

WEBVTT

NOTE duration:"01:02:26"

NOTE recognizability:0.849

NOTE language:en-us

NOTE Confidence: 0.703122584285714

00:00:00.000 --> 00:00:03.437 Thank you very much, I appreciate it.

NOTE Confidence: 0.703122584285714

00:00:03.440 --> 00:00:06.360 Very much the opportunity to

NOTE Confidence: 0.703122584285714

00:00:06.360 --> 00:00:08.280 speak to folks about our work,

NOTE Confidence: 0.703122584285714

00:00:08.280 --> 00:00:11.508 and I certainly appreciate everyone here.

NOTE Confidence: 0.967088415

00:00:13.520 --> 00:00:17.896 Making the time to join us this morning

NOTE Confidence: 0.967088415

00:00:17.900 --> 00:00:19.286 to hear about some of our work.

NOTE Confidence: 0.938903716666667

00:00:21.470 --> 00:00:24.386 Again, I will provide an overview,

NOTE Confidence: 0.938903716666667

00:00:24.390 --> 00:00:26.902 a balanced overview of

NOTE Confidence: 0.938903716666667

00:00:26.902 --> 00:00:29.414 developments in recent advances.

NOTE Confidence: 0.938903716666667

00:00:29.420 --> 00:00:32.068 Regarding binge eating disorder

NOTE Confidence: 0.938903716666667

00:00:32.068 --> 00:00:36.358 and its treatment. I will try.

NOTE Confidence: 0.938903716666667

00:00:36.360 --> 00:00:39.279 To be balanced along side that I

NOTE Confidence: 0.938903716666667

00:00:39.279 --> 00:00:42.538 will also try to highlight a lot

NOTE Confidence: 0.938903716666667

00:00:42.538 --> 00:00:45.401 of the work that our program here  
NOTE Confidence: 0.938903716666667

00:00:45.401 --> 00:00:50.300 at Yale has been working hard on.  
NOTE Confidence: 0.938903716666667

00:00:50.300 --> 00:00:53.348 The usual disclosures in past 24  
NOTE Confidence: 0.938903716666667

00:00:53.348 --> 00:00:55.783 months I've received royalties for  
NOTE Confidence: 0.938903716666667

00:00:55.783 --> 00:00:57.798 academic books from Guilford Press  
NOTE Confidence: 0.938903716666667

00:00:57.798 --> 00:01:00.210 and Taylor and Francis Publishers.  
NOTE Confidence: 0.938903716666667

00:01:00.210 --> 00:01:05.815 Our aims are to look at the prevalence of BD,  
NOTE Confidence: 0.938903716666667

00:01:05.815 --> 00:01:08.275 its distribution and associated  
NOTE Confidence: 0.938903716666667

00:01:08.275 --> 00:01:08.890 comorbidities,  
NOTE Confidence: 0.938903716666667

00:01:08.890 --> 00:01:10.150 talk a little bit about the  
NOTE Confidence: 0.938903716666667

00:01:10.150 --> 00:01:10.990 diagnosis of being D,  
NOTE Confidence: 0.938903716666667

00:01:10.990 --> 00:01:12.523 its clinical features,  
NOTE Confidence: 0.938903716666667

00:01:12.523 --> 00:01:14.756 and associated context that's relevant.  
NOTE Confidence: 0.938903716666667

00:01:14.756 --> 00:01:17.175 For case and clinical formulation.  
NOTE Confidence: 0.938903716666667

00:01:17.175 --> 00:01:21.310 Provide an overview of the  
NOTE Confidence: 0.938903716666667

00:01:21.310 --> 00:01:23.960 evidence base for psychological and

NOTE Confidence: 0.938903716666667  
00:01:23.960 --> 00:01:25.830 pharmacological interventions for DD.  
NOTE Confidence: 0.938903716666667  
00:01:25.830 --> 00:01:27.837 And then focus a bit more on the recent  
NOTE Confidence: 0.938903716666667  
00:01:27.837 --> 00:01:29.787 advances in effective treatments for being D.  
NOTE Confidence: 0.938903716666667  
00:01:29.790 --> 00:01:30.910 As long as we, as,  
NOTE Confidence: 0.938903716666667  
00:01:30.910 --> 00:01:33.510 along with recent advances in  
NOTE Confidence: 0.938903716666667  
00:01:33.510 --> 00:01:36.827 methods for trying to gain a  
NOTE Confidence: 0.938903716666667  
00:01:36.827 --> 00:01:39.319 better understanding of which  
NOTE Confidence: 0.938903716666667  
00:01:39.319 --> 00:01:41.706 treatments work and for whom they  
NOTE Confidence: 0.938903716666667  
00:01:41.706 --> 00:01:43.780 may work and ways to enhance them.  
NOTE Confidence: 0.864218602  
00:01:46.130 --> 00:01:49.077 PD was included for the first time  
NOTE Confidence: 0.864218602  
00:01:49.077 --> 00:01:52.446 as a research diagnosis in the DSM 4.  
NOTE Confidence: 0.864218602  
00:01:52.450 --> 00:01:55.346 And then following a fair amount of research,  
NOTE Confidence: 0.864218602  
00:01:55.350 --> 00:01:57.018 it was bumped up to a  
NOTE Confidence: 0.864218602  
00:01:57.018 --> 00:01:58.450 formal category in the DSM.  
NOTE Confidence: 0.864218602  
00:01:58.450 --> 00:02:02.150 5 criteria are listed here.  
NOTE Confidence: 0.864218602

00:02:02.150 --> 00:02:04.586 The main piece that pay that's  
NOTE Confidence: 0.864218602

00:02:04.590 --> 00:02:06.600 really focused on perhaps too much.  
NOTE Confidence: 0.864218602

00:02:06.600 --> 00:02:08.664 I'll say a little bit about that a  
NOTE Confidence: 0.864218602

00:02:08.664 --> 00:02:10.717 little while with binge eating episodes.  
NOTE Confidence: 0.864218602

00:02:10.720 --> 00:02:13.182 This is a two part definition.  
NOTE Confidence: 0.864218602

00:02:13.182 --> 00:02:15.430 It's eating unusually large  
NOTE Confidence: 0.864218602

00:02:15.430 --> 00:02:19.040 quantities of food and I believe,  
NOTE Confidence: 0.864218602

00:02:19.040 --> 00:02:20.972 and I believe the empirical literature  
NOTE Confidence: 0.864218602

00:02:20.972 --> 00:02:22.801 suggests that the subjective sense of  
NOTE Confidence: 0.864218602

00:02:22.801 --> 00:02:24.516 loss of control that needs to accompany  
NOTE Confidence: 0.864218602

00:02:24.516 --> 00:02:26.158 it is actually the key feature.  
NOTE Confidence: 0.864218602

00:02:26.160 --> 00:02:29.828 In fact, the ICD has eliminated the need  
NOTE Confidence: 0.864218602

00:02:29.828 --> 00:02:31.940 for unusually large quantities of food,  
NOTE Confidence: 0.864218602

00:02:31.940 --> 00:02:33.254 and they focus more on a  
NOTE Confidence: 0.864218602

00:02:33.254 --> 00:02:34.470 subjective sense of control during.  
NOTE Confidence: 0.864218602

00:02:34.470 --> 00:02:35.808 Certain eating episodes,

NOTE Confidence: 0.864218602

00:02:35.808 --> 00:02:39.339 but here on this side up on the

NOTE Confidence: 0.864218602

00:02:39.339 --> 00:02:40.975 diagnosis requires large quantities

NOTE Confidence: 0.864218602

00:02:40.975 --> 00:02:43.020 of food while experiencing a

NOTE Confidence: 0.864218602

00:02:43.083 --> 00:02:45.249 subjective sense of loss of control.

NOTE Confidence: 0.864218602

00:02:45.250 --> 00:02:48.172 Loss of control can be a

NOTE Confidence: 0.864218602

00:02:48.172 --> 00:02:49.704 little vague for some people.

NOTE Confidence: 0.864218602

00:02:49.704 --> 00:02:51.270 If you capture it as a

NOTE Confidence: 0.864218602

00:02:51.329 --> 00:02:53.069 clinician and talking to them,

NOTE Confidence: 0.864218602

00:02:53.070 --> 00:02:54.610 you'll see the light bulb go off.

NOTE Confidence: 0.864218602

00:02:54.610 --> 00:02:55.170 If not,

NOTE Confidence: 0.864218602

00:02:55.170 --> 00:02:56.850 you sometimes have to guide them

NOTE Confidence: 0.864218602

00:02:56.850 --> 00:02:58.475 through it because they haven't

NOTE Confidence: 0.864218602

00:02:58.475 --> 00:03:00.485 talked about this with other people

NOTE Confidence: 0.864218602

00:03:00.485 --> 00:03:02.938 with the SM provides us with five

NOTE Confidence: 0.864218602

00:03:02.938 --> 00:03:04.224 behavioral indicators for assessing

NOTE Confidence: 0.864218602

00:03:04.224 --> 00:03:06.006 the loss of control and diagnosis.  
NOTE Confidence: 0.864218602

00:03:06.010 --> 00:03:07.138 Requires endorsement of at  
NOTE Confidence: 0.864218602

00:03:07.138 --> 00:03:08.266 least three of these.  
NOTE Confidence: 0.864218602

00:03:08.270 --> 00:03:09.785 These include things such as  
NOTE Confidence: 0.864218602

00:03:09.785 --> 00:03:11.300 eating much more rapidly than  
NOTE Confidence: 0.864218602

00:03:11.352 --> 00:03:12.708 usual during that episode,  
NOTE Confidence: 0.864218602

00:03:12.710 --> 00:03:14.150 eating large quantities of  
NOTE Confidence: 0.864218602

00:03:14.150 --> 00:03:15.950 food despite not being hungry,  
NOTE Confidence: 0.864218602

00:03:15.950 --> 00:03:18.014 eating until physically and  
NOTE Confidence: 0.864218602

00:03:18.014 --> 00:03:20.078 emotionally uncomfortable or painful.  
NOTE Confidence: 0.864218602

00:03:20.080 --> 00:03:22.376 Eating alone due to embarrassment about the  
NOTE Confidence: 0.864218602

00:03:22.376 --> 00:03:24.976 quantity or the nature of the eating itself,  
NOTE Confidence: 0.864218602

00:03:24.980 --> 00:03:26.540 and then feeling disgusted,  
NOTE Confidence: 0.864218602

00:03:26.540 --> 00:03:28.016 guilty, and depressed afterwards.  
NOTE Confidence: 0.864218602

00:03:28.016 --> 00:03:29.464 Those are strong words.  
NOTE Confidence: 0.864218602

00:03:29.470 --> 00:03:31.790 This is not the regret of having overeaten.

NOTE Confidence: 0.864218602

00:03:31.790 --> 00:03:35.186 These are really intense emotional sequelae.

NOTE Confidence: 0.864218602

00:03:35.190 --> 00:03:37.452 The diagnosis requires that there be

NOTE Confidence: 0.864218602

00:03:37.452 --> 00:03:39.440 market distress about binge eating.

NOTE Confidence: 0.864218602

00:03:39.440 --> 00:03:43.668 Interestingly, some people do.

NOTE Confidence: 0.864218602

00:03:43.670 --> 00:03:45.840 Experience.

NOTE Confidence: 0.864218602

00:03:45.840 --> 00:03:47.096 With those behavioral features

NOTE Confidence: 0.864218602

00:03:47.096 --> 00:03:48.666 and the loss of control,

NOTE Confidence: 0.864218602

00:03:48.670 --> 00:03:51.295 and are not particularly distressed about it.

NOTE Confidence: 0.864218602

00:03:51.300 --> 00:03:54.755 The DSM would exclude those

NOTE Confidence: 0.864218602

00:03:54.755 --> 00:03:58.340 people from the diagnosis.

NOTE Confidence: 0.864218602

00:03:58.340 --> 00:04:00.920 The couple of exclusionary features.

NOTE Confidence: 0.864218602

00:04:00.920 --> 00:04:02.284 There are no wait,

NOTE Confidence: 0.864218602

00:04:02.284 --> 00:04:03.648 compensatory behaviors such as

NOTE Confidence: 0.864218602

00:04:03.648 --> 00:04:05.466 the extreme restriction that

NOTE Confidence: 0.864218602

00:04:05.466 --> 00:04:07.077 characterizes anorexia nervosa,

NOTE Confidence: 0.864218602

00:04:07.080 --> 00:04:11.040 and there is the absence of a  
NOTE Confidence: 0.864218602

00:04:11.040 --> 00:04:13.160 variety of inappropriate purging  
NOTE Confidence: 0.864218602

00:04:13.160 --> 00:04:15.520 behaviors that characterize bleeding.  
NOTE Confidence: 0.864218602

00:04:15.520 --> 00:04:17.152 There no Rosa,  
NOTE Confidence: 0.864218602

00:04:17.152 --> 00:04:19.757 the frequency is requirements and  
NOTE Confidence: 0.864218602

00:04:19.757 --> 00:04:22.799 stipulations are that at least one  
NOTE Confidence: 0.864218602

00:04:22.799 --> 00:04:25.583 loss of control episode happened weekly  
NOTE Confidence: 0.864218602

00:04:25.583 --> 00:04:29.227 with the duration of at least three months.  
NOTE Confidence: 0.864218602

00:04:29.230 --> 00:04:31.099 This is a self monitoring record to  
NOTE Confidence: 0.864218602

00:04:31.099 --> 00:04:33.624 give you a quick idea from a clinical  
NOTE Confidence: 0.864218602

00:04:33.624 --> 00:04:35.980 perspective of what the eating  
NOTE Confidence: 0.864218602

00:04:35.980 --> 00:04:39.355 architecture topography may look like.  
NOTE Confidence: 0.864218602

00:04:39.360 --> 00:04:41.120 And it's not just so much the eating.  
NOTE Confidence: 0.864218602

00:04:41.120 --> 00:04:42.884 It's not so much the healthiness  
NOTE Confidence: 0.864218602

00:04:42.884 --> 00:04:44.060 and sometimes different eating  
NOTE Confidence: 0.864218602

00:04:44.115 --> 00:04:45.660 episodes can look rather similar.



NOTE Confidence: 0.864218602

00:04:45.660 --> 00:04:47.670 It's when the loss of control

NOTE Confidence: 0.864218602

00:04:47.670 --> 00:04:50.310 kicks in that we can categorize the

NOTE Confidence: 0.864218602

00:04:50.310 --> 00:04:52.960 presence of a binge eating episode.

NOTE Confidence: 0.864218602

00:04:52.960 --> 00:04:54.420 So this gentleman starts off

NOTE Confidence: 0.864218602

00:04:54.420 --> 00:04:55.588 today at 7:00 o'clock,

NOTE Confidence: 0.864218602

00:04:55.590 --> 00:04:57.560 through a drive-thru as a

NOTE Confidence: 0.864218602

00:04:57.560 --> 00:04:59.390 toasted bagel with egg, sausage,

NOTE Confidence: 0.864218602

00:04:59.390 --> 00:05:00.640 and cheese, a coffee roll,

NOTE Confidence: 0.864218602

00:05:00.640 --> 00:05:03.970 large regular coffee.

