

# 폭식 비만의 치료

## Treatment of Obese Binge Eater

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### Abstract

It is now widely recognized that there is a subgroup of obese individuals with a significantly disordered eating behavior characterized by binge eating and psychosocial impairment. Many therapeutic approaches for the treatment of obese binge eaters including cognitive - behavioral therapy, treatment of obesity, nutritional counseling, psychoeducation, psychotherapy, motivation enhancement therapy, and medication have their own benefits. Treatment programs for obesity and eating disorders (binge eater, bulimia) have tended to adopt very different approaches to the eating behavior (dieting vs cessation of dieting) and body image (weight loss vs accepting one's current weight). Despite these differences, eating disorders, obesity, and unhealthy weight loss practices have a number of shared personal, socioenvironmental, and behavioral problems. It is important to integrate the treatment approaches to the spectrum of problems related to eating and weight (eating disorders, obesity, and unhealthy weight loss practices).

Keywords : **Binge eating; Obesity; Integration**

: ; ;

(1).  
가

가

(integration)

1950

(2),

가

10

(binge eating)

(3),

(4). 가 . 46% 가

16% 4 (8).

DSM - IV I, , (7).

(bulimia nervosa), (binge eating disorder), (eating disorder not otherwise specified)

(DSM - IV binge eating disorder eating disorder NOS ). (Anorexia Nervosa) 가

23 165 cm

60 kg .

20~30%가 (binge eating) 가 가 .

(5), 50% (3). 105 kg 60 kg

binge eater non binge eater 가 . 가 1

. Binge eater가 non binge eater

binge eater (body mass index)가 DSM - IV

85% (eating disorder NOS) 가

(6).

DSM - IV

50%가 (9). 가

(7).

15% .

30~40



가 가  
가 .  
.  
.  
가 .  
bulimia binge eater  
. Bulimia  
가 (13). , , , ,  
action stage (compensatory behavior)  
(motivation . binge eater  
enhancement therapy) . Bulimia  
binge eater  
가 Bulimia  
가  
가  
가 .  
fluoxetine(14), sertraline(15), fluvox- 가 bulimia  
mine(16) 가 가 . Bulimia가  
. Fluoxetine  
naltrexone 가 가 가  
(17). . bulimia  
2 fluoxetine .  
52 가 가  
(18). , .  
binge eater  
가 , , ,  
가 .  
가 . Binge eater

bulimia (10).  
 Binge eater가  
 eating episode) (gap)

(lapse) (relapse)

binge eater

bulimia

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