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## **Evaluation effect of dialectical behaviour therapy (DBT) on decreasing overeating and depression in women with binge eating disorder (BED)**

### **Abstract**

**Introduction:** Concerning about increasing prevalence of overweight rises from some evidence that shows excess weight has an adverse effect on health and longevity. Overweight and obesity-related disease, including high blood pressure, dyslipidemia, type 2 diabetes, coronary heart disease, measles swing, stroke, osteoarthritis, respiratory disease, certain types of cancer, and mood disorder.

**Methods:** The present research is conducted within a quasi-experimental with pretest, posttest design and control group. A sample of 16 women whose depression score were reported higher than 18 in Nutrition Counseling Center in Tehran was selected by available sampling method. Using DSM-IV eating disorder criteria and Beck depression inventory in pretest, it was revealed that 16 applicants were suffering from Binge Eating Disorder and depression with high scores, therefore they were randomly divided into experimental and control groups, each of which including 8 people. The experimental group received dialectical behavior therapy for 10 sessions.

**Results:** Statistical analyses indicated that the posttest scores have been affected by the independent variable ( $F=54.654$ ,  $P<0.001$ , Sig (2-tailed) =  $P - \text{value} = 0.000 < 0.001 = \alpha$ ), also total mean score and standard deviation of BED and BDI in experimental group decreased from 4.25, 1.98 and 29.62, 4.68 in pretest to 0.75, 0.70 and 15.12, 5.91 in posttest respectively. In addition, the mean of BED and CDI in control group changed from 3.25, 1.83 and 30.62, 6.84 in pretest to 2.87, 1.12 and 29.75, 5.82 in posttest respectively, which showed no statistically significant difference.

**Conclusion:** Results showed that dialectical behavior therapy had a positive effect in decreasing of overeating and depression in women with EBD.

**Keywords:** Dialectical behavior therapy, binge eating disorder, depression, women.