NOTE Confidence: 0.80615364625

00:05:03.970 --> 00:05:06.058 Not a great nutritional start to the day,

NOTE Confidence: 0.80615364625

00:05:06.060 --> 00:05:12.590 but. Didn't concern this gentleman.

NOTE Confidence: 0.80615364625

00:05:12.590 --> 00:05:14.942 At 12:00 o'clock, another fast food

NOTE Confidence: 0.80615364625

00:05:14.942 --> 00:05:17.079 restaurant to beef burritos at beef,

NOTE Confidence: 0.80615364625

00:05:17.080 --> 00:05:19.296 a bean burrito and extra large soda goes

NOTE Confidence: 0.80615364625

00:05:19.296 --> 00:05:21.585 back to the office for Chocolate Chip

NOTE Confidence: 0.80615364625

00:05:21.585 --> 00:05:24.456 cookies and Work Lounge with his coworkers.

NOTE Confidence: 0.80615364625

00:05:24.456 --> 00:05:26.848 Gentleman arrives home and

NOTE Confidence: 0.80615364625

00:05:26.848 --> 00:05:29.698 he lives alone about 6:15.

NOTE Confidence: 0.80615364625

00:05:29.698 --> 00:05:32.318 Start thinking about ordering dinner,

NOTE Confidence: 0.80615364625

00:05:32.320 --> 00:05:33.643 ordering a pizza.

NOTE Confidence: 0.80615364625

00:05:33.643 --> 00:05:37.620 He proceeds as some chip dip and pretzels.

NOTE Confidence: 0.80615364625

00:05:37.620 --> 00:05:38.870 A few minutes later has

NOTE Confidence: 0.80615364625

00:05:38.870 --> 00:05:39.870 some crackers with cheese.

NOTE Confidence: 0.80615364625

00:05:39.870 --> 00:05:41.582 Has a half a bowl, leftover macaroni

NOTE Confidence: 0.80615364625

00:05:41.582 --> 00:05:43.286 while watching television awaits.

NOTE Confidence: 0.80615364625

00:05:43.290 --> 00:05:44.676 Green pizza, delivery,

NOTE Confidence: 0.80615364625

00:05:44.676 --> 00:05:46.986 pizza delivery finally comes on.

NOTE Confidence: 0.80615364625

00:05:46.990 --> 00:05:48.418 The gentleman has four

NOTE Confidence: 0.80615364625

00:05:48.418 --> 00:05:49.846 slices of sausage pizza,

NOTE Confidence: 0.80615364625

00:05:49.850 --> 00:05:53.394 a bag of chips and two sodas that's

NOTE Confidence: 0.80615364625

00:05:53.400 --> 00:05:56.191 experienced by him as his dinner.

NOTE Confidence: 0.80615364625

00:05:56.191 --> 00:05:59.096 Again, not a stellar nutritional.

NOTE Confidence: 0.80615364625

00:05:59.100 --> 00:06:01.910 Day, but you do see a bit of structure to

NOTE Confidence: 0.80615364625

00:06:01.982 --> 00:06:04.782 the day and that it's not continuous eating

NOTE Confidence: 0.80615364625

00:06:04.782 --> 00:06:08.085 like we sometimes see in some of these folks,

NOTE Confidence: 0.80615364625

00:06:08.090 --> 00:06:10.939 there are some eating episodes that are

NOTE Confidence: 0.80615364625

00:06:10.939 --> 00:06:13.789 roughly at mealtimes and so on and so forth.

NOTE Confidence: 0.80615364625

00:06:13.790 --> 00:06:14.828 An hour and a half later,

NOTE Confidence: 0.80615364625

00:06:14.830 --> 00:06:17.450 despite being.

NOTE Confidence: 0.80615364625

00:06:17.450 --> 00:06:20.320 Completely satiated.

NOTE Confidence: 0.80615364625

00:06:20.320 --> 00:06:20.768 Gentlemen,

NOTE Confidence: 0.80615364625

00:06:20.768 --> 00:06:23.568 thinking about some things against the field,

NOTE Confidence: 0.80615364625

00:06:23.568 --> 00:06:25.920 some distress goes back into the kitchen.

NOTE Confidence: 0.80615364625

00:06:25.920 --> 00:06:28.656 And proceeds to have another 4 slices of

NOTE Confidence: 0.80615364625

00:06:28.656 --> 00:06:31.707 the sausage pizza and finds bowl with the

NOTE Confidence: 0.80615364625

00:06:31.707 --> 00:06:33.900 leftover macaroni and cheese finishes.

NOTE Confidence: 0.80615364625

00:06:33.900 --> 00:06:37.236 It grabs 3 or 4 handfuls of chips  
NOTE Confidence: 0.80615364625

00:06:37.240 --> 00:06:40.004 and reported literally stuffing  
NOTE Confidence: 0.80615364625

00:06:40.004 --> 00:06:43.324 them in his mouth and then had a  
NOTE Confidence: 0.80615364625

00:06:43.324 --> 00:06:45.307 leftover sandwich that was tucked  
NOTE Confidence: 0.80615364625

00:06:45.307 --> 00:06:48.156 away on the side of the refrigerator.  
NOTE Confidence: 0.80615364625

00:06:48.160 --> 00:06:49.760 During this episode he labeled  
NOTE Confidence: 0.80615364625

00:06:49.760 --> 00:06:51.930 it as a binge eating episode.  
NOTE Confidence: 0.80615364625

00:06:51.930 --> 00:06:53.160 He said he was eating.  
NOTE Confidence: 0.80615364625

00:06:53.160 --> 00:06:54.469 He didn't know why he was eating.  
NOTE Confidence: 0.80615364625

00:06:54.470 --> 00:06:55.410 He was eating rapidly.  
NOTE Confidence: 0.80615364625

00:06:55.410 --> 00:06:55.880 He was.  
NOTE Confidence: 0.80615364625

00:06:55.880 --> 00:06:58.208 Shoving the food in his mouth.  
NOTE Confidence: 0.80615364625

00:06:58.210 --> 00:07:00.682 It was actually uncomfortable and he  
NOTE Confidence: 0.80615364625

00:07:00.682 --> 00:07:02.910 felt utterly disgusted with himself.  
NOTE Confidence: 0.80615364625

00:07:02.910 --> 00:07:04.827 If you look at the binge in the dinner,  
NOTE Confidence: 0.80615364625

00:07:04.830 --> 00:07:07.038 just not really much of a difference there,

NOTE Confidence: 0.80615364625  
00:07:07.040 --> 00:07:08.565 it is really the subjective  
NOTE Confidence: 0.80615364625  
00:07:08.565 --> 00:07:09.785 experience during the latter,  
NOTE Confidence: 0.80615364625  
00:07:09.790 --> 00:07:12.835 so this is not an issue around  
NOTE Confidence: 0.80615364625  
00:07:12.835 --> 00:07:14.650 overeating which most of us do  
NOTE Confidence: 0.80615364625  
00:07:14.650 --> 00:07:16.870 from time to time or frequently,  
NOTE Confidence: 0.80615364625  
00:07:16.870 --> 00:07:20.246 but rather a an episode that is very  
NOTE Confidence: 0.80615364625  
00:07:20.246 --> 00:07:23.050 salient and individuals who experience  
NOTE Confidence: 0.80615364625  
00:07:23.050 --> 00:07:27.418 these episodes are quite distressed by them.  
NOTE Confidence: 0.80615364625  
00:07:27.420 --> 00:07:30.088 How common is this?  
NOTE Confidence: 0.80615364625  
00:07:30.088 --> 00:07:32.756 Our colleagues and I.  
NOTE Confidence: 0.80615364625  
00:07:32.760 --> 00:07:38.020 Performed a epidemiologic analysis.  
NOTE Confidence: 0.80615364625  
00:07:38.020 --> 00:07:42.860 With this arc three which use DSM 5.  
NOTE Confidence: 0.80615364625  
00:07:42.860 --> 00:07:45.107 Criteria and we found that BD is  
NOTE Confidence: 0.80615364625  
00:07:45.107 --> 00:07:47.025 more prevalent than either anorexia  
NOTE Confidence: 0.80615364625  
00:07:47.025 --> 00:07:48.797 nervosa or bulimia nervosa.  
NOTE Confidence: 0.80615364625

00:07:48.800 --> 00:07:53.490 Our estimate was a lifetime rate of .85%.  
NOTE Confidence: 0.80615364625

00:07:53.490 --> 00:07:56.017 This rate is lower than previous studies.  
NOTE Confidence: 0.80615364625

00:07:56.020 --> 00:07:57.541 This rate, however,  
NOTE Confidence: 0.80615364625

00:07:57.541 --> 00:08:00.076 is consistent with the median  
NOTE Confidence: 0.80615364625

00:08:00.076 --> 00:08:02.299 rates performed with a variety  
NOTE Confidence: 0.80615364625

00:08:02.299 --> 00:08:04.310 of large scale European.  
NOTE Confidence: 0.80615364625

00:08:04.310 --> 00:08:05.190 Studies.  
NOTE Confidence: 0.80615364625

00:08:05.190 --> 00:08:06.070 Interestingly,  
NOTE Confidence: 0.80615364625

00:08:06.070 --> 00:08:07.830 and importantly,  
NOTE Confidence: 0.80615364625

00:08:07.830 --> 00:08:09.818 understanding the the distribution  
NOTE Confidence: 0.80615364625

00:08:09.818 --> 00:08:12.800 is valuable for clinicians to help  
NOTE Confidence: 0.80615364625

00:08:12.877 --> 00:08:15.229 recognize what potentially recognize  
NOTE Confidence: 0.80615364625

00:08:15.229 --> 00:08:18.170 this problem occurs in men and women.  
NOTE Confidence: 0.80615364625

00:08:18.170 --> 00:08:20.480 More women than men appear to  
NOTE Confidence: 0.80615364625

00:08:20.480 --> 00:08:22.099 suffer from binge eating disorder,  
NOTE Confidence: 0.80615364625

00:08:22.099 --> 00:08:24.080 but it does not show the market

NOTE Confidence: 0.80615364625

00:08:24.132 --> 00:08:25.520 gender distribution that we

NOTE Confidence: 0.80615364625

00:08:25.520 --> 00:08:26.908 see for anorexia nervosa.

NOTE Confidence: 0.80615364625

00:08:26.910 --> 00:08:27.746 In particular,

NOTE Confidence: 0.80615364625

00:08:27.746 --> 00:08:31.090 a BD occurs across ethnic and racial groups.

NOTE Confidence: 0.80615364625

00:08:31.090 --> 00:08:34.936 People of color appear to have

NOTE Confidence: 0.80615364625

00:08:34.936 --> 00:08:36.859 strikingly comparable rates.

NOTE Confidence: 0.80615364625

00:08:36.860 --> 00:08:39.680 As as wide as individuals,

NOTE Confidence: 0.767892006666667

00:08:39.680 --> 00:08:42.596 BD occurs across all weight groups,

NOTE Confidence: 0.767892006666667

00:08:42.600 --> 00:08:44.838 but is associated strongly with severe

NOTE Confidence: 0.767892006666667

00:08:44.838 --> 00:08:47.435 obesity that we have a treatment confound

NOTE Confidence: 0.767892006666667

00:08:47.435 --> 00:08:50.356 in the sense that in most clinical settings

NOTE Confidence: 0.767892006666667

00:08:50.356 --> 00:08:53.740 most people with PD have coexisting obesity,

NOTE Confidence: 0.767892006666667

00:08:53.740 --> 00:08:55.774 but at the national community level

NOTE Confidence: 0.767892006666667

00:08:55.774 --> 00:08:58.200 it is found across all week groups.

NOTE Confidence: 0.767892006666667

00:08:58.200 --> 00:09:00.520 But if you wait long enough, the excess

NOTE Confidence: 0.767892006666667

00:09:00.520 --> 00:09:02.740 weight will eventually build the association.

NOTE Confidence: 0.767892006666667

00:09:02.740 --> 00:09:05.740 With obesity is a strong one.

NOTE Confidence: 0.767892006666667

00:09:05.740 --> 00:09:08.386 Large ratios there from three of the

NOTE Confidence: 0.767892006666667

00:09:08.386 --> 00:09:10.400 major epidemiologic studies and National

NOTE Confidence: 0.767892006666667

00:09:10.400 --> 00:09:13.880 comorbidity survey replication at a 4.9.

NOTE Confidence: 0.767892006666667

00:09:13.880 --> 00:09:16.370 Odds ratio adjusted odds ratio.

NOTE Confidence: 0.767892006666667

00:09:16.370 --> 00:09:18.225 The World Health Organization Mental

NOTE Confidence: 0.767892006666667

00:09:18.225 --> 00:09:20.362 Health Study 6.6 and our analysis

NOTE Confidence: 0.767892006666667

00:09:20.362 --> 00:09:24.069 with Nice start three point 4.6 again.

NOTE Confidence: 0.767892006666667

00:09:24.069 --> 00:09:25.983 I emphasize that obesity and weight

NOTE Confidence: 0.767892006666667

00:09:25.983 --> 00:09:27.896 fluctuation are most often the reasons

NOTE Confidence: 0.767892006666667

00:09:27.896 --> 00:09:29.690 that lead people to seek treatment,

NOTE Confidence: 0.767892006666667

00:09:29.690 --> 00:09:32.800 not to be D itself.

NOTE Confidence: 0.767892006666667

00:09:32.800 --> 00:09:35.625 It is associated with elevated

NOTE Confidence: 0.767892006666667

00:09:35.625 --> 00:09:37.320 risk psychiatric occurrences.

NOTE Confidence: 0.767892006666667

00:09:37.320 --> 00:09:37.697 Nationally,



NOTE Confidence: 0.767892006666667

00:09:37.697 --> 00:09:39.205 representative samples consistently find

NOTE Confidence: 0.767892006666667

00:09:39.205 --> 00:09:41.830 that the majority in the vast majority,

NOTE Confidence: 0.767892006666667

00:09:41.830 --> 00:09:44.116 nearly all patients have at least

NOTE Confidence: 0.767892006666667

00:09:44.116 --> 00:09:45.640 one other psychiatric disorder.

NOTE Confidence: 0.767892006666667

00:09:45.640 --> 00:09:47.896 The most common Co occurring disorders

NOTE Confidence: 0.767892006666667

00:09:47.896 --> 00:09:50.767 are listed there in our in our analysis,

NOTE Confidence: 0.767892006666667

00:09:50.770 --> 00:09:57.578 70% moved 68% Sud and 59% anxiety disorders.

NOTE Confidence: 0.767892006666667

00:09:57.578 --> 00:10:00.358 These rates are fairly comparable

NOTE Confidence: 0.767892006666667

00:10:00.358 --> 00:10:03.268 to other large scale studies.

NOTE Confidence: 0.767892006666667

00:10:03.270 --> 00:10:06.650 This is sometimes viewed as are

NOTE Confidence: 0.767892006666667

00:10:06.650 --> 00:10:08.070 the other eating disorders.

