

Name \_\_\_\_\_

## Binge-Eating Disorder: Breaking the Cycle of Overeating

### Short Answer Key

1. (Answers may include: binge eating, emotional distress, no compensatory behaviors, frequent episodes, etc.)
2. One potential cause of binge-eating disorder is genetic factors.
3. Societal pressure can contribute to the development of binge-eating disorder by promoting an unrealistic body image and dieting culture.
4. One possible complication of binge-eating disorder is mental health challenges such as anxiety and depression.
5. Seeking professional help is important for individuals with binge-eating disorder because it is a serious medical condition that can have severe physical and emotional consequences. Treatment may include therapy, nutritional counseling, and support from loved ones.

