



Cornerstone – a foundation for better treatment of binge eating disorder in Norway

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Abstract

BACKGROUND

It is estimated that approximately three percent of the populace in Norwegian has binge eating disorder (BED), indicating that more people suffer from BED than from bulimia and anorexia combined. ROS – Counseling on eating disorders, Norway, is a user organization that offers guidance services. In 2023, ROS received nearly 17,000 inquiries from adults and children, with more than 30% of these inquiries relating to self-perceived binge eating issues. Treatment options for BED, is to a great extent, currently lacking within the Norwegian healthcare system. However, ROS has since 2017 implemented and evaluated several guided self-help programs for individuals with binge eating issues. Therefore, ROS possesses unique expertise on the topic in a Norwegian context. Through the project “_Cornerstone - a foundation for better treatment of binge eating disorder in Norway”_ ROS aims to increase knowledge about BED and improve screening and treatment options for this vulnerable patient group.

METHOD

Evaluation of self-help programs delivered through ROS, systematic review article on treatment of BED in youth, establishment of a competence center within ROS where national and international experts in the field are engaged.

CONCLUSION

With this work, ROS will contribute to filling a significant knowledge gap in the Norwegian

healthcare system and raise awareness and recognition of binge eating disorder as a serious mental health condition. The overall aim is to develop a competence center for BED that provide guidance on screening, diagnosis, and treatment approaches to both the public and clinicians.

Topics: Treatment

For workshops only

No Answer Given

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