

# Binge Eating Disorder in Males

*Binge eating disorder is a severe, life-threatening disorder characterized by recurrent episodes of compulsive overeating or binge eating. In binge eating disorder, the purging to prevent weight gain that is characteristic of bulimia nervosa is absent.*

## **Behavioral Characteristics:**

- Recurrent episodes of binge eating
- Eating much more rapidly than normal
- A sense of lack of control over eating during binge episodes
- Eating large amounts of food when not feeling physically hungry
- Hoarding food
- Hiding food and eating in secret; e.g., eating alone or in the car, hiding wrappers
- Eating until feeling uncomfortably full
- Eating throughout the day with no planned mealtimes

## **Emotional and Mental Characteristics:**

- Feelings of disgust, guilt, or depression during and after overeating
- Binge eating often triggered by uncomfortable feelings such as anger, anxiety, or shame
- Binge eating used as a means of relieving tension, or to “numb” feelings
- Rigid, inflexible “all or nothing” thinking
- Strong need to be in control
- Difficulty expressing feelings and needs
- Perfectionistic
- Works hard to please others
- Avoids conflict, tries to “keep the peace”
- Disgust about body size, often teased about their body while growing up
- Feelings of worthlessness
- Social isolation
- Depression
- Moodiness and irritability

## **Physical Characteristics:**

- Heart and blood pressure problems
- Joint problems
- Abnormal blood-sugar levels
- Fatigue
- Difficulty walking or engaging in physical activities

(Compiled by Tom Shiltz, MS, CADCIH, Rogers Memorial Hospital, Oconomowoc, WI. Reprinted with permission.

Source: *Diagnostic and Statistical Manual of Mental Disorders*, Fourth Edition. American Psychiatric Association, 1994.)

For more information, contact the National Eating Disorders Association at 603 Stewart St., Suite 803, Seattle, WA 98101  
Information and Referral Helpline: 800-931-2237 or [www.NationalEatingDisorders.org](http://www.NationalEatingDisorders.org)

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