

The Relationship Between Eating Episode Frequency and Consistency and Binge Frequency, Caloric Intake, and Body Mass Index in Binge Eating Women

Abstract

A secondary analysis of 14-day food journals was performed to determine the relationship between both the frequency and consistency of eating episodes compared to binge frequency, caloric intake, and body mass index (BMI). A sample of 69 nonpurge binge eating women kept 14-day food journals. Using correlations, a significant relationship was found between the number of eating episodes and both binge frequency ($r = 0.49$; $p < 0.001$) and daily caloric intake ($r = 0.31$; $p = 0.010$). Furthermore, the mean number of binge episodes for those low eating episode consistency was significantly higher than those with a higher consistency ($p = 0.039$). These findings indicate that decreasing the frequency of eating episodes may help decrease caloric intake. These findings also indicate that decreasing the frequency of eating episodes as well as increasing the consistency of eating episodes may help individuals struggling to decrease binge episode frequency.