NOTE Confidence: 0.767892006666667

00:10:08.070 --> 00:10:09.726 Unfortunately, as you know,

NOTE Confidence: 0.767892006666667

00:10:09.726 --> 00:10:12.210 using unfortunate term as boutique disorders,

NOTE Confidence: 0.767892006666667

00:10:12.210 --> 00:10:14.910 these disorders are associated with

NOTE Confidence: 0.767892006666667

00:10:14.910 --> 00:10:18.262 high rates of chronicity and rather

NOTE Confidence: 0.767892006666667

00:10:18.262 --> 00:10:20.050 concerning functional impairments.  
NOTE Confidence: 0.767892006666667

00:10:20.050 --> 00:10:22.078 Just as one example,  
NOTE Confidence: 0.767892006666667

00:10:22.078 --> 00:10:24.706 you're the prevalence rates that  
NOTE Confidence: 0.767892006666667

00:10:24.706 --> 00:10:27.936 we found for persons with eating  
NOTE Confidence: 0.767892006666667

00:10:27.936 --> 00:10:30.474 disorders and the adjusted odds ratios  
NOTE Confidence: 0.767892006666667

00:10:30.474 --> 00:10:32.675 for suicide attempts in persons  
NOTE Confidence: 0.767892006666667

00:10:32.675 --> 00:10:35.491 with binge eating disorder was 4.8.  
NOTE Confidence: 0.767892006666667

00:10:35.491 --> 00:10:36.172 Three,  
NOTE Confidence: 0.767892006666667

00:10:36.172 --> 00:10:39.700 that's a fairly concerning elevation  
NOTE Confidence: 0.767892006666667

00:10:39.700 --> 00:10:41.962 and risk of interest,  
NOTE Confidence: 0.767892006666667

00:10:41.962 --> 00:10:43.617 and the reasons are uncertain.  
NOTE Confidence: 0.767892006666667

00:10:43.620 --> 00:10:45.432 The onset of BD was significantly  
NOTE Confidence: 0.767892006666667

00:10:45.432 --> 00:10:46.640 more likely to proceed.  
NOTE Confidence: 0.767892006666667

00:10:46.640 --> 00:10:48.492 Suicide attempts in those  
NOTE Confidence: 0.767892006666667

00:10:48.492 --> 00:10:50.344 persons characterized with BD,  
NOTE Confidence: 0.767892006666667

00:10:50.350 --> 00:10:51.784 whereas people characterize,

NOTE Confidence: 0.767892006666667

00:10:51.784 --> 00:10:54.174 without erection impulsive blooming orvos,

NOTE Confidence: 0.767892006666667

00:10:54.180 --> 00:10:56.238 it was about half and half.

NOTE Confidence: 0.767892006666667

00:10:56.240 --> 00:11:01.232 Point being there are significant social,

NOTE Confidence: 0.767892006666667

00:11:01.232 --> 00:11:01.860 psychosocial,

NOTE Confidence: 0.767892006666667

00:11:01.860 --> 00:11:03.615 and functional impairments as well

NOTE Confidence: 0.767892006666667

00:11:03.615 --> 00:11:05.920 as other kind of important health

NOTE Confidence: 0.767892006666667

00:11:05.920 --> 00:11:08.114 indicators that these individuals

NOTE Confidence: 0.767892006666667

00:11:08.114 --> 00:11:09.250 suffer from.

NOTE Confidence: 0.767892006666667

00:11:09.250 --> 00:11:11.350 In terms of medical Co,

NOTE Confidence: 0.767892006666667

00:11:11.350 --> 00:11:14.130 occurrences also has high elevated,

NOTE Confidence: 0.767892006666667

00:11:14.130 --> 00:11:16.440 significantly elevated risk for a

NOTE Confidence: 0.767892006666667

00:11:16.440 --> 00:11:18.750 variety of medical Cohen currencies.

NOTE Confidence: 0.767892006666667

00:11:18.750 --> 00:11:20.818 First and foremost, obesity,

NOTE Confidence: 0.767892006666667

00:11:20.818 --> 00:11:22.886 which I mentioned earlier,

NOTE Confidence: 0.767892006666667

00:11:22.890 --> 00:11:23.990 but a variety of cardio,

NOTE Confidence: 0.767892006666667

00:11:23.990 --> 00:11:25.034 metabolic problems,  
NOTE Confidence: 0.767892006666667

00:11:25.034 --> 00:11:26.078 various Crain,  
NOTE Confidence: 0.767892006666667

00:11:26.078 --> 00:11:28.688 chronic pain conditions and elevated  
NOTE Confidence: 0.767892006666667

00:11:28.688 --> 00:11:31.420 rates for a variety of these  
NOTE Confidence: 0.767892006666667

00:11:31.420 --> 00:11:32.980 medical conditions are elevated  
NOTE Confidence: 0.767892006666667

00:11:32.980 --> 00:11:34.990 even after adjusting for a variety  
NOTE Confidence: 0.767892006666667

00:11:34.990 --> 00:11:36.875 of socio demographic factors as  
NOTE Confidence: 0.767892006666667

00:11:36.875 --> 00:11:39.185 well As for adjustment for obesity.  
NOTE Confidence: 0.767892006666667

00:11:39.190 --> 00:11:41.650 The World Health Organization study  
NOTE Confidence: 0.767892006666667

00:11:41.650 --> 00:11:44.110 also found that the significant  
NOTE Confidence: 0.767892006666667

00:11:44.189 --> 00:11:45.995 associations were temporarily  
NOTE Confidence: 0.767892006666667

00:11:45.995 --> 00:11:49.005 primary be deleting or proceeding  
NOTE Confidence: 0.767892006666667

00:11:49.005 --> 00:11:51.320 subsequent medical comorbidities.  
NOTE Confidence: 0.767892006666667

00:11:51.320 --> 00:11:53.474 Something that does not come up  
NOTE Confidence: 0.767892006666667

00:11:53.474 --> 00:11:56.800 in the DSM or in a lot of kind of  
NOTE Confidence: 0.767892006666667

00:11:56.800 --> 00:11:59.125 clinical settings is a critically

NOTE Confidence: 0.767892006666667

00:11:59.125 --> 00:12:02.164 important context that I would like

NOTE Confidence: 0.767892006666667

00:12:02.164 --> 00:12:05.212 to highlight and that is the issue of

NOTE Confidence: 0.767892006666667

00:12:05.212 --> 00:12:07.720 weight based stigma and negative biases.

NOTE Confidence: 0.767892006666667

00:12:07.720 --> 00:12:09.872 To put it bluntly,

NOTE Confidence: 0.767892006666667

00:12:09.872 --> 00:12:12.441 negative weight based stereotypes in

NOTE Confidence: 0.767892006666667

00:12:12.441 --> 00:12:14.496 our society and similar societies

NOTE Confidence: 0.767892006666667

00:12:14.496 --> 00:12:16.545 offer basic individuals with obesity

NOTE Confidence: 0.767892006666667

00:12:16.545 --> 00:12:18.890 are widely viewed as lazy and lacking

NOTE Confidence: 0.767892006666667

00:12:18.890 --> 00:12:21.530 in self discipline and in rural power.

NOTE Confidence: 0.767892006666667

00:12:21.530 --> 00:12:24.562 Tests and and assessments

NOTE Confidence: 0.767892006666667

00:12:24.562 --> 00:12:26.836 asking for explicit.

NOTE Confidence: 0.8359905

00:12:26.840 --> 00:12:33.210 Views document this. Remarkably.

NOTE Confidence: 0.8359905

00:12:33.210 --> 00:12:35.790 Stigmatising view that many of us

NOTE Confidence: 0.8359905

00:12:35.790 --> 00:12:39.910 have studies that look at implicit

NOTE Confidence: 0.8359905

00:12:39.910 --> 00:12:41.848 ways of getting at these attitudes.

NOTE Confidence: 0.8359905

00:12:41.850 --> 00:12:42.882 Find the same.  
NOTE Confidence: 0.8359905

00:12:42.882 --> 00:12:44.946 I emphasize that such views exist  
NOTE Confidence: 0.8359905

00:12:44.946 --> 00:12:47.401 even among health care workers and  
NOTE Confidence: 0.8359905

00:12:47.401 --> 00:12:49.446 studies have also done documented  
NOTE Confidence: 0.8359905

00:12:49.512 --> 00:12:51.904 that these views are often common,  
NOTE Confidence: 0.8359905

00:12:51.904 --> 00:12:55.386 often present even in health care  
NOTE Confidence: 0.8359905

00:12:55.386 --> 00:12:58.050 workers with a specialty in the areas of  
NOTE Confidence: 0.8359905

00:12:58.121 --> 00:13:00.474 obesity and related metabolic problems.  
NOTE Confidence: 0.8359905

00:13:00.474 --> 00:13:02.378 So that's one problem.  
NOTE Confidence: 0.8359905

00:13:02.380 --> 00:13:04.360 The second problem is that such  
NOTE Confidence: 0.8359905

00:13:04.360 --> 00:13:05.680 views are often internalized  
NOTE Confidence: 0.8359905

00:13:05.742 --> 00:13:07.230 by the patients themselves.  
NOTE Confidence: 0.8359905

00:13:07.230 --> 00:13:09.650 Unlike some other discrimination  
NOTE Confidence: 0.8359905

00:13:09.650 --> 00:13:11.465 and stigmatizing experiences,  
NOTE Confidence: 0.8359905

00:13:11.470 --> 00:13:12.774 people with obesity often  
NOTE Confidence: 0.8359905

00:13:12.774 --> 00:13:14.404 buy into the same views,

NOTE Confidence: 0.8359905

00:13:14.410 --> 00:13:17.539 and they begin to stigmatise themselves with

NOTE Confidence: 0.8359905

00:13:17.539 --> 00:13:20.848 the same harsh language and harsh views.

NOTE Confidence: 0.8359905

00:13:20.850 --> 00:13:25.680 So persons with obesity face.

NOTE Confidence: 0.8359905

00:13:25.680 --> 00:13:28.640 Would be The Who have coexisting obesity and

NOTE Confidence: 0.8359905

00:13:28.640 --> 00:13:31.472 come to us for help face weight based stigma.

NOTE Confidence: 0.8359905

00:13:31.472 --> 00:13:33.708 They have long histories of being stigmatized

NOTE Confidence: 0.8359905

00:13:33.708 --> 00:13:36.039 because of their size and their weight,

NOTE Confidence: 0.8359905

00:13:36.040 --> 00:13:37.840 and they also have the added

NOTE Confidence: 0.8359905

00:13:37.840 --> 00:13:39.530 shame about the binge eating.

NOTE Confidence: 0.8359905

00:13:39.530 --> 00:13:41.210 So it's a kind of a double whammy,

NOTE Confidence: 0.8359905

00:13:41.210 --> 00:13:43.540 so appreciation of the history.

NOTE Confidence: 0.8359905

00:13:43.540 --> 00:13:46.044 There are many of our patients have with

NOTE Confidence: 0.8359905

00:13:46.044 --> 00:13:48.077 weight based bias and discrimination

NOTE Confidence: 0.8359905

00:13:48.077 --> 00:13:50.759 experiences is essential for effective care.

NOTE Confidence: 0.8359905

00:13:50.760 --> 00:13:53.140 Language matters a great deal.

NOTE Confidence: 0.8359905

00:13:53.140 --> 00:13:54.440 To belabor this point further,  
NOTE Confidence: 0.8359905

00:13:54.440 --> 00:13:55.420 this is an example.  
NOTE Confidence: 0.8359905

00:13:55.420 --> 00:13:56.890 This is not just bad manners.  
NOTE Confidence: 0.8359905

00:13:56.890 --> 00:13:58.942 This is not just we need  
NOTE Confidence: 0.8359905

00:13:58.942 --> 00:14:00.310 to be more respectful,  
NOTE Confidence: 0.8359905

00:14:00.310 --> 00:14:02.420 which I think we do.  
NOTE Confidence: 0.8359905

00:14:02.420 --> 00:14:03.940 This has medical consequences,  
NOTE Confidence: 0.8359905

00:14:03.940 --> 00:14:06.563 so just as an example analysis we  
NOTE Confidence: 0.8359905

00:14:06.563 --> 00:14:08.779 did with Denise Arc wave one and two,  
NOTE Confidence: 0.8359905

00:14:08.780 --> 00:14:11.198 we looked at weight based discrimination,  
NOTE Confidence: 0.8359905

00:14:11.200 --> 00:14:13.310 race based discrimination and sex  
NOTE Confidence: 0.8359905

00:14:13.310 --> 00:14:16.472 based discrimination and wave one and  
NOTE Confidence: 0.8359905

00:14:16.472 --> 00:14:20.680 associations with new cardiovascular  
NOTE Confidence: 0.8359905

00:14:20.680 --> 00:14:23.710 reports or incidents that we too.  
NOTE Confidence: 0.8359905

00:14:23.710 --> 00:14:26.070 Even after adjusting for  
NOTE Confidence: 0.8359905

00:14:26.070 --> 00:14:27.250 sociodemographic factors,



NOTE Confidence: 0.8359905

00:14:27.250 --> 00:14:29.506 adjusting for BMI, adjusting for smoking,

NOTE Confidence: 0.8359905

00:14:29.510 --> 00:14:31.514 alcohol, depression and stress,

NOTE Confidence: 0.8359905

00:14:31.514 --> 00:14:34.520 we found that weight and race

NOTE Confidence: 0.8359905

00:14:34.610 --> 00:14:36.533 based discrimination experiences

NOTE Confidence: 0.8359905

00:14:36.533 --> 00:14:39.738 were associated with elevated odds

NOTE Confidence: 0.8359905

00:14:39.738 --> 00:14:42.669 ratios for new cardiovascular.

NOTE Confidence: 0.8359905

00:14:42.670 --> 00:14:43.920 Disease reports

NOTE Confidence: 0.857575700833333

00:14:46.000 --> 00:14:47.512 adults who perceive weight

NOTE Confidence: 0.857575700833333

00:14:47.512 --> 00:14:49.024 and racial discrimination and

NOTE Confidence: 0.857575700833333

00:14:49.024 --> 00:14:50.800 multiple forms of discrimination.

NOTE Confidence: 0.857575700833333

00:14:50.800 --> 00:14:52.656 The previous slide did not show the analysis.

NOTE Confidence: 0.857575700833333

00:14:52.660 --> 00:14:54.725 We actually looked at the impacts of

NOTE Confidence: 0.857575700833333

00:14:54.725 --> 00:14:56.669 multiple forms of discrimination may be

NOTE Confidence: 0.857575700833333

00:14:56.669 --> 00:14:58.667 at heightened risk for certain types

NOTE Confidence: 0.857575700833333

00:14:58.667 --> 00:15:01.004 of disease and with chronic medical

NOTE Confidence: 0.857575700833333

00:15:01.004 --> 00:15:02.944 conditions among persons with obesity.

NOTE Confidence: 0.857575700833333

00:15:02.950 --> 00:15:04.078 Clinically, we are starting

NOTE Confidence: 0.857575700833333

00:15:04.078 --> 00:15:05.206 to see that stigma,

NOTE Confidence: 0.857575700833333

00:15:05.210 --> 00:15:07.398 internalized weight biases are

NOTE Confidence: 0.857575700833333

00:15:07.398 --> 00:15:09.956 associated with poor weight outcomes

NOTE Confidence: 0.857575700833333

00:15:09.956 --> 00:15:12.246 and with reduced preventative care.

