

**Freedom of Information Act 2000 - Request Reference FoI/23/495**  
**Binge Eating Disorder**

**1. Is the Trust commissioned to provide a service for patients assessed as meeting diagnostic criteria for Binge Eating Disorder (BED)?**

**a) For under 18s**

For under 18s, we have a dedicated Eating Disorder (ED) team who provide a range of support for young people with EDs including Binge Eating Disorder (BED). Additionally, there is a Weight Management service called Active Families, Active Lives (AFAL) available.

**b) For 18+ year olds**

Yes, the Adult Eating Disorder Service (EDS) is commissioned to provide a service for every eating disorder diagnosis including BED.

**2. If “no” to question 2 a) and/or b), does the Trust provide any kind of treatment for patients assessed as meeting diagnostic criteria for Binge Eating Disorder (BED) or signpost them to services provided by other organisations?**

**a) For under 18s**

Not applicable.

**b) For 18+ year olds**

Not applicable.

**3. Please outline the services that the Trust provides for patients assessed as meeting diagnostic criteria for Binge Eating Disorder (BED), including:**

**a) the types of treatment that the Trust provides specifically for Binge Eating Disorder (BED) (e.g. binge eating disorder-focused guided self-help, group eating disorder-focused CBT [group CBT-ED], individual eating disorder-focused CBT [individual CBT-ED]) and,**

For under 18s

For under 18s, we provide individual psychological therapies including CBT and compassion-focused therapy and we would also offer family therapy.

For 18+ year olds

The Adult EDS currently provides CBT-based guided self-help and individual CBT for BED.

If CBT is ineffective, the Adult EDS may also offer IPT (which is in the Matrics Cymru evidence tables) or compassion-focused/emotion regulation/trauma-informed approaches depending on client need.

The Adult Weight Management Service (WMS) provides a DBT group for BED/emotional overeating, as well as individual approaches.

**b) how these are provided (i.e. by eating disorder service/s, Improving Access to Psychological Therapies (IAPT) service/s, other primary care-based mental health services, Weight management services or otherwise).**

For under 18s

By the ED Team and/or the Weight Management service AFAL.

For 18+ year olds

The EDS holds the waiting list for guided self-help for BED. This is delivered by both our own staff and colleagues in Primary Mental Health Support Services under EDS supervision. Our therapists within EDS deliver CBT-ED or more individualised approaches. The WMS provides a DBT group.

**In the case of self-help, please specify whether this is guided or unguided.**

For under 18s

We offer guided self-help on body image and for those who are over 16, we may recommend that patients read self-help materials alongside interventions.

For 18+ year olds

The Adult EDS offers guided self-help. The Adult EDS may recommend that clients read self-help materials while they are waiting to access direct support.

**Please specify the names of all applicable services and the ICBs (CCGs) or local authorities that commission them. If the Trust provides more than one relevant service, please list answers to part a) separately against each.**

For under 18s

The under 18s service the ED Team sits under the Women & Children Clinical Board and the WMS team, AFAL, sits under the Clinical Diagnostics & Therapies Clinical Board. Both are commissioned by Cardiff and Vale University Health Board (the UHB).

For 18+ year olds

The Adult EDS sits under the Mental Health Clinical Board and is commissioned by the UHB. The WMS and Child and Adolescent Mental Health Services (CAMHS) sit under different clinical boards as part of the UHB.

- 4. If applicable, please describe any service restrictions/eligibility criteria around accessing treatment specifically for Binge Eating Disorder (BED) (e.g. age, weight/BMI, comorbidity, severity etc). If the Trust provides more than one relevant service, please list answers separately against each.**
- a) For under 18s**

For under 18s, the usual course of action is not to formally screen for EDs, however the WMS asks questions within the assessment that would warrant further discussion with the child or family. The WMS would usually direct in-house queries to its Psychologist for further advice. However, this post is currently vacant, so queries are directed to the Emotional Wellbeing Service via Single Point of Access.

A known or diagnosed ED on referral is an exclusion criterion for the AFAL team as we have the appropriate expertise elsewhere in the UHB and intervention within an ED service will not fit with a weight loss intervention. These services remain in open communication with each other to ensure that the child is on the right path.

**b) For 18+ year olds**

The Adult EDS accepts referrals for anyone aged 18 or over who has BED or struggles with binge eating. We have no upper BMI limit or other exclusion criteria. Where a client's presentation is straightforward, they will be offered guided self-help. If the situation is more complex (e.g. BED with mental/physical health comorbidities, or complex interpersonal/trauma histories) they will be offered individual CBT or a more formulation-based approach depending on need.

In terms of deciding who accesses EDS and who accesses WMS, we are led by the client: if their priority is weight loss, they will access WMS first (usually people with higher BMIs or health comorbidities) and if it is to stop binge eating, they will access EDS first. The WMS accepts people with a BMI over 30 for Tier 2, or over 40 (35 with comorbidities/complexities) for Tier 3. The DBT group is provided at Tier 3.