

Name _____

Binge-Eating Disorder: Breaking the Cycle of Overeating

Open-Ended Response Answer Key

1. Individuals with binge-eating disorder experience recurrent episodes of consuming large amounts of food, often in secret, accompanied by a feeling of loss of control. Afterward, they may feel intense guilt, shame, and embarrassment. This cycle can lead to emotional distress and a sense of helplessness.
2. Genetics may play a role in predisposing some individuals to binge-eating disorder by influencing personality traits or vulnerabilities that increase their susceptibility to the condition.
3. Seeking professional help is crucial for individuals with binge-eating disorder because it is a serious medical condition with potential physical and emotional consequences. Treatment may include therapy to address emotional distress, nutritional counseling to establish healthy eating patterns, and support from loved ones to aid in recovery.
4. Society can promote a healthier body image by celebrating diversity and portraying a wide range of body types in media and advertising. Education programs that focus on self-esteem, body positivity, and the importance of mental and physical health can also contribute to reducing the prevalence of eating disorders like binge-eating disorder.