NOTE Confidence: 0.857575700833333

00:15:12.250 --> 00:15:13.930 Many clinicians talk about poor

NOTE Confidence: 0.857575700833333

00:15:13.930 --> 00:15:15.610 follow up and everything else.

NOTE Confidence: 0.857575700833333

00:15:15.610 --> 00:15:17.794 A lot of patients when we interview

NOTE Confidence: 0.857575700833333

00:15:17.794 --> 00:15:19.649 them and assess them overtime,

NOTE Confidence: 0.857575700833333

00:15:19.650 --> 00:15:22.565 they often attribute the limited

NOTE Confidence: 0.857575700833333

00:15:22.565 --> 00:15:25.076 follow-up to unfortunate and

NOTE Confidence: 0.857575700833333

00:15:25.076 --> 00:15:26.360 stigmatising experiences.

NOTE Confidence: 0.88323713

00:15:28.390 --> 00:15:29.710 Another aspect of binge eating disorder

NOTE Confidence: 0.88323713

00:15:29.710 --> 00:15:31.409 that I wish to highlight and this,

NOTE Confidence: 0.88323713

00:15:31.410 --> 00:15:34.206 I think is a major diagnostic

NOTE Confidence: 0.88323713

00:15:34.210 --> 00:15:37.087 shortcoming in the DSM is the absence

NOTE Confidence: 0.88323713

00:15:37.087 --> 00:15:40.866 of a body image criterion for BD body.

NOTE Confidence: 0.88323713

00:15:40.870 --> 00:15:44.074 Image criteria are front Center for

NOTE Confidence: 0.88323713

00:15:44.074 --> 00:15:47.418 Nexium and for bulimia nervosa.

NOTE Confidence: 0.88323713

00:15:47.420 --> 00:15:50.115 We know that body image concerns are

NOTE Confidence: 0.88323713

00:15:50.115 --> 00:15:52.980 much stronger in persons with BD than

NOTE Confidence: 0.88323713

00:15:52.980 --> 00:15:55.422 in persons with obesity without BD.

NOTE Confidence: 0.88323713

00:15:55.430 --> 00:15:58.110 Overvaluation of shape and weight

NOTE Confidence: 0.88323713

00:15:58.110 --> 00:15:59.718 which is indistinct.

NOTE Confidence: 0.88323713

00:15:59.720 --> 00:16:01.538 Construct this is not being unsatisfied

NOTE Confidence: 0.88323713

00:16:01.538 --> 00:16:03.100 with one's weight and shape,

NOTE Confidence: 0.88323713

00:16:03.100 --> 00:16:05.010 which in Western cultures is

NOTE Confidence: 0.88323713

00:16:05.010 --> 00:16:07.211 merely normative. If you will.

NOTE Confidence: 0.88323713

00:16:07.211 --> 00:16:10.550 This is a cognitive process by which

NOTE Confidence: 0.88323713

00:16:10.655 --> 00:16:13.109 people defined define their primary

NOTE Confidence: 0.88323713

00:16:13.109 --> 00:16:16.176 worth as a human being based on their  
NOTE Confidence: 0.88323713

00:16:16.176 --> 00:16:17.950 ability to control their weight or  
NOTE Confidence: 0.88323713

00:16:17.950 --> 00:16:19.769 shape or what their weight and shape  
NOTE Confidence: 0.88323713

00:16:19.770 --> 00:16:22.794 is viewed as and for whatever reason.  
NOTE Confidence: 0.88323713

00:16:22.800 --> 00:16:25.590 It was not a diagnostic criterion  
NOTE Confidence: 0.88323713

00:16:25.590 --> 00:16:28.318 or specifier for BDE to DSM 5.  
NOTE Confidence: 0.88323713

00:16:28.320 --> 00:16:31.407 A series of our studies in clinical.  
NOTE Confidence: 0.88323713

00:16:31.410 --> 00:16:33.990 Community convenience sample that  
NOTE Confidence: 0.88323713

00:16:33.990 --> 00:16:35.925 epidemiologic samples demonstrated  
NOTE Confidence: 0.88323713

00:16:35.925 --> 00:16:38.398 overvaluation was associated with  
NOTE Confidence: 0.88323713

00:16:38.398 --> 00:16:40.914 greater severity in a variety  
NOTE Confidence: 0.88323713

00:16:40.914 --> 00:16:43.026 of these adult samples.  
NOTE Confidence: 0.88323713

00:16:43.030 --> 00:16:45.250 We have done predictor analysis with  
NOTE Confidence: 0.88323713

00:16:45.250 --> 00:16:47.968 a variety of trials and we found  
NOTE Confidence: 0.88323713

00:16:47.968 --> 00:16:49.918 that its overvaluation is associated  
NOTE Confidence: 0.88323713

00:16:49.918 --> 00:16:52.020 with poor treatment outcomes.

NOTE Confidence: 0.88323713

00:16:52.020 --> 00:16:55.702 The figure to the bottom there shows

NOTE Confidence: 0.88323713

00:16:55.702 --> 00:16:58.034 rather a significant difference at

NOTE Confidence: 0.88323713

00:16:58.034 --> 00:17:00.740 follow up between patients who had

NOTE Confidence: 0.88323713

00:17:00.814 --> 00:17:03.143 overvaluation and higher levels

NOTE Confidence: 0.88323713

00:17:03.143 --> 00:17:04.987 of valuation at baseline,

NOTE Confidence: 0.88323713

00:17:04.990 --> 00:17:07.730 so it predicts poor outcomes.

NOTE Confidence: 0.88323713

00:17:07.730 --> 00:17:09.890 It predicts and is associated with

NOTE Confidence: 0.88323713

00:17:09.890 --> 00:17:11.850 poor functioning and variety of ways.

NOTE Confidence: 0.88323713

00:17:11.850 --> 00:17:13.340 I feel it should be.

NOTE Confidence: 0.88323713

00:17:13.340 --> 00:17:15.412 Diagnostic specifier or criterion.

NOTE Confidence: 0.88323713

00:17:15.412 --> 00:17:17.484 But regardless of that,

NOTE Confidence: 0.88323713

00:17:17.490 --> 00:17:19.070 in your case formulation,

NOTE Confidence: 0.88323713

00:17:19.070 --> 00:17:21.966 it is an important thing to assess

NOTE Confidence: 0.88323713

00:17:21.966 --> 00:17:24.390 and to understand very few moderators

NOTE Confidence: 0.88323713

00:17:24.390 --> 00:17:26.190 of treatment have been identified

NOTE Confidence: 0.88323713

00:17:26.190 --> 00:17:28.297 in the first study there that  
NOTE Confidence: 0.728752805714286

00:17:30.610 --> 00:17:33.280 JC P222 2012 paper we actually  
NOTE Confidence: 0.728752805714286

00:17:33.280 --> 00:17:35.126 found a very useful moderator  
NOTE Confidence: 0.728752805714286

00:17:35.126 --> 00:17:37.220 effect in that if you had  
NOTE Confidence: 0.728752805714286

00:17:37.300 --> 00:17:39.368 people high in overvaluation,  
NOTE Confidence: 0.728752805714286

00:17:39.370 --> 00:17:42.090 they did better in CBT,  
NOTE Confidence: 0.728752805714286

00:17:42.090 --> 00:17:44.310 and if you gave them  
NOTE Confidence: 0.728752805714286

00:17:44.310 --> 00:17:45.690 pharmacotherapy without CBT,  
NOTE Confidence: 0.728752805714286

00:17:45.690 --> 00:17:47.600 they did. Rather miserably  
NOTE Confidence: 0.874199073333333

00:17:51.200 --> 00:17:56.213 so let me belabor this a little bit further.  
NOTE Confidence: 0.874199073333333

00:17:56.220 --> 00:17:58.649 Then that that that kind of crawling  
NOTE Confidence: 0.874199073333333

00:17:58.649 --> 00:18:00.760 through the importance of overvaluation,  
NOTE Confidence: 0.874199073333333

00:18:00.760 --> 00:18:02.920 comes from our traditional  
NOTE Confidence: 0.874199073333333

00:18:02.920 --> 00:18:04.540 models of psychopathology.  
NOTE Confidence: 0.874199073333333

00:18:04.540 --> 00:18:06.994 A little bit about a complementary  
NOTE Confidence: 0.874199073333333

00:18:06.994 --> 00:18:09.260 approach which involves network analysis.

NOTE Confidence: 0.874199073333333

00:18:09.260 --> 00:18:11.565 Uhm? Again, our traditional models

NOTE Confidence: 0.874199073333333

00:18:11.565 --> 00:18:13.870 view symptoms as somehow emerging

NOTE Confidence: 0.874199073333333

00:18:13.939 --> 00:18:16.375 from some sort of underlying entity.

NOTE Confidence: 0.874199073333333

00:18:16.380 --> 00:18:18.788 If you, if you will network models,

NOTE Confidence: 0.874199073333333

00:18:18.790 --> 00:18:20.575 you disorders and ever in

NOTE Confidence: 0.874199073333333

00:18:20.575 --> 00:18:22.740 a in a very different way.

NOTE Confidence: 0.874199073333333

00:18:22.740 --> 00:18:24.570 That there are these symptoms,

NOTE Confidence: 0.874199073333333

00:18:24.570 --> 00:18:26.720 they're interconnected.

NOTE Confidence: 0.874199073333333

00:18:26.720 --> 00:18:28.172 They influence one another.

NOTE Confidence: 0.874199073333333

00:18:28.172 --> 00:18:30.350 They are maintained by one another

NOTE Confidence: 0.874199073333333

00:18:30.416 --> 00:18:32.468 and they interact with one another.

NOTE Confidence: 0.874199073333333

00:18:32.470 --> 00:18:35.134 If we are able to find ways to quantify.

NOTE Confidence: 0.822487976666667

00:18:37.900 --> 00:18:41.008 The symptom interactions.

NOTE Confidence: 0.822487976666667

00:18:41.010 --> 00:18:43.235 Within, you know some sort

NOTE Confidence: 0.822487976666667

00:18:43.235 --> 00:18:44.570 of hypothetical construct.

NOTE Confidence: 0.822487976666667

00:18:44.570 --> 00:18:46.130 We can then identify the  
NOTE Confidence: 0.822487976666667

00:18:46.130 --> 00:18:47.690 symptoms that are most central.  
NOTE Confidence: 0.822487976666667

00:18:47.690 --> 00:18:49.602 Again, the most central  
NOTE Confidence: 0.822487976666667

00:18:49.602 --> 00:18:51.992 being the key lingo there.  
NOTE Confidence: 0.822487976666667

00:18:52.000 --> 00:18:53.687 And the way that this is manifested  
NOTE Confidence: 0.822487976666667

00:18:53.687 --> 00:18:55.476 on the on the left side on  
NOTE Confidence: 0.822487976666667

00:18:55.476 --> 00:18:56.988 the blue you have the circles.  
NOTE Confidence: 0.822487976666667

00:18:56.990 --> 00:18:59.660 Those are symptoms.  
NOTE Confidence: 0.822487976666667

00:18:59.660 --> 00:19:00.320 Symptoms.  
NOTE Confidence: 0.885929388888889

00:19:02.400 --> 00:19:06.478 The lingo in in in that field is nodes and  
NOTE Confidence: 0.885929388888889

00:19:06.478 --> 00:19:08.620 then you have the various lines you see all  
NOTE Confidence: 0.885929388888889

00:19:08.673 --> 00:19:10.696 sorts of lines between all the symptoms.  
NOTE Confidence: 0.885929388888889

00:19:10.700 --> 00:19:13.270 The lines are called edges. In that system,  
NOTE Confidence: 0.885929388888889

00:19:13.270 --> 00:19:17.920 the thicker the edges the the stronger.  
NOTE Confidence: 0.885929388888889

00:19:17.920 --> 00:19:20.060 Interactions and and the connections.  
NOTE Confidence: 0.885929388888889

00:19:20.060 --> 00:19:22.405 So the most central symptoms in the



NOTE Confidence: 0.885929388888889

00:19:22.405 --> 00:19:25.165 network are those that caused most

NOTE Confidence: 0.885929388888889

00:19:25.165 --> 00:19:27.972 others or internal caused by most others.

NOTE Confidence: 0.885929388888889

00:19:27.972 --> 00:19:30.000 If you look on the right,

NOTE Confidence: 0.885929388888889

00:19:30.000 --> 00:19:32.619 the red you can see the rank ordering of

NOTE Confidence: 0.885929388888889

00:19:32.619 --> 00:19:35.344 the centrality and overvaluation of shaping

NOTE Confidence: 0.885929388888889

00:19:35.344 --> 00:19:39.080 and weight are the core symptoms of the.

NOTE Confidence: 0.885929388888889

00:19:39.080 --> 00:19:41.468 So that's another.

NOTE Confidence: 0.885929388888889

00:19:41.470 --> 00:19:43.792 Reason I think that overvaluation of

NOTE Confidence: 0.885929388888889

00:19:43.792 --> 00:19:46.574 weight and shape is an important aspect.

NOTE Confidence: 0.885929388888889

00:19:46.574 --> 00:19:48.842 So in terms of treatment needs is

NOTE Confidence: 0.885929388888889

00:19:48.842 --> 00:19:50.858 a complicated construct and binge

NOTE Confidence: 0.885929388888889

00:19:50.858 --> 00:19:52.312 eating behaviors. The disordered,

NOTE Confidence: 0.885929388888889

00:19:52.312 --> 00:19:53.767 unhealthy eating outside the binge,

NOTE Confidence: 0.885929388888889

00:19:53.770 --> 00:19:56.022 eating associated cognitive features,

NOTE Confidence: 0.885929388888889

00:19:56.022 --> 00:19:58.842 the obesity, the medical comorbidities,

NOTE Confidence: 0.885929388888889

00:19:58.842 --> 00:19:59.970 psychiatric comorbidity,  
NOTE Confidence: 0.885929388888889

00:19:59.970 --> 00:20:01.454 body image, in particular,  
NOTE Confidence: 0.885929388888889

00:20:01.454 --> 00:20:04.264 valuation of shape and weight and larger,  
NOTE Confidence: 0.885929388888889

00:20:04.264 --> 00:20:06.649 broader structural context that obesity,  
NOTE Confidence: 0.885929388888889

00:20:06.650 --> 00:20:09.378 stigma and discrimination experiences.  
NOTE Confidence: 0.826315008

00:20:12.750 --> 00:20:15.614 Well, a lot of people with BDC treatment  
NOTE Confidence: 0.826315008

00:20:15.614 --> 00:20:18.528 but they don't seek treatment for BDD.  
NOTE Confidence: 0.826315008

00:20:18.530 --> 00:20:21.322 Here when we looked at this and niece  
NOTE Confidence: 0.826315008

00:20:21.322 --> 00:20:24.016 are less than half people reported  
NOTE Confidence: 0.826315008

00:20:24.016 --> 00:20:26.416 every seeking treatment for BD.  
NOTE Confidence: 0.826315008

00:20:26.420 --> 00:20:27.925 When they do seek treat on that,  
NOTE Confidence: 0.826315008

00:20:27.930 --> 00:20:30.006 by the way, is particularly striking  
NOTE Confidence: 0.826315008

00:20:30.006 --> 00:20:32.528 for men and for people of color.  
NOTE Confidence: 0.826315008

00:20:32.530 --> 00:20:34.462 When they do seek treatments for other  
NOTE Confidence: 0.826315008

00:20:34.462 --> 00:20:36.636 things and when they are in treatment  
NOTE Confidence: 0.826315008

00:20:36.636 --> 00:20:38.246 for whether it's medical comorbidities

NOTE Confidence: 0.826315008

00:20:38.246 --> 00:20:39.960 or psychiatric comorbidities,

NOTE Confidence: 0.826315008

00:20:39.960 --> 00:20:42.480 they are rarely asked about their

NOTE Confidence: 0.826315008

00:20:42.480 --> 00:20:45.800 binge eating. They're often.

