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"Muoversi in equilibrio" project: effects on balance capacity in Binge Eating Disorder

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Patients with Binge Eating Disorder (BED) are characterized by the consumption of a large amount of food in a short period of time, accompanied by a perceived sense of loss of control over the eating episode. Although obesity is not a DSM-V criterion for BED, there is a strong association between BED, obesity and physical inactivity [1].

In this study we evaluated if a structured physical activity program influences static and dynamic balance in BED patients.

For the study we recruited 18 BED patients, 15 females and 3 males, aged 53.1 ± 14.9 (mean ± SD). Subjects physically/pathologically unable in doing physical activity were excluded. The participants, in addition to medical treatment, performed a physical activity program for 6 months. The exercise session consists on aerobic, balance and strength activity performed in four weekly sessions of 90 minutes. In basal conditions and after 6 months were assessed: One Legged Stance Test to evaluate the static balance and Star Excursion Balance Test for the dynamic balance.

The comparison between baseline and after 6 months results showed a significant improvement for either motor skills tests: OLST dx-sx (t Student $p<.001$) and SEBT dx-sx (t Student $p<.01$).

The addition of exercise training in the traditional treatment for BED patients constitutes a novel potential therapeutic approach in eating disorder.

Reference

[1] Vancampfort et al. (2013) Physical Activity Correlates in Persons with Binge Eating Disorder: A Systematic Review. Eur. Eat. Disorders Rev. 22: 1-8.

Keywords

Binge eating disorder, psychiatric subjects, balance, OLST, SEBT, physical activity.