Assessment powered by NovoPsych

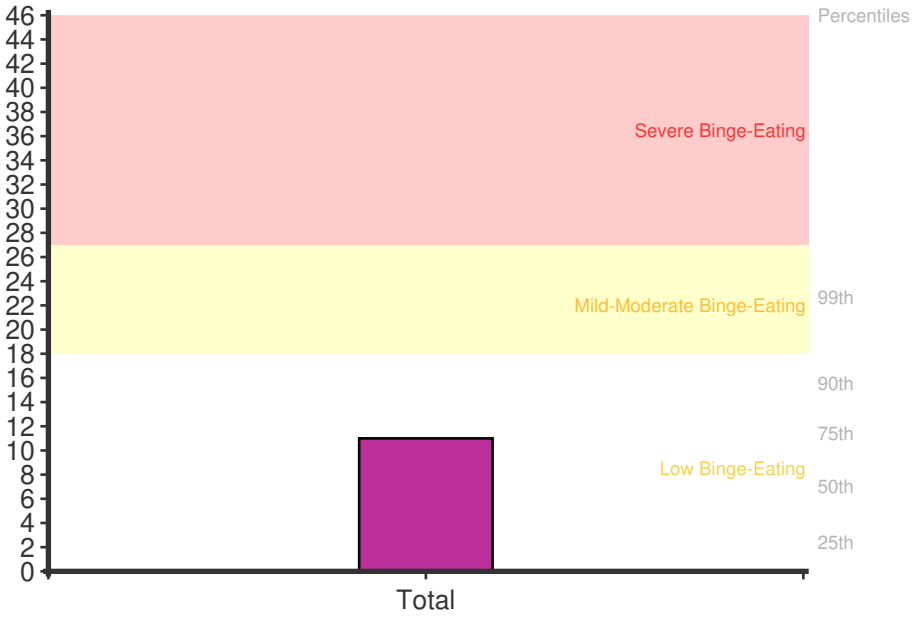
Binge-Eating Scale (BES)

Client Name	Generic Client	*Date administered*	9 Jun 2024
Date of birth (age)	9 Aug 1998 (26)	*Time taken*	2 min 28s
Assessor	Dr Mandira Mishra		

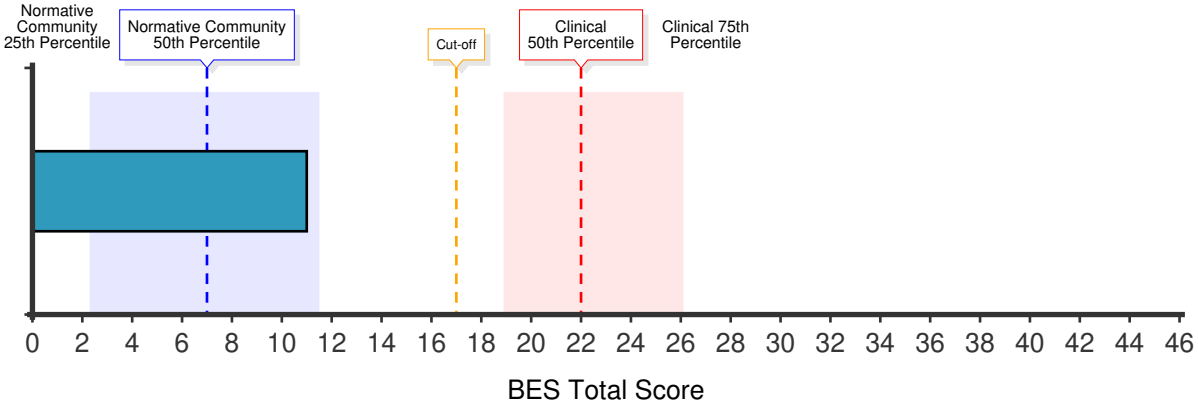
Results

	Score	Community Percentile	Descriptor
Total Score (0 to 46)	11	73	Low Binge-Eating

BES Total Score



Score in Comparison to Normative Community and Clinical Distributions



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Interpretation

The respondent's total scores were in the 'Low Binge-Eating' range indicating minimal binge-eating behaviours that do not significantly disrupt daily functioning.