NOTE Confidence: 0.826315008

00:20:45.800 --> 00:20:49.930 Counseled or told or criticized for their

NOTE Confidence: 0.826315008

00:20:49.930 --> 00:20:52.280 eating behaviors and their weight, perhaps,

NOTE Confidence: 0.826315008

00:20:52.280 --> 00:20:54.597 but they're never asked about their body.

NOTE Confidence: 0.826315008

00:20:54.600 --> 00:20:56.886 Image concerns and never asked about

NOTE Confidence: 0.826315008

00:20:56.890 --> 00:20:59.020 any kind of binge eating patterns.

NOTE Confidence: 0.826315008

00:20:59.020 --> 00:21:03.500 This large scale survey with over 20,000 US

NOTE Confidence: 0.826315008

00:21:03.500 --> 00:21:07.148 adults found that of those with PD diagnosis.

NOTE Confidence: 0.826315008

00:21:07.148 --> 00:21:09.020 Only three point.

NOTE Confidence: 0.826315008

00:21:09.020 --> 00:21:12.594 2% of them had been diagnosed by

NOTE Confidence: 0.826315008

00:21:12.594 --> 00:21:15.846 any of their health care providers.

NOTE Confidence: 0.826315008

00:21:15.850 --> 00:21:17.278 So it goes unrecognized.

NOTE Confidence: 0.826315008

00:21:17.278 --> 00:21:19.791 Good news is this is something if

NOTE Confidence: 0.826315008

00:21:19.791 --> 00:21:21.926 we can recognize that there are a  
NOTE Confidence: 0.826315008

00:21:21.926 --> 00:21:24.420 variety of treatment options available.  
NOTE Confidence: 0.826315008

00:21:24.420 --> 00:21:27.228 Start with pharmacol therapy.  
NOTE Confidence: 0.826315008

00:21:27.230 --> 00:21:29.673 Small RCT's have found that a variety  
NOTE Confidence: 0.826315008

00:21:29.673 --> 00:21:32.028 of medications are superior to placebo.  
NOTE Confidence: 0.826315008

00:21:32.030 --> 00:21:33.110 Food duensing binge eating,  
NOTE Confidence: 0.826315008

00:21:33.110 --> 00:21:34.730 at least over the short term.  
NOTE Confidence: 0.826315008

00:21:34.730 --> 00:21:38.048 The effects from an effect size perspective  
NOTE Confidence: 0.826315008

00:21:38.048 --> 00:21:40.360 are not particularly oppressive.  
NOTE Confidence: 0.826315008

00:21:40.360 --> 00:21:43.180 Except for topiramate.  
NOTE Confidence: 0.826315008

00:21:43.180 --> 00:21:44.780 Agents at the epileptic agent,  
NOTE Confidence: 0.826315008

00:21:44.780 --> 00:21:46.145 which reduces both binge eating  
NOTE Confidence: 0.826315008

00:21:46.145 --> 00:21:47.800 and weight over the short term.  
NOTE Confidence: 0.826315008

00:21:47.800 --> 00:21:50.080 Most of the medications taste tested to date,  
NOTE Confidence: 0.826315008

00:21:50.080 --> 00:21:52.648 have yielded minimal losses.  
NOTE Confidence: 0.826315008

00:21:52.648 --> 00:21:53.290 Sadly,

NOTE Confidence: 0.826315008

00:21:53.290 --> 00:21:55.800 there's only one FDA approved

NOTE Confidence: 0.826315008

00:21:55.800 --> 00:21:57.272 medication for BED.

NOTE Confidence: 0.826315008

00:21:57.272 --> 00:21:59.120 Currently that's listex feta

NOTE Confidence: 0.826315008

00:21:59.120 --> 00:22:01.430 mean it's a prodrug stimulant.

NOTE Confidence: 0.826315008

00:22:01.430 --> 00:22:03.410 Those of you who work with

NOTE Confidence: 0.826315008

00:22:03.410 --> 00:22:05.410 ADHD know that as Vyvanse,

NOTE Confidence: 0.826315008

00:22:05.410 --> 00:22:07.258 this is the only FDA approved

NOTE Confidence: 0.826315008

00:22:07.258 --> 00:22:08.182 medication for BD.

NOTE Confidence: 0.826315008

00:22:08.190 --> 00:22:09.153 By the way,

NOTE Confidence: 0.826315008

00:22:09.153 --> 00:22:11.079 there are no FDA approved medications

NOTE Confidence: 0.826315008

00:22:11.079 --> 00:22:13.426 for anorexia nervosa and ferocity is

NOTE Confidence: 0.826315008

00:22:13.426 --> 00:22:15.842 the only FDA approved medication for

NOTE Confidence: 0.826315008

00:22:15.842 --> 00:22:18.146 bulimia nervosa going to present some

NOTE Confidence: 0.826315008

00:22:18.146 --> 00:22:20.066 emerging findings for various medications.

NOTE Confidence: 0.826315008

00:22:20.070 --> 00:22:21.820 And I should note that there's almost

NOTE Confidence: 0.826315008

00:22:21.820 --> 00:22:23.524 no data existing regarding the longer  
NOTE Confidence: 0.826315008

00:22:23.524 --> 00:22:24.728 term effects of pharmacotherapy  
NOTE Confidence: 0.826315008

00:22:24.728 --> 00:22:26.723 and not lead up to some of the  
NOTE Confidence: 0.826315008

00:22:26.723 --> 00:22:28.024 studies that we're doing at power.  
NOTE Confidence: 0.826315008

00:22:28.024 --> 00:22:29.548 Now to try to address that,  
NOTE Confidence: 0.826315008

00:22:29.550 --> 00:22:30.918 the available studies,  
NOTE Confidence: 0.826315008

00:22:30.918 --> 00:22:31.830 mostly hours,  
NOTE Confidence: 0.826315008

00:22:31.830 --> 00:22:34.595 have found that seeking to be a  
NOTE Confidence: 0.826315008

00:22:34.595 --> 00:22:37.219 superior to medications over the long haul.  
NOTE Confidence: 0.826315008

00:22:37.220 --> 00:22:38.396 These are the.  
NOTE Confidence: 0.826315008

00:22:38.396 --> 00:22:40.748 This is the summary slide of  
NOTE Confidence: 0.826315008

00:22:40.748 --> 00:22:42.885 pivotal findings from the trials  
NOTE Confidence: 0.826315008

00:22:42.885 --> 00:22:45.375 from from this text that feta  
NOTE Confidence: 0.826315008

00:22:45.461 --> 00:22:48.079 mean that led to the FDA approval.  
NOTE Confidence: 0.826315008

00:22:48.080 --> 00:22:51.531 LDX at dosing of 50 to 70  
NOTE Confidence: 0.826315008

00:22:51.531 --> 00:22:54.469 milligrams over 12 week period.

NOTE Confidence: 0.826315008

00:22:54.470 --> 00:22:55.835 Separated significantly from

NOTE Confidence: 0.826315008

00:22:55.835 --> 00:22:58.110 placebo with pretty good effect.

NOTE Confidence: 0.826315008

00:22:58.110 --> 00:23:01.950 Sizes .83 and higher.

NOTE Confidence: 0.826315008

00:23:01.950 --> 00:23:04.358 And if you look at categorical remission,

NOTE Confidence: 0.826315008

00:23:04.360 --> 00:23:05.845 rates are complete.

NOTE Confidence: 0.826315008

00:23:05.845 --> 00:23:07.825 Abstinence from binge eating.

NOTE Confidence: 0.826315008

00:23:07.830 --> 00:23:10.666 The remission rates were 36% and

NOTE Confidence: 0.826315008

00:23:10.666 --> 00:23:18.499 40% versus 13% and 14% for placebo.

NOTE Confidence: 0.826315008

00:23:18.500 --> 00:23:21.170 We also did a study out,

NOTE Confidence: 0.826315008

00:23:21.170 --> 00:23:23.750 collaborated on study with Destro Lean.

NOTE Confidence: 0.826315008

00:23:23.750 --> 00:23:27.090 This is a DNR inhibitor.

NOTE Confidence: 0.826315008

00:23:27.090 --> 00:23:29.004 The design of the study was

NOTE Confidence: 0.826315008

00:23:29.004 --> 00:23:30.600 almost identical to the LVX.

NOTE Confidence: 0.837929425

00:23:33.020 --> 00:23:38.340 Pivotal studies one was a flexible dose

NOTE Confidence: 0.837929425

00:23:38.340 --> 00:23:40.881 and it was superior to placebo for

NOTE Confidence: 0.837929425

00:23:40.881 --> 00:23:42.822 reducing binge eating or remission.  
NOTE Confidence: 0.837929425

00:23:42.822 --> 00:23:46.520 Rate was 47% versus 21%.  
NOTE Confidence: 0.837929425

00:23:46.520 --> 00:23:48.825 A fixed dose follow-up study  
NOTE Confidence: 0.837929425

00:23:48.825 --> 00:23:51.624 found that 6 milligrams but not  
NOTE Confidence: 0.837929425

00:23:51.624 --> 00:23:53.904 4 milligrams was superior to  
NOTE Confidence: 0.837929425

00:23:53.904 --> 00:23:56.514 placebo for reducing binge eating.  
NOTE Confidence: 0.837929425

00:23:56.520 --> 00:23:58.830 The remission rates at the categorical level  
NOTE Confidence: 0.837929425

00:23:58.830 --> 00:24:02.720 in the three doses were not significant.  
NOTE Confidence: 0.837929425

00:24:02.720 --> 00:24:03.680 The company, by the way,  
NOTE Confidence: 0.837929425

00:24:03.680 --> 00:24:06.182 has decided not to do additional  
NOTE Confidence: 0.837929425

00:24:06.182 --> 00:24:08.380 studies to pursue FDA approval.  
NOTE Confidence: 0.837929425

00:24:08.380 --> 00:24:10.605 In terms of psychological treatment,  
NOTE Confidence: 0.837929425

00:24:10.610 --> 00:24:13.502 a variety of focal manualized  
NOTE Confidence: 0.837929425

00:24:13.502 --> 00:24:15.098 treatments are available.  
NOTE Confidence: 0.837929425

00:24:15.098 --> 00:24:17.226 CBT interpersonal psychotherapy behavior,  
NOTE Confidence: 0.837929425

00:24:17.230 --> 00:24:19.897 weight loss and a lot of folks



NOTE Confidence: 0.837929425

00:24:19.897 --> 00:24:21.964 have tried combining psychological

NOTE Confidence: 0.837929425

00:24:21.964 --> 00:24:24.490 and pharmacological treatments.

NOTE Confidence: 0.837929425

00:24:24.490 --> 00:24:25.939 Not going to show some of the

NOTE Confidence: 0.837929425

00:24:25.939 --> 00:24:26.950 data that are weaker,

NOTE Confidence: 0.837929425

00:24:26.950 --> 00:24:29.554 but I should highlight my clinical

NOTE Confidence: 0.837929425

00:24:29.554 --> 00:24:31.949 perspective that there is no support

NOTE Confidence: 0.837929425

00:24:31.949 --> 00:24:34.294 and I emphasize the no support

NOTE Confidence: 0.837929425

00:24:34.294 --> 00:24:36.940 for the common clinical war about

NOTE Confidence: 0.837929425

00:24:37.026 --> 00:24:39.540 integrating different treatments.

NOTE Confidence: 0.837929425

00:24:39.540 --> 00:24:42.564 One of the major studies that was

NOTE Confidence: 0.837929425

00:24:42.564 --> 00:24:44.889 published back in 2010 through the

NOTE Confidence: 0.837929425

00:24:44.889 --> 00:24:46.604 multi site study Wilson Wolfley

NOTE Confidence: 0.837929425

00:24:46.604 --> 00:24:48.680 in their sights alone Stanford.

NOTE Confidence: 0.837929425

00:24:48.680 --> 00:24:50.564 They found interpersonal psychotherapy,

NOTE Confidence: 0.837929425

00:24:50.564 --> 00:24:52.919 behavioral weight loss and cognitive

NOTE Confidence: 0.837929425

00:24:52.919 --> 00:24:54.265 behavioral therapy produced  
NOTE Confidence: 0.837929425

00:24:54.265 --> 00:24:56.130 these effects which were roughly  
NOTE Confidence: 0.837929425

00:24:56.130 --> 00:24:57.530 60% remission rates for.  
NOTE Confidence: 0.837929425

00:24:57.530 --> 00:25:01.010 Call the remission rates.  
NOTE Confidence: 0.837929425

00:25:01.010 --> 00:25:02.170 Precaution compare cross study,  
NOTE Confidence: 0.837929425

00:25:02.170 --> 00:25:04.837 but we call it remission rates that I had  
NOTE Confidence: 0.837929425

00:25:04.837 --> 00:25:06.583 noted for the pharmacotherapy Albany studies.  
NOTE Confidence: 0.837929425

00:25:06.590 --> 00:25:08.630 So these were three different treatments.  
NOTE Confidence: 0.837929425

00:25:08.630 --> 00:25:11.880 They are conceptually behaviourally and  
NOTE Confidence: 0.837929425

00:25:11.880 --> 00:25:13.982 procedurally distinct focal treatments,  
NOTE Confidence: 0.837929425

00:25:13.982 --> 00:25:17.816 but they produce 60% roughly remission  
NOTE Confidence: 0.837929425

00:25:17.816 --> 00:25:21.778 rates and then after the these brief  
NOTE Confidence: 0.837929425

00:25:21.778 --> 00:25:23.718 treatments was particularly impressive.  
NOTE Confidence: 0.837929425

00:25:23.718 --> 00:25:25.998 Here are the durable effects,  
NOTE Confidence: 0.837929425

00:25:26.000 --> 00:25:27.368 particularly for interpersonal  
NOTE Confidence: 0.837929425

00:25:27.368 --> 00:25:29.192 psychotherapy and for cognitive

NOTE Confidence: 0.837929425

00:25:29.192 --> 00:25:31.451 behavioral therapy where the the.

NOTE Confidence: 0.837929425

00:25:31.451 --> 00:25:34.175 Benefits were very well

NOTE Confidence: 0.837929425

00:25:34.175 --> 00:25:36.899 sustained for two years.

