

BINGE EATING DISORDER

POST-TRAUMATIC STRESS DISORDER Factsheet

August 2021

How are eating disorders related to PTSD?

Eating disorders include anorexia nervosa, which involves a lack of maintaining normal weight, usually less than 85% of the expected weight, and an intense fear of gaining weight. Bulimia nervosa involves the presence of binge eating followed by compensatory behaviours to prevent weight gain, while binge eating disorder does not involve compensatory behaviours.

What is the evidence for eating disorders in people with PTSD?

Moderate quality evidence found there may be increased rates of binge eating disorder or emotional eating in people with PTSD, although the evidence is very inconsistent.

For more information see the technical table

HOW YOUR SUPPORT HELPS

We are able to make significant advances due to the generosity of countless people. Your donation allows us to continue to work towards transforming lives. For information on how you can support our research, phone **1300 888 019** or make a secure donation at neura.edu.au/donate



NeuRA (Neuroscience Research Australia) is one of the largest independent medical and clinical research institutes in Australia and an international leader in neurological research.

Diseases of the brain and nervous system pose the greatest health, economic and social burden of any disease group because they are chronic, debilitating and have no known cures.

Medical research is the cornerstone of efforts to advance the health and wellbeing of families and the community. Our dedicated scientists are focussed on transforming their research into significant and practical benefits for all patients.

While we hope you find this information useful, it is always important to discuss any questions about PTSD and its treatment with your doctor or other health care provider.