Scoring and Interpretation Information

For comprehensive information on the BES, see here.

The total scores on the BES range from 0 to 46, with higher scores indicating a greater frequency and severity of binge-eating symptoms as outlined by the DSM criteria. The scale classifies individuals into distinct severity categories based on their total scores, as follows:

-No or minimal binge-eating: Scores of 17 or lower, which suggest minimal or no symptoms of binge-eating.
-Mild to Moderate binge-eating: Scores ranging from 18 to 26, reflecting a moderate level of binge-eating behaviour.
-Severe binge-eating: Scores of 27 or higher, indicating a high frequency and severity of binge-eating symptoms.

A percentile is used to contextualise a respondent's score compared to the normative community sample. The community sample represents the typical level of binge eating symptoms found in the general population (Duarte et al., 2015). A percentile of 50 suggests a typical (and healthy) relationship with eating, whereas a percentile of 99 indicates that the respondent scores higher than 99 percent of individuals, indicating severe symptoms consistent with binge-eating disorder.

The horizontal graph presents the score in comparison to the normative community and clinical distributions, with shaded areas around the two middle quartiles (between the 25th and 75th percentile). The clinical distribution represents people diagnosed with binge-eating disorder (Leone et al., 2018). This graph helps contextualise scores in comparison to the distribution of responses among community and clinical samples (Duarte et al., 2015; Leone et al., 2018). Applying a cutoff score of 17, the BES accurately classifies 96.7% of cases, demonstrating a sensitivity of 81.8% and a specificity of 97.8% (Duarte et al., 2015).

For multiple administrations, the line graph visually tracks the respondent's total scores across sessions. A meaningful change (~ 0.5 SD) in score is defined as an increase or decrease of at least 4 or more points for the total score. This criterion is based on the Minimally Important Difference (MID) calculation. Such changes indicate meaningful improvement or reduction in symptoms, while a change of less than the specified points suggests no meaningful change in symptom severity between assessments.

Higher BES scores have shown a significant positive correlation with BMI, depression, negative mood, feelings of ineffectiveness, and low self-esteem. Conversely, lower BES scores are associated with health-related quality of life (Pasold et al., 2013). Individuals with BED have higher lifetime rates of major depression, as well as a greater likelihood of having other mood, substance use, and personality disorders, compared to those without BED (Telch & Stice, 1998).

Client Name	Generic Client

Client Responses

1	Question 1
	0 I don't feel self-conscious about my weight or body size when I'm with others.
	0 I feel concerned about how I look to others, but it normally does not make me feel disappointed with myself.
	1 I do get self-conscious about my appearance and weight which makes me feel disappointed in myself.
	3 I feel very self-conscious about my weight and frequently, I feel intense shame and disgust for myself. I try to avoid social contacts because of my self consciousness.
2	Question 2
	0 I don't have any difficulty eating slowly in the proper manner.
	1 Although I seem to "gobble down" foods, I don't end up feeling stuffed because of eating too much.
	2 At times, I tend to eat quickly and then, I feel uncomfortably full afterwards.
	3 I have the habit of bolting down my food, without really chewing it. When this happens I usually feel uncomfortably stuffed because I've eaten too much.
3	Question 3
	0 I feel capable to control my eating urges when I want to.
	1 I feel like I have failed to control my eating more than the average person.
	3 I feel utterly helpless when it comes to feeling in control of my eating urges.
	3 Because I feel so helpless about controlling my eating I have become very desperate about trying to get in control.
4	Question 4
	0 I don't have the habit of eating when I'm bored.
	0 I sometimes eat when I'm bored, but often I'm able to "get busy" and get my mind off food.
	0 I have a regular habit of eating when I'm bored, but occasionally, I can use some other activity to get my mind off eating.
	2 I have a strong habit of eating when I'm bored. Nothing seems to help me break the habit.
5	Question 5
	0 I'm usually physically hungry when I eat something.
	1 Occasionally, I eat something on impulse even though I really am not hungry.
	2 I have the regular habit of eating foods, that I might not really enjoy, to satisfy a hungry feeling even though physically, I don't need the food.
	3 Even though I'm not physically hungry, I get a hungry feeling in my mouth that only seems to be satisfied when I eat a food, like a sandwich, that fills my mouth. Sometimes, when I eat the food to satisfy my mouth hunger, I then spit the food out so I won't gain
6	Question 6
	0 I don't feel any guilt or self-hate after I overeat.
	1 After I overeat, occasionally I feel guilt or self-hate.
	3 Almost all the time I experience strong guilt or self-hate after I overeat.
7	Question 7
	0 I don't lose total control of my eating when dieting even after periods when I overeat.
	2 Sometimes when I eat a "forbidden food" on a diet, I feel like I "blew it" and eat even more.
	3 Frequently, I have the habit of saying to myself, "I've blown it now, why not go all the way" when I overeat on a diet. When that happens I eat even more.
	3 I have a regular habit of starting strict diets for myself, but I break the diets by going on an eating binge. My life seems to be either a "feast" or "famine."

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Client Responses (cont.)

8	Question 8
	0 I rarely eat so much food that I feel uncomfortably stuffed afterwards.
	1 Usually about once a month, I eat such a quantity of food, I end up feeling very stuffed.
	2 I have regular periods during the month when I eat large amounts of food, either at mealtime or at snacks.
	3 I eat so much food that I regularly feel quite uncomfortable after eating and sometimes a bit nauseous.
9	Question 9
	0 My level of calorie intake does not go up very high or go down very low on a regular basis.
	1 Sometimes after I overeat, I will try to reduce my caloric intake to almost nothing to compensate for the excess calories I've eaten.
	2 I have a regular habit of overeating during the night. It seems that my routine is not to be hungry in the morning but overeat in the evening.
	3 In my adult years, I have had week-long periods where I practically starve myself. This follows periods when I overeat. It seems I live a life of either "feast or famine."
10	Question 10
	0 I usually am able to stop eating when I want to. I know when "enough is enough."
	1 Every so often, I experience a compulsion to eat which I can't seem to control.
	2 Frequently, I experience strong urges to eat which I seem unable to control, but at other times I can control my eating urges.
	3 I feel incapable of controlling urges to eat. I have a fear of not being able to stop eating voluntarily.
11	Question 11
	0 I don't have any problem stopping eating when I feel full.
	1 I usually can stop eating when I feel full but occasionally overeat leaving me feeling uncomfortably stuffed.
	2 I have a problem stopping eating once I start and usually I feel uncomfortably stuffed after I eat a meal.
	3 Because I have a problem not being able to stop eating when I want, I sometimes have to induce vomiting to relieve my stuffed feeling.
12	Question 12
	0 I seem to eat just as much when I'm with others (family, social gatherings) as when I'm by myself.
	1 Sometimes, when I'm with other persons, I don't eat as much as I want to eat because I'm self-conscious about my eating.
	2 Frequently, I eat only a small amount of food when others are present, because I'm very embarrassed about my eating.
	3 I feel so ashamed about overeating that I pick times to overeat when I know no one will see me. I feel like a "closet eater."
13	Question 13
	0 I eat three meals a day with only an occasional between meal snack.
	0 I eat 3 meals a day, but I also normally snack between meals.
	2 When I am snacking heavily, I get in the habit of skipping regular meals.
	3 There are regular periods when I seem to be continually eating, with no planned meals.
14	Question 14
	0 I don't think much about trying to control unwanted eating urges.
	1 At least some of the time, I feel my thoughts are pre-occupied with trying to control my eating urges.
	2 I feel that frequently I spend much time thinking about how much I ate or about trying not to eat anymore.
	3 It seems to me that most of my waking hours are pre-occupied by thoughts about eating or not eating. I feel like I'm constantly struggling not to eat.

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Client Responses (cont.)

15	Question 15
	0 I don't think about food a great deal.
	1 I have strong cravings for food but they last only for brief periods of time.
	2 I have days when I can't seem to think about anything else but food.
	3 Most of my days seem to be pre-occupied with thoughts about food. I feel like I live to eat.
16	Question 16
	0 I usually know whether or not I'm physically hungry. I take the right portion of food to satisfy me.
	1 Occasionally, I feel uncertain about knowing whether or not I'm physically hungry. At these times it's hard to know how much food I should take to satisfy me.
	2 Even though I might know how many calories I should eat, I don't have any idea what is a "normal" amount of food for me.