NOTE Confidence: 0.837929425

00:25:36.900 --> 00:25:39.548 After the completion and

NOTE Confidence: 0.837929425

00:25:39.548 --> 00:25:41.458 discontinuation of the treatments,

NOTE Confidence: 0.837929425

00:25:41.458 --> 00:25:43.122 behavioral weight loss showed

NOTE Confidence: 0.837929425

00:25:43.122 --> 00:25:45.539 a little bit less durability,

NOTE Confidence: 0.837929425

00:25:45.540 --> 00:25:48.276 but still at 2 year follow up we

NOTE Confidence: 0.837929425

00:25:48.276 --> 00:25:51.738 still had 40% of people who were.

NOTE Confidence: 0.837929425

00:25:51.740 --> 00:25:54.869 Abstinent and that's nothing to sneeze about.

NOTE Confidence: 0.837929425

00:25:54.870 --> 00:25:57.400 This was one of our.

NOTE Confidence: 0.837929425

00:25:57.400 --> 00:26:00.790 Relatively early studies here at power.

NOTE Confidence: 0.837929425

00:26:00.790 --> 00:26:02.778 That compare cognitive behavioral

NOTE Confidence: 0.837929425

00:26:02.778 --> 00:26:05.780 and behavioral weight loss for BD.

NOTE Confidence: 0.837929425

00:26:05.780 --> 00:26:08.840 A little bit of historical context

NOTE Confidence: 0.837929425

00:26:08.840 --> 00:26:12.260 for this study and and some of this  
NOTE Confidence: 0.837929425

00:26:12.260 --> 00:26:14.150 is beginning to resurface again.  
NOTE Confidence: 0.837929425

00:26:14.150 --> 00:26:15.850 Which you know comes around  
NOTE Confidence: 0.837929425

00:26:15.850 --> 00:26:17.210 goes around I guess.  
NOTE Confidence: 0.837929425

00:26:17.210 --> 00:26:21.980 There for decades there were longstanding.  
NOTE Confidence: 0.837929425

00:26:21.980 --> 00:26:23.492 Controversial in fact,  
NOTE Confidence: 0.837929425

00:26:23.492 --> 00:26:26.012 rather heated claims by some  
NOTE Confidence: 0.837929425

00:26:26.012 --> 00:26:27.600 groups that behavioral weight  
NOTE Confidence: 0.837929425

00:26:27.600 --> 00:26:29.400 loss was not only ineffective,  
NOTE Confidence: 0.837929425

00:26:29.400 --> 00:26:31.896 but might actually exacerbate binge eating  
NOTE Confidence: 0.837929425

00:26:31.896 --> 00:26:34.160 and might exacerbate eating disorder.  
NOTE Confidence: 0.837929425

00:26:34.160 --> 00:26:36.248 Psychopathology and those individuals  
NOTE Confidence: 0.837929425

00:26:36.248 --> 00:26:39.380 who had excess weight or obesity  
NOTE Confidence: 0.837929425

00:26:39.380 --> 00:26:41.050 and also had binge eating.  
NOTE Confidence: 0.837929425

00:26:41.050 --> 00:26:43.270 Some of those models followed the  
NOTE Confidence: 0.837929425

00:26:43.270 --> 00:26:45.316 early restraint models of excessive

NOTE Confidence: 0.837929425

00:26:45.316 --> 00:26:47.786 restrictive restraint leading to binge

NOTE Confidence: 0.837929425

00:26:47.786 --> 00:26:50.338 eating and a bunch of groups took that.

NOTE Confidence: 0.837929425

00:26:50.340 --> 00:26:52.890 And we're pretty passionate about.

NOTE Confidence: 0.837929425

00:26:52.890 --> 00:26:56.010 As being a contraindicated treatment,

NOTE Confidence: 0.837929425

00:26:56.010 --> 00:26:57.468 obesity feels I'm eating sort of

NOTE Confidence: 0.837929425

00:26:57.468 --> 00:26:59.058 fields were not really on the same

NOTE Confidence: 0.837929425

00:26:59.058 --> 00:27:00.388 page about this and I would get

NOTE Confidence: 0.837929425

00:27:00.435 --> 00:27:01.495 very different messages depending

NOTE Confidence: 0.837929425

00:27:01.495 --> 00:27:03.630 on which places I would go to,

NOTE Confidence: 0.837929425

00:27:03.630 --> 00:27:06.330 present findings, and so forth.

NOTE Confidence: 0.837929425

00:27:06.330 --> 00:27:06.866 I emphasize,

NOTE Confidence: 0.837929425

00:27:06.866 --> 00:27:09.010 for those of you who do not know

NOTE Confidence: 0.837929425

00:27:09.073 --> 00:27:10.768 that behavioral weight loss is

NOTE Confidence: 0.837929425

00:27:10.768 --> 00:27:12.830 not a rigid or restrictive diet,

NOTE Confidence: 0.837929425

00:27:12.830 --> 00:27:14.070 but it's rather a balanced,

NOTE Confidence: 0.9325994025

00:27:14.070 --> 00:27:15.914 moderate lifestyle approach to  
NOTE Confidence: 0.9325994025

00:27:15.914 --> 00:27:17.758 eating and physical activity,  
NOTE Confidence: 0.9325994025

00:27:17.760 --> 00:27:19.705 and it's delivered within the  
NOTE Confidence: 0.9325994025

00:27:19.705 --> 00:27:22.305 context of a very solid learning  
NOTE Confidence: 0.9325994025

00:27:22.305 --> 00:27:24.597 theory and behavioral therapy.  
NOTE Confidence: 0.9325994025

00:27:24.600 --> 00:27:27.589 Platform, so we did this CBT versus  
NOTE Confidence: 0.9325994025

00:27:27.589 --> 00:27:29.963 BWL versus a third condition  
NOTE Confidence: 0.9325994025

00:27:29.963 --> 00:27:32.963 which was CBT followed by BW.  
NOTE Confidence: 0.9325994025

00:27:32.970 --> 00:27:37.106 Well we maximize the horse race so to speak.  
NOTE Confidence: 0.9325994025

00:27:37.110 --> 00:27:39.581 Given the historical context I provided and  
NOTE Confidence: 0.9325994025

00:27:39.581 --> 00:27:42.410 here are the findings of post treatment.  
NOTE Confidence: 0.9325994025

00:27:42.410 --> 00:27:43.934 Six month and 12 month follow  
NOTE Confidence: 0.9325994025

00:27:43.934 --> 00:27:45.921 up on the left side for percent  
NOTE Confidence: 0.9325994025

00:27:45.921 --> 00:27:47.436 limited on right side 4%.  
NOTE Confidence: 0.80547384

00:27:49.870 --> 00:27:52.798 BMI loss at 12 month follow-up  
NOTE Confidence: 0.80547384

00:27:52.800 --> 00:27:55.550 ITT remission rates were about

NOTE Confidence: 0.80547384

00:27:55.550 --> 00:28:01.980 50% for CBT and 36% for BWL.

NOTE Confidence: 0.80547384

00:28:01.980 --> 00:28:03.888 Mixed models analysis again.

NOTE Confidence: 0.80547384

00:28:03.888 --> 00:28:05.796 ITT revealed a significant

NOTE Confidence: 0.80547384

00:28:05.796 --> 00:28:07.718 advantage for CBT over BWL,

NOTE Confidence: 0.80547384

00:28:07.720 --> 00:28:10.420 for reducing binge eating and mixed

NOTE Confidence: 0.80547384

00:28:10.420 --> 00:28:12.670 models revealed a significant advantage

NOTE Confidence: 0.80547384

00:28:12.670 --> 00:28:15.330 for BWL over CBT for reducing weight

NOTE Confidence: 0.80547384

00:28:15.330 --> 00:28:17.760 at least through post treatment.

NOTE Confidence: 0.80547384

00:28:17.760 --> 00:28:19.698 The failure of CBT to produce

NOTE Confidence: 0.80547384

00:28:19.698 --> 00:28:20.667 any weight loss.

NOTE Confidence: 0.80547384

00:28:20.670 --> 00:28:22.749 Or essentially no weight loss is a

NOTE Confidence: 0.80547384

00:28:22.749 --> 00:28:24.930 consistent finding in our center and

NOTE Confidence: 0.80547384

00:28:24.930 --> 00:28:26.570 centers nationally and internationally.

NOTE Confidence: 0.80547384

00:28:26.570 --> 00:28:28.670 The findings we see here for BWL,

NOTE Confidence: 0.80547384

00:28:28.670 --> 00:28:31.030 have been replicated a number of times since.

NOTE Confidence: 0.895165646666667

00:28:35.430 --> 00:28:39.093 Before I go onto the new wave of studies,  
NOTE Confidence: 0.895165646666667

00:28:39.100 --> 00:28:41.676 one criticism that I often hear about  
NOTE Confidence: 0.895165646666667

00:28:41.676 --> 00:28:43.984 these kinds of manualized treatments is  
NOTE Confidence: 0.895165646666667

00:28:43.984 --> 00:28:47.255 that you can do them in your specialized  
NOTE Confidence: 0.895165646666667

00:28:47.255 --> 00:28:49.108 up sessional research clinics.  
NOTE Confidence: 0.895165646666667

00:28:49.108 --> 00:28:52.590 But how do they apply to real world clinics?  
NOTE Confidence: 0.895165646666667

00:28:52.590 --> 00:28:55.130 I don't buy that.  
NOTE Confidence: 0.895165646666667

00:28:55.130 --> 00:28:56.426 Regardless of what I buy here,  
NOTE Confidence: 0.895165646666667

00:28:56.430 --> 00:28:58.382 here at the data we did a study  
NOTE Confidence: 0.895165646666667

00:28:58.382 --> 00:29:00.109 with the Yale Hispanic Center  
NOTE Confidence: 0.895165646666667

00:29:00.109 --> 00:29:02.059 with the Yale Hispanic Clinic.  
NOTE Confidence: 0.895165646666667

00:29:02.060 --> 00:29:05.315 Excuse me in which we delivered manualized  
NOTE Confidence: 0.895165646666667

00:29:05.320 --> 00:29:06.784 behavioral weight loss treatment,  
NOTE Confidence: 0.895165646666667

00:29:06.784 --> 00:29:09.446 which was a hybrid of our behavioral  
NOTE Confidence: 0.895165646666667

00:29:09.446 --> 00:29:11.828 weight loss manual and the VP  
NOTE Confidence: 0.895165646666667

00:29:11.828 --> 00:29:13.560 the diabetes Prevention Program



NOTE Confidence: 0.895165646666667

00:29:13.560 --> 00:29:15.448 behavioral Weight Loss Manual.

NOTE Confidence: 0.895165646666667

00:29:15.450 --> 00:29:18.200 The treatments were delivered in

NOTE Confidence: 0.895165646666667

00:29:18.200 --> 00:29:20.922 Spanish by the clinicians there.

NOTE Confidence: 0.895165646666667

00:29:20.922 --> 00:29:23.637 The patients there have every

NOTE Confidence: 0.895165646666667

00:29:23.637 --> 00:29:25.520 imaginable socio economic.

NOTE Confidence: 0.895165646666667

00:29:25.520 --> 00:29:27.410 And educational disadvantage and you

NOTE Confidence: 0.895165646666667

00:29:27.410 --> 00:29:30.219 see here a summary of the findings.

NOTE Confidence: 0.895165646666667

00:29:30.220 --> 00:29:32.540 Completion rates were over 80%.

NOTE Confidence: 0.895165646666667

00:29:32.540 --> 00:29:33.725 Patient did great.

NOTE Confidence: 0.895165646666667

00:29:33.725 --> 00:29:36.095 The clinician brought into the treatment.

NOTE Confidence: 0.895165646666667

00:29:36.100 --> 00:29:38.002 The patient brought into the treatment

NOTE Confidence: 0.895165646666667

00:29:38.002 --> 00:29:40.005 and the outcomes are outstanding with

NOTE Confidence: 0.895165646666667

00:29:40.005 --> 00:29:42.212 over 60% remission at post treatment

NOTE Confidence: 0.895165646666667

00:29:42.212 --> 00:29:44.510 and six months after the completion

NOTE Confidence: 0.895165646666667

00:29:44.573 --> 00:29:46.577 and discontinuation of treatment.

NOTE Confidence: 0.895165646666667

00:29:46.580 --> 00:29:48.632 50% of the patients were still  
NOTE Confidence: 0.895165646666667

00:29:48.632 --> 00:29:50.000 absent from binge eating,  
NOTE Confidence: 0.895165646666667

00:29:50.000 --> 00:29:53.180 so those are significant durable outcomes.  
NOTE Confidence: 0.895165646666667

00:29:53.180 --> 00:29:54.680 My point here it is possible  
NOTE Confidence: 0.895165646666667

00:29:54.680 --> 00:29:56.430 to train and it is possible.  
NOTE Confidence: 0.895165646666667

00:29:56.430 --> 00:29:58.602 Disseminate these focal manualized  
NOTE Confidence: 0.895165646666667

00:29:58.602 --> 00:30:00.774 treatments to real-world settings.  
NOTE Confidence: 0.8527254

00:30:02.800 --> 00:30:03.973 Common question, well,  
NOTE Confidence: 0.8527254

00:30:03.973 --> 00:30:05.537 these this is complicated.  
NOTE Confidence: 0.8527254

00:30:05.540 --> 00:30:07.808 Should I take out the bazooka  
NOTE Confidence: 0.8527254

00:30:07.808 --> 00:30:09.320 and combine treatments with  
NOTE Confidence: 0.8527254

00:30:09.395 --> 00:30:10.988 more difficult patients?  
NOTE Confidence: 0.9677389

00:30:13.590 --> 00:30:15.570 So far the answer is no.  
NOTE Confidence: 0.9677389

00:30:15.570 --> 00:30:17.250 Adding pharmacotherapy to cognitive  
NOTE Confidence: 0.9677389

00:30:17.250 --> 00:30:19.770 behavioral therapy has failed to enhance  
NOTE Confidence: 0.9677389

00:30:19.830 --> 00:30:22.070 binge eating outcomes in six of the

NOTE Confidence: 0.9677389

00:30:22.070 --> 00:30:24.090 seven relevant studies published to date.

NOTE Confidence: 0.9677389

00:30:24.090 --> 00:30:25.000 Again, in a little while,

NOTE Confidence: 0.9677389

00:30:25.000 --> 00:30:27.380 we'll see some of ongoing studies where

NOTE Confidence: 0.9677389

00:30:27.380 --> 00:30:29.392 we have picked medications that have

NOTE Confidence: 0.9677389

00:30:29.392 --> 00:30:31.390 a little bit more clinical rationale

NOTE Confidence: 0.9677389

00:30:31.449 --> 00:30:33.399 are supposedly a bit more synergistic.

NOTE Confidence: 0.9677389

00:30:33.400 --> 00:30:35.638 From a mechanistic perspective in a

NOTE Confidence: 0.9677389

00:30:35.638 --> 00:30:38.225 story may change overtime, but so far,

NOTE Confidence: 0.9677389

00:30:38.225 --> 00:30:40.050 based on the available data,

NOTE Confidence: 0.9677389

00:30:40.050 --> 00:30:41.750 there is no noted.

NOTE Confidence: 0.9677389

00:30:41.750 --> 00:30:43.450 Notable advantage to adding

NOTE Confidence: 0.9677389

00:30:43.450 --> 00:30:45.570 pharmacotherapy to CBT for enhancing

NOTE Confidence: 0.9677389

00:30:45.570 --> 00:30:47.174 the binge eating outcome.

NOTE Confidence: 0.9677389

00:30:47.180 --> 00:30:50.996 Saying it goes for weight loss except for

NOTE Confidence: 0.9677389

00:30:51.000 --> 00:30:55.880 the CORDINO study which found at Pyro mate,

NOTE Confidence: 0.9677389

00:30:55.880 --> 00:30:57.170 significantly enhanced  
NOTE Confidence: 0.9677389

00:30:57.170 --> 00:30:59.750 short term weight loss.  
NOTE Confidence: 0.9677389

00:30:59.750 --> 00:31:03.194 Achievable CBT as well as enhanced the.  
NOTE Confidence: 0.810777478

00:31:07.280 --> 00:31:09.280 The the binge eating outcomes.  
NOTE Confidence: 0.810777478

00:31:09.280 --> 00:31:11.105 There's no, there's no support  
NOTE Confidence: 0.810777478

00:31:11.105 --> 00:31:14.027 for combining as a way to enhance  
NOTE Confidence: 0.810777478

00:31:14.027 --> 00:31:15.557 the behavioral treatments.  
NOTE Confidence: 0.810777478

00:31:15.560 --> 00:31:16.736 The flip side is not true.  
NOTE Confidence: 0.810777478

00:31:16.740 --> 00:31:18.005 We studied it produced that  
NOTE Confidence: 0.810777478

00:31:18.005 --> 00:31:19.017 in the other direction,  
NOTE Confidence: 0.810777478

00:31:19.020 --> 00:31:21.475 in which adding behavioral or  
NOTE Confidence: 0.810777478

00:31:21.475 --> 00:31:23.439 cognitive behavioral to the  
NOTE Confidence: 0.810777478

00:31:23.439 --> 00:31:25.080 pharmacotherapy did enhance both  
NOTE Confidence: 0.810777478

00:31:25.080 --> 00:31:29.548 retention and clinical outcomes.  
NOTE Confidence: 0.810777478

00:31:29.550 --> 00:31:30.685 Finally, to some of the  
NOTE Confidence: 0.810777478

00:31:30.685 --> 00:31:31.820 work that we're doing now.

NOTE Confidence: 0.8247146525

00:31:34.230 --> 00:31:36.876 Been trying and struggling with my

NOTE Confidence: 0.8247146525

00:31:36.876 --> 00:31:39.569 colleagues to find new designs and

NOTE Confidence: 0.8247146525

00:31:39.570 --> 00:31:43.050 RCT's that perhaps bear a greater

NOTE Confidence: 0.8247146525

00:31:43.050 --> 00:31:45.370 resemblance to treatments and

NOTE Confidence: 0.8247146525

00:31:45.467 --> 00:31:48.471 treatment approaches in real settings.

NOTE Confidence: 0.8247146525

00:31:48.471 --> 00:31:51.052 A lot of the RCT's reviewed

NOTE Confidence: 0.8247146525

00:31:51.052 --> 00:31:53.116 up until this point.

NOTE Confidence: 0.8247146525

00:31:53.120 --> 00:31:54.960 The basic question is which

NOTE Confidence: 0.8247146525

00:31:54.960 --> 00:31:56.800 treatment can help the most?

NOTE Confidence: 0.8247146525

00:31:56.800 --> 00:31:58.860 Or which treatment can

NOTE Confidence: 0.8247146525

00:31:58.860 --> 00:32:00.920 help the most patients.

NOTE Confidence: 0.8247146525

00:32:00.920 --> 00:32:02.376 A lot of work in the past

NOTE Confidence: 0.8247146525

00:32:02.376 --> 00:32:03.609 ten years in our field,

NOTE Confidence: 0.8247146525

00:32:03.610 --> 00:32:06.386 another field has looked at step care models.

NOTE Confidence: 0.8247146525

00:32:06.390 --> 00:32:08.558 These often consider scalable,

NOTE Confidence: 0.8247146525

00:32:08.558 --> 00:32:10.184 less costly methods.  
NOTE Confidence: 0.8247146525

00:32:10.190 --> 00:32:13.242 Prior to moving on to more intensive  
NOTE Confidence: 0.8247146525

00:32:13.242 --> 00:32:15.580 treatments when there is an insufficient  
NOTE Confidence: 0.8247146525

00:32:15.580 --> 00:32:16.779 response, that's very logical.  
NOTE Confidence: 0.8247146525

00:32:16.779 --> 00:32:17.598 It makes sense.  
NOTE Confidence: 0.8247146525

00:32:17.600 --> 00:32:19.248 There are cost effectiveness  
NOTE Confidence: 0.8247146525

00:32:19.248 --> 00:32:20.896 reasons for doing that.  
NOTE Confidence: 0.8247146525

00:32:20.900 --> 00:32:22.838 They're scholarly reasons for doing that.  
NOTE Confidence: 0.8247146525

00:32:22.840 --> 00:32:24.872 The the National Institute  
NOTE Confidence: 0.8247146525

00:32:24.872 --> 00:32:26.396 of Clinical Excellence,  
NOTE Confidence: 0.8247146525

00:32:26.400 --> 00:32:28.998 the Nice guidelines in the UK,  
NOTE Confidence: 0.8247146525

00:32:29.000 --> 00:32:31.700 not very scholarly approach to guidelines.  
NOTE Confidence: 0.8247146525

00:32:31.700 --> 00:32:34.458 I feel, in fact,  
NOTE Confidence: 0.8247146525

00:32:34.458 --> 00:32:37.321 suggests that start with a guided self  
NOTE Confidence: 0.8247146525

00:32:37.321 --> 00:32:40.730 help form of cognitive behavioral therapy.  
NOTE Confidence: 0.8247146525

00:32:40.730 --> 00:32:43.065 And only if the patient

NOTE Confidence: 0.8247146525

00:32:43.065 --> 00:32:44.466 doesn't benefit enough,

NOTE Confidence: 0.8247146525

00:32:44.470 --> 00:32:47.694 you move on to a more intensive full

NOTE Confidence: 0.8247146525

00:32:47.694 --> 00:32:49.600 blown and more expensive treatment that

NOTE Confidence: 0.8247146525

00:32:49.600 --> 00:32:51.790 makes sense from a cost perspective.

NOTE Confidence: 0.8247146525

00:32:51.790 --> 00:32:54.172 It might make sense from a

NOTE Confidence: 0.8247146525

00:32:54.172 --> 00:32:55.363 broad community perspective.

NOTE Confidence: 0.8247146525

00:32:55.370 --> 00:32:57.005 Make sense from an availability

NOTE Confidence: 0.8247146525

00:32:57.005 --> 00:32:58.640 perspective there only so many

NOTE Confidence: 0.8247146525

00:32:58.694 --> 00:33:02.010 specialist clinicians on and on but.

NOTE Confidence: 0.8247146525

00:33:02.010 --> 00:33:03.030 As you'll see,

NOTE Confidence: 0.8247146525

00:33:03.030 --> 00:33:05.410 there are some potential glitches to that,

NOTE Confidence: 0.8247146525

00:33:05.410 --> 00:33:07.762 so one of the things we've been thinking

NOTE Confidence: 0.8247146525

00:33:07.762 --> 00:33:10.068 about are more complex models of care.

NOTE Confidence: 0.8247146525

00:33:10.070 --> 00:33:12.134 And instead of just the usual

NOTE Confidence: 0.8247146525

00:33:12.134 --> 00:33:13.166 stepped care approaches,

NOTE Confidence: 0.8247146525

00:33:13.170 --> 00:33:15.966 we've thought about some adaptive approaches,

NOTE Confidence: 0.8247146525

00:33:15.970 --> 00:33:17.962 and this comes out of analysis

NOTE Confidence: 0.8247146525

00:33:17.962 --> 00:33:19.754 that we've done with previous

NOTE Confidence: 0.8247146525

00:33:19.754 --> 00:33:22.100 trials where we have looked at

NOTE Confidence: 0.8247146525

00:33:22.100 --> 00:33:23.930 initial responses in patients,

NOTE Confidence: 0.8247146525

00:33:23.930 --> 00:33:28.025 so coral so called early rapid response.

NOTE Confidence: 0.8247146525

00:33:28.030 --> 00:33:31.124 As a way to guide subsequent clinical

NOTE Confidence: 0.8247146525

00:33:31.124 --> 00:33:33.458 decision making and this also fits

NOTE Confidence: 0.8247146525

00:33:33.458 --> 00:33:35.268 with an important development in

NOTE Confidence: 0.8247146525

00:33:35.268 --> 00:33:37.910 several fields so called smart designs

NOTE Confidence: 0.8247146525

00:33:37.910 --> 00:33:39.678 stands for sequential multiple

NOTE Confidence: 0.8247146525

00:33:39.678 --> 00:33:41.479 assignment randomization trials.

NOTE Confidence: 0.849296952

00:33:43.990 --> 00:33:46.530 Early on, back in 2016,

NOTE Confidence: 0.849296952

00:33:46.530 --> 00:33:48.539 we published a paper in which we

NOTE Confidence: 0.849296952

00:33:48.539 --> 00:33:50.649 looked at the pattern of response

NOTE Confidence: 0.849296952

00:33:50.650 --> 00:33:54.316 to CBT and to phylloxera teen



NOTE Confidence: 0.849296952

00:33:54.316 --> 00:33:56.270 treatment for binge eating disorder.

NOTE Confidence: 0.849296952

00:33:56.270 --> 00:33:58.700 And we found that the majority of

NOTE Confidence: 0.849296952

00:33:58.700 --> 00:34:00.465 the treatment advances and benefits

NOTE Confidence: 0.849296952

00:34:00.465 --> 00:34:02.529 happened in the first two weeks.

NOTE Confidence: 0.927272305333333

00:34:04.780 --> 00:34:07.756 And then we did a variety of analysis

NOTE Confidence: 0.927272305333333

00:34:07.756 --> 00:34:11.130 and we found that this rapid response

NOTE Confidence: 0.927272305333333

00:34:11.130 --> 00:34:15.530 was highly predictive of who?

NOTE Confidence: 0.927272305333333

00:34:15.530 --> 00:34:18.560 Remitted at the end of treatment.

NOTE Confidence: 0.927272305333333

00:34:18.560 --> 00:34:20.330 But we also found that

NOTE Confidence: 0.927272305333333

00:34:20.330 --> 00:34:21.746 the pattern was differed.

NOTE Confidence: 0.927272305333333

00:34:21.750 --> 00:34:23.250 It was different for different treatment.

NOTE Confidence: 0.927272305333333

00:34:23.250 --> 00:34:27.048 So if you did not have a rapid response.

NOTE Confidence: 0.927272305333333

00:34:27.050 --> 00:34:29.165 Medication staying with the medication

NOTE Confidence: 0.927272305333333

00:34:29.165 --> 00:34:31.910 did not have any added benefit.

NOTE Confidence: 0.927272305333333

00:34:31.910 --> 00:34:34.280 If you didn't have an added.

NOTE Confidence: 0.927272305333333

00:34:34.280 --> 00:34:37.017 If you didn't have a rapid response  
NOTE Confidence: 0.9272723053333333

00:34:37.017 --> 00:34:39.979 to CBT and you stayed with CBT,  
NOTE Confidence: 0.9272723053333333

00:34:39.980 --> 00:34:41.520 there was kind of a sleeper effect  
NOTE Confidence: 0.9272723053333333

00:34:41.520 --> 00:34:42.640 and eventually you caught up.  
NOTE Confidence: 0.9272723053333333

00:34:42.640 --> 00:34:44.530 We have since replicated that in a  
NOTE Confidence: 0.9272723053333333

00:34:44.530 --> 00:34:46.611 variety of ways with a variety of  
NOTE Confidence: 0.9272723053333333

00:34:46.611 --> 00:34:48.126 treatments with the CBT findings  
NOTE Confidence: 0.9272723053333333

00:34:48.126 --> 00:34:50.158 being replicated over and over again.  
NOTE Confidence: 0.9272723053333333

00:34:50.160 --> 00:34:50.886 But importantly,  
NOTE Confidence: 0.9272723053333333

00:34:50.886 --> 00:34:53.064 we have found that for medication  
NOTE Confidence: 0.9272723053333333

00:34:53.064 --> 00:34:54.493 treatments with various medications  
NOTE Confidence: 0.9272723053333333

00:34:54.493 --> 00:34:57.085 that if you don't get a quick response.  
NOTE Confidence: 0.9272723053333333

00:34:57.090 --> 00:34:58.745 Better off switching the person  
NOTE Confidence: 0.9272723053333333

00:34:58.745 --> 00:35:00.069 sooner rather than later.  
NOTE Confidence: 0.9272723053333333

00:35:00.070 --> 00:35:01.110 Most clinicians I think.  
NOTE Confidence: 0.9272723053333333

00:35:01.110 --> 00:35:03.246 Well, let's let's wait a few more weeks.

NOTE Confidence: 0.927272305333333  
00:35:03.250 --> 00:35:04.786 Let's wait a few more months  
NOTE Confidence: 0.927272305333333  
00:35:04.786 --> 00:35:06.600 that that I don't support that.  
NOTE Confidence: 0.927272305333333  
00:35:06.600 --> 00:35:09.996 But interestingly, we did an analysis.  
NOTE Confidence: 0.927272305333333  
00:35:10.000 --> 00:35:10.996 We did a couple of these.  
NOTE Confidence: 0.927272305333333  
00:35:11.000 --> 00:35:11.740 In fact,  
NOTE Confidence: 0.927272305333333  
00:35:11.740 --> 00:35:13.960 different trials with behavioral weight loss,  
NOTE Confidence: 0.927272305333333  
00:35:13.960 --> 00:35:15.616 and we found an interesting finding.  
NOTE Confidence: 0.927272305333333  
00:35:15.620 --> 00:35:18.038 If you had a rapid response  
NOTE Confidence: 0.927272305333333  
00:35:18.038 --> 00:35:19.650 to behavioral weight loss.  
NOTE Confidence: 0.927272305333333  
00:35:19.650 --> 00:35:22.660 That was highly predictive of of really  
NOTE Confidence: 0.927272305333333  
00:35:22.660 --> 00:35:25.845 good longer term outcomes in both binge  
NOTE Confidence: 0.927272305333333  
00:35:25.845 --> 00:35:28.563 eating remission and in weight loss.  
NOTE Confidence: 0.927272305333333  
00:35:28.570 --> 00:35:29.071 Remember,  
NOTE Confidence: 0.927272305333333  
00:35:29.071 --> 00:35:32.077 CBT does not produce weight loss.  
NOTE Confidence: 0.927272305333333  
00:35:32.080 --> 00:35:33.308 So that.  
NOTE Confidence: 0.927272305333333

00:35:33.308 --> 00:35:36.378 Let us to this design.  
NOTE Confidence: 0.9272723053333333

00:35:36.380 --> 00:35:38.174 This is one of our first  
NOTE Confidence: 0.9272723053333333

00:35:38.174 --> 00:35:39.600 adaptive smart approaches to BD.  
NOTE Confidence: 0.9272723053333333

00:35:39.600 --> 00:35:42.174 We start on the left side of the figure  
NOTE Confidence: 0.9272723053333333

00:35:42.174 --> 00:35:44.738 with the first step care randomization.  
NOTE Confidence: 0.9272723053333333

00:35:44.740 --> 00:35:47.029 We randomized people to either VWL  
NOTE Confidence: 0.9272723053333333

00:35:47.029 --> 00:35:49.174 behavioral weight loss for six  
NOTE Confidence: 0.9272723053333333

00:35:49.174 --> 00:35:51.720 months as the standard treatment,  
NOTE Confidence: 0.9272723053333333

00:35:51.720 --> 00:35:53.880 the other condition we considered was  
NOTE Confidence: 0.9272723053333333

00:35:53.880 --> 00:35:56.259 obviously CBT as you Norma CBT guy,  
NOTE Confidence: 0.9272723053333333

00:35:56.260 --> 00:35:57.260 why did we pick BW?  
NOTE Confidence: 0.9272723053333333

00:35:57.260 --> 00:35:58.668 Well, two pragmatic reasons.  
NOTE Confidence: 0.9272723053333333

00:35:58.668 --> 00:36:00.428 BWL produces weight loss which  
NOTE Confidence: 0.9272723053333333

00:36:00.428 --> 00:36:02.141 is an important clinical outcome  
NOTE Confidence: 0.9272723053333333

00:36:02.141 --> 00:36:04.430 and and there are many many more.  
NOTE Confidence: 0.9272723053333333

00:36:04.430 --> 00:36:06.495 Clinicians trained in doing behavioral

NOTE Confidence: 0.9272723053333333  
00:36:06.495 --> 00:36:09.615 weight loss than they are in doing  
NOTE Confidence: 0.9272723053333333  
00:36:09.615 --> 00:36:11.088 cognitive behavioral therapy.  
NOTE Confidence: 0.9272723053333333  
00:36:11.090 --> 00:36:11.910 For better or for worse,  
NOTE Confidence: 0.9272723053333333  
00:36:11.910 --> 00:36:13.926 that was our thinking. This step?  
NOTE Confidence: 0.9272723053333333  
00:36:13.930 --> 00:36:14.530 Care randomization.  
NOTE Confidence: 0.9272723053333333  
00:36:14.530 --> 00:36:16.030 We start people with behavioral  
NOTE Confidence: 0.9272723053333333  
00:36:16.030 --> 00:36:17.429 weight loss for one month.  
NOTE Confidence: 0.9272723053333333  
00:36:17.430 --> 00:36:19.582 At the end of one month we stopped  
NOTE Confidence: 0.9272723053333333  
00:36:19.582 --> 00:36:21.839 and we see how people are doing.  
NOTE Confidence: 0.9272723053333333  
00:36:21.840 --> 00:36:23.110 If they are doing great,  
NOTE Confidence: 0.9272723053333333  
00:36:23.110 --> 00:36:27.716 we label those as as rapid responders.  
NOTE Confidence: 0.9272723053333333  
00:36:27.720 --> 00:36:30.546 We had an algorithm based on  
NOTE Confidence: 0.9272723053333333  
00:36:30.546 --> 00:36:32.655 several Roc analysis that we did  
NOTE Confidence: 0.9272723053333333  
00:36:32.655 --> 00:36:34.290 with different trials before and  
NOTE Confidence: 0.9272723053333333  
00:36:34.347 --> 00:36:36.046 we landed on a 70% reduction in  
NOTE Confidence: 0.9272723053333333

00:36:36.046 --> 00:36:38.710 binge eating by the 4th week as our  
NOTE Confidence: 0.9272723053333333

00:36:38.780 --> 00:36:41.000 marker for doing for doing well,  
NOTE Confidence: 0.9272723053333333

00:36:41.000 --> 00:36:43.640 and if they weren't doing well.  
NOTE Confidence: 0.9272723053333333

00:36:43.640 --> 00:36:45.572 We label them as non responders and  
NOTE Confidence: 0.9272723053333333

00:36:45.572 --> 00:36:47.105 we switched treatment so if they  
NOTE Confidence: 0.9272723053333333

00:36:47.105 --> 00:36:48.600 were doing well, it's not broken.  
NOTE Confidence: 0.9272723053333333

00:36:48.600 --> 00:36:49.440 Don't fix it,  
NOTE Confidence: 0.9272723053333333

00:36:49.440 --> 00:36:51.336 keep doing it and try to do it  
NOTE Confidence: 0.9272723053333333

00:36:51.336 --> 00:36:52.917 better so we continue with the  
NOTE Confidence: 0.9272723053333333

00:36:52.917 --> 00:36:54.889 beat up you well and we also  
NOTE Confidence: 0.9272723053333333

00:36:54.889 --> 00:36:56.619 randomized them to an obesity.  
NOTE Confidence: 0.9272723053333333

00:36:56.620 --> 00:36:57.312 I'm sorry.  
NOTE Confidence: 0.9272723053333333

00:36:57.312 --> 00:36:59.042 Weight loss medication what to  
NOTE Confidence: 0.9272723053333333

00:36:59.042 --> 00:37:00.800 a placebo and if they were not  
NOTE Confidence: 0.9272723053333333

00:37:00.800 --> 00:37:01.860 doing well we randomized them  
NOTE Confidence: 0.9272723053333333

00:37:01.909 --> 00:37:03.097 to an alternative treatment.

NOTE Confidence: 0.751441802105263  
00:37:03.100 --> 00:37:04.420 Cognitive behavioral therapy guided  
NOTE Confidence: 0.751441802105263  
00:37:04.420 --> 00:37:06.723 self help with some people say treatment  
NOTE Confidence: 0.751441802105263  
00:37:06.723 --> 00:37:08.859 of choice sort of good place to start.  
NOTE Confidence: 0.751441802105263  
00:37:08.860 --> 00:37:11.085 And we also randomized them  
NOTE Confidence: 0.751441802105263  
00:37:11.085 --> 00:37:14.320 to weight loss. Medication.  
NOTE Confidence: 0.751441802105263  
00:37:14.320 --> 00:37:16.308 Or placebo in a double blind fashion.  
NOTE Confidence: 0.751441802105263  
00:37:16.310 --> 00:37:18.956 And then we followed them up.  
NOTE Confidence: 0.751441802105263  
00:37:18.960 --> 00:37:20.780 Our findings are summarized here.  
NOTE Confidence: 0.751441802105263  
00:37:20.780 --> 00:37:22.676 We had remission rates in the two conditions,  
NOTE Confidence: 0.751441802105263  
00:37:22.680 --> 00:37:25.730 which did not differ significantly  
NOTE Confidence: 0.751441802105263  
00:37:25.730 --> 00:37:27.315 of 74% and 67%,  
NOTE Confidence: 0.751441802105263  
00:37:27.315 --> 00:37:30.139 so we're getting a little bit better with  
NOTE Confidence: 0.751441802105263  
00:37:30.139 --> 00:37:32.519 this behavioral weight loss treatment.  
NOTE Confidence: 0.751441802105263  
00:37:32.520 --> 00:37:34.752 As we've seen this kind of  
NOTE Confidence: 0.751441802105263  
00:37:34.752 --> 00:37:37.136 steady creeping factor,  
NOTE Confidence: 0.751441802105263

00:37:37.136 --> 00:37:39.682 so getting a little bit better each  
NOTE Confidence: 0.751441802105263

00:37:39.682 --> 00:37:41.045 time we've refined our treatments  
NOTE Confidence: 0.751441802105263

00:37:41.045 --> 00:37:42.490 based on some other lessons  
NOTE Confidence: 0.751441802105263

00:37:42.490 --> 00:37:43.980 we've learned from each trial.  
NOTE Confidence: 0.751441802105263

00:37:43.980 --> 00:37:46.278 And the right.  
NOTE Confidence: 0.751441802105263

00:37:46.280 --> 00:37:48.805 Slide shows the remission rates  
NOTE Confidence: 0.751441802105263

00:37:48.805 --> 00:37:51.330 within the different cells within  
NOTE Confidence: 0.751441802105263

00:37:51.414 --> 00:37:53.669 the different step care arms.  
NOTE Confidence: 0.751441802105263

00:37:53.670 --> 00:37:55.342 Adding the medication didn't  
NOTE Confidence: 0.751441802105263

00:37:55.342 --> 00:37:57.880 seem to do much with either.  
NOTE Confidence: 0.751441802105263

00:37:57.880 --> 00:38:00.029 The people who had an initial response  
NOTE Confidence: 0.751441802105263

00:38:00.029 --> 00:38:02.487 and did not have an initial response  
NOTE Confidence: 0.751441802105263

00:38:02.490 --> 00:38:04.762 in terms of weight loss is the left  
NOTE Confidence: 0.751441802105263

00:38:04.762 --> 00:38:06.999 slide shows the overall findings from  
NOTE Confidence: 0.751441802105263

00:38:06.999 --> 00:38:09.399 step care versus behavioral weight loss,  
NOTE Confidence: 0.751441802105263

00:38:09.400 --> 00:38:11.241 and you see that the treatments did



NOTE Confidence: 0.751441802105263  
00:38:11.241 --> 00:38:12.841 not change did not differ either  
NOTE Confidence: 0.751441802105263  
00:38:12.841 --> 00:38:14.605 in terms of the time course of  
NOTE Confidence: 0.751441802105263  
00:38:14.664 --> 00:38:16.456 weight or the outcome at the end.  
NOTE Confidence: 0.751441802105263  
00:38:16.460 --> 00:38:18.278 Six month treatments.  
NOTE Confidence: 0.751441802105263  
00:38:18.278 --> 00:38:20.096 The right slide,  
NOTE Confidence: 0.751441802105263  
00:38:20.100 --> 00:38:21.735 which is beyond today's scope  
NOTE Confidence: 0.751441802105263  
00:38:21.735 --> 00:38:22.716 for good obsessional,  
NOTE Confidence: 0.751441802105263  
00:38:22.720 --> 00:38:26.626 does look at some people who did.  
NOTE Confidence: 0.751441802105263  
00:38:26.630 --> 00:38:28.289 Depending on which treatment they were in,  
NOTE Confidence: 0.751441802105263  
00:38:28.290 --> 00:38:31.489 adding a weight loss medication did help.  
NOTE Confidence: 0.751441802105263  
00:38:31.490 --> 00:38:32.730 Some of the weight loss,  
NOTE Confidence: 0.751441802105263  
00:38:32.730 --> 00:38:33.990 which is fairly logical,  
NOTE Confidence: 0.751441802105263  
00:38:33.990 --> 00:38:35.880 but overall it did lead to  
NOTE Confidence: 0.751441802105263  
00:38:35.941 --> 00:38:37.297 a difference with the.  
NOTE Confidence: 0.751441802105263  
00:38:37.300 --> 00:38:39.568 With the standard treatment.  
NOTE Confidence: 0.751441802105263

00:38:39.568 --> 00:38:42.403 Good news is 6 months,  
NOTE Confidence: 0.751441802105263

00:38:42.410 --> 00:38:44.600 12 months after the completion  
NOTE Confidence: 0.751441802105263

00:38:44.600 --> 00:38:46.352 of discontinuation of these.  
NOTE Confidence: 0.798658038

00:38:49.690 --> 00:38:50.842 These treatments,  
NOTE Confidence: 0.798658038

00:38:50.842 --> 00:38:53.641 the remission rates, were fairly well.  
NOTE Confidence: 0.798658038

00:38:53.641 --> 00:38:55.783 They're not at quite in that  
NOTE Confidence: 0.798658038

00:38:55.783 --> 00:38:58.974 same stratosphere of 67 and 74%,  
NOTE Confidence: 0.798658038

00:38:58.974 --> 00:39:01.814 but remission rates were still  
NOTE Confidence: 0.798658038

00:39:01.820 --> 00:39:04.628 45% and 41% at 12 months,  
NOTE Confidence: 0.798658038

00:39:04.630 --> 00:39:06.814 which is not differ significantly between  
NOTE Confidence: 0.798658038

00:39:06.814 --> 00:39:09.029 the standard and it's destep care.  
NOTE Confidence: 0.798658038

00:39:09.030 --> 00:39:11.286 Mixed models of binge eating frequency.  
NOTE Confidence: 0.798658038

00:39:11.290 --> 00:39:13.090 So binge eating frequency,  
NOTE Confidence: 0.798658038

00:39:13.090 --> 00:39:13.990 considered continuously.  
NOTE Confidence: 0.798658038

00:39:13.990 --> 00:39:15.785 We're also not significant between  
NOTE Confidence: 0.798658038

00:39:15.785 --> 00:39:17.580 the two treatment conditions and,

NOTE Confidence: 0.798658038

00:39:17.580 --> 00:39:19.200 importantly, to drop off.

NOTE Confidence: 0.798658038

00:39:19.200 --> 00:39:21.630 From post to 12 month follow-up

NOTE Confidence: 0.798658038

00:39:21.702 --> 00:39:24.560 was not significant.

NOTE Confidence: 0.798658038

00:39:24.560 --> 00:39:27.440 12 month follow up at percent

NOTE Confidence: 0.798658038

00:39:27.440 --> 00:39:30.470 weight loss in the step care.

NOTE Confidence: 0.798658038

00:39:30.470 --> 00:39:33.190 I was a little bit less than the

NOTE Confidence: 0.798658038

00:39:33.190 --> 00:39:35.075 behavioral weight loss where we

NOTE Confidence: 0.798658038

00:39:35.075 --> 00:39:39.000 actually hit a mean of 5% weight loss.

NOTE Confidence: 0.798658038

00:39:39.000 --> 00:39:41.160 At 12 months after treatment,

NOTE Confidence: 0.798658038

00:39:41.160 --> 00:39:43.401 5% is often used as a marker in the

NOTE Confidence: 0.798658038

00:39:43.401 --> 00:39:45.430 obesity field as potentially approaching

NOTE Confidence: 0.798658038

00:39:45.430 --> 00:39:48.004 a clinically meaningful amount of weight.

NOTE Confidence: 0.919830394

00:39:52.290 --> 00:39:56.720 We then designed this study.

NOTE Confidence: 0.919830394

00:39:56.720 --> 00:40:01.274 Funded by NIH, in which we are finally

NOTE Confidence: 0.919830394

00:40:01.274 --> 00:40:04.158 getting to the point where we have.

NOTE Confidence: 0.919830394

00:40:04.160 --> 00:40:06.220 Different artillery available to us,  
NOTE Confidence: 0.919830394

00:40:06.220 --> 00:40:08.824 so we now have medications that seem  
NOTE Confidence: 0.919830394

00:40:08.824 --> 00:40:11.270 to potentially have greater benefit for  
NