

Eating Disorders

Review 12

Reas, D. L., Grilo, C. M. (2008). Review and meta-analysis of pharmacotherapy for binge-eating disorder. *Obesity Journal*, 16(9), 2024–2038. PubMed abstract available at <http://www.ncbi.nlm.nih.gov/pubmed/19186327>.

Objectives	Evaluate controlled treatment studies to determine the utility of pharmacotherapy for binge eating disorder (BED).
Studies Included	Twenty-two U.S. and international studies from 1994 to 2008
Participants in the Studies	Adults with BED
Settings	Settings were not reported for the studies.
Outcomes	Attrition, remission from binge eating, weight loss
Limitations of the Studies	Trials were of short duration; lack of follow-up data after medication discontinuation; majority of participants recruited through advertisement, limiting generalizability to patients with clinical comorbidities; studies funded by drug manufacturers may have led to bias and overestimation of efficacy; studies enrolled mostly women, a departure from prevalence data suggesting an uneven gender ratio, possibility of clinic bias

Results

Meta-analyses indicated no significant differences in attrition (defined as withdrawal or noncompletion for any reason) between medication and placebo groups. Pharmacological treatments were found to have a clinically significant advantage over placebo for achieving short-term remission from binge eating (48.7% versus 28.5%) and for weight loss; however, the weight losses were not substantial. The effect sizes for the different types of medication classes varied, from modest effects for selective serotonin reuptake inhibitors to larger effects for antiepileptic and antiobesity medications. There were no data to evaluate the longer-term effects or durability of pharmacotherapy-only therapy for BED. The addition of pharmacotherapy to cognitive behavioral therapy (CBT) or behavioral weight loss (BWL) treatment did not impact binge eating outcomes, although specific medications (orlistat, topiramate) enhanced weight loss when combined with CBT or BWL.