calorie foods)
- Must be present for a diagnosis of BED (marked distress)
- Minimum frequency of binge-eating episodes (at least once a week for 3 months)
- BED can be diagnosed in a patient with bulimia (correct response: false)
- BED occurs in both men and women (correct response: true)
- BED cannot be diagnosed in adults of normal weight (correct response: false)
- BED is less common among US adults than either anorexia or bulimia (correct response: false)
- There is an FDA-approved treatment for the treatment of moderate to severe BED in adults (correct response: true)
- FDA-approved treatment for the treatment of BED (only lisdexamfetamine dimesylate )

**Beliefs and Attitudes: Importance of Being Knowledgeable About BED**

- It is important for general practitioners to be knowledgeable about BED\*
- It is important for psychiatrists to be knowledgeable about BED\*
- BED impacts patients’ functioning and quality of life\*

**Beliefs and Attitudes: Confidence in Diagnosing and Treating BED**

- I would feel comfortable answering questions and discussing BED with patients\*
- I would feel comfortable diagnosing a patient with BED\*
- I would most likely refer a patient with BED for treatment rather than treat the patient myself†

**Beliefs and Attitudes: Drug Treatment for BED**

- Medications can be appropriate for the treatment of BED\*
- I would be comfortable prescribing a schedule II medication indicated for the treatment of BED\*

**Use of the BEDS-7 (wave 1 [Anticipated]/wave 2 [Actual])**

- Anticipated/actual value of the BEDS-7 to clinical practice
- Anticipated/actual ease of using the BEDS-7 with a patient
- Anticipated/actual types of patients appropriate for BED screening
- Anticipated/actual likelihood to continue using the BEDS-7 in clinical practice

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Abbreviations: BED=binge-eating disorder, BEDS-7=7-Item Binge Eating Disorder Screener, *DSM-5*=*Diagnostic and Statistical Manual of Mental Disorders*, Fifth Edition, FDA=US Food and Drug Administration.

\*Scored as 0 (do not agree), 1 (somewhat agree), or 2 (strongly agree).

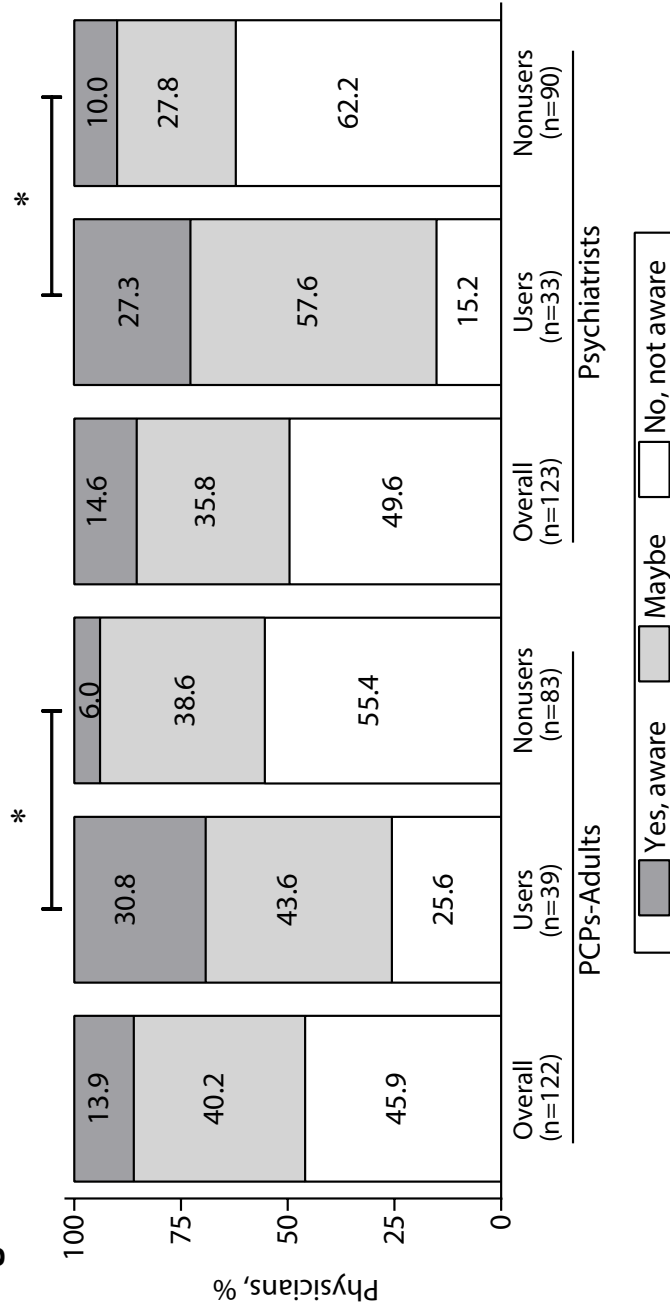
†Scored as 0 (strongly agree), 1 (somewhat agree), or 2 (do not agree).

**Table 2. Important Uses For and Reasons for Not Using the BEDS-7**

	<b>PCPs- Adults</b>	<b>Psychiatrists</b>
<b>Important uses for the BEDS-7 among BEDS-7 users, n (%)</b>	<b>n=39</b>	<b>n=33</b>
Assisting clinicians in identifying a patient that may have BED	28 (71.8)	29 (87.9)
Encouraging/initiating binge-eating discussions between clinicians and patients	28 (71.8)	22 (66.7)
Informing patients about BED	25 (64.1)	20 (60.6)
Informing clinicians about BED	19 (48.7)	17 (51.5)
Assisting clinicians in seeking appropriate consults or referrals	15 (38.5)	12 (36.4)
Other	0	0
<b>Reasons for not using the BEDS-7 among BEDS-7 nonusers, n (%)</b>	<b>n=83</b>	<b>n=90</b>
Forgot it was available	46 (55.4)	40 (44.4)
Tend to be more focused on other patient issues and health concerns	42 (50.6)	21 (23.3)
Not enough time during appointments	38 (45.8)	22 (24.4)
Did not have any patients for which screening for BED might be useful	28 (33.7)	33 (36.7)
Assess for BED through clinical interviews or other tools	12 (14.5)	29 (32.2)
Do not feel knowledgeable enough about BED	8 (9.6)	2 (2.2)
Do not find screening tools in general to be valuable	6 (7.2)	10 (11.1)
Did not know how to use the BEDS-7	4 (4.8)	0
Other	2 (2.4)	1 (1.1)

Abbreviations: BEDS-7=7-Item Binge Eating Disorder Screener, nonusers=BEDS-7 nonusers, PCPs-adults=primary care physicians serving adults, users=BEDS-7 users.

**Figure 1. Awareness of the BEDS-7 at Wave 1 in BEDS-7 Users and Nonusers**



Abbreviations: BEDS-7=7-Item Binge Eating Disorder Screener, nonusers=BEDS-7 nonusers, PCPs-adults=primary care physicians serving adults, users=BEDS-7 users.  
 \*P<.001.