

Reference:	FOI.12717.23
Subject:	Binge Eating Disorder (BED)
Date of Request:	21 September 2023

Requested:

1. Is the Trust commissioned to provide a service for patients assessed as meeting diagnostic criteria for Binge Eating Disorder (BED)?
 - a. For under 18s
 - b. For 18+ year olds
2. If “no” to question 2 a) and/or b), does the Trust provide any kind of treatment for patients assessed as meeting diagnostic criteria for Binge Eating Disorder (BED) or signpost them to services provided by other organisations?
 - a. For under 18s
 - b. For 18+ year olds
3. Please outline the services that the Trust provides for patients assessed as meeting diagnostic criteria for Binge Eating Disorder (BED), including:
 - a. the types of treatment that the Trust provides specifically for Binge Eating Disorder (BED) (e.g. binge eating disorder-focused guided self-help, group eating disorder-focused CBT [group CBT-ED], individual eating disorder-focused CBT [individual CBT-ED]) and,
 - b. how these are provided (i.e. by eating disorder service/s, Improving Access to Psychological Therapies (IAPT) service/s, other primary care-based mental health services, Weight management services or otherwise).
 - c. In the case of self-help, please specify whether this is guided or unguided. Please specify the names of all applicable services and the ICBs (CCGs) or local authorities that commission them. If the Trust provides more than one relevant service, please list answers to part a) separately against each.
4. If applicable, please describe any service restrictions/eligibility criteria around accessing treatment specifically for Binge Eating Disorder (BED) (e.g. age, weight/BMI, comorbidity, severity etc). If the Trust provides more than one relevant service, please list answers separately against each.
 - a. For under 18s
 - b. For 18+ year olds

Response:

- 1a. Hywel Dda University Health Board (UHB) confirms that it provides a BED service for patients aged under eighteen (18) years, within its Specialist Child and Adolescent Mental Health Service (SCAMHS) Eating Disorder (ED) Team, or if patients are identified as being low risk, then they will be seen by the locality SCAMHS Teams.
- 1b. The UHB confirms that it does not provide a specific BED service for patients aged eighteen (18) years and over. However, patients with a Body Mass Index (BMI) of thirty five (35) and over, are seen in its Weight Management Service (WMS).
- 2a. Not applicable.

2b. The UHB confirms that it signposts patients with a BMI below thirty five (35) to www.beateatingdisorders.com

3a. The UHB's SCAMHS ED Team is a newly developing service and currently offers individual Cognitive Behavioural Therapy (CBT) and CBT-e.

The UHB's WMS provides guided self-help for BED (2 to 2) and 1 to 1 CBT-ED. The WMS is also developing a group based on CBT with principles drawn from other therapies (e.g. Acceptance and Commitment Therapy; Compassion-Focused therapy), which it is planning to pilot in the New Year.

3b. The SCAMHS Cognitive Behavioural Therapy (CBT) and CBT-e services are provided within the wider CAMHS and ED teams.

The services offered by the WMS Team are interventions provided by the Clinical Psychology Weight Management service.

3c. The UHB's SCAMHS provides unguided self-help.

The UHB's WMS offers 1 to 1 guided self-help. However, when someone discloses binge eating, they are directed to the guided self-help information pack (based on Christopher Fairburn's book 'Overcoming Binge Eating') while they are on the waiting list – at this stage the self-help is unguided.

4a. The UHB does not hold the requested information, as its SCAMHS ED is a newly developing service.

People with a BMI of thirty five (35) and over are eligible for the adult WMS and for the interventions described in response to question 3. Some of the weight management dietitians have received training and ongoing support and clinical supervision from Clinical Psychology, to deliver the first three (3) steps of guided self-help (i.e. Self-monitoring; eating regularly and alternative activities) for those with mild BED. People presenting with eating disorders often do not meet the DSM-V criteria for BED, as they often binge as a result of over-restricting and not eating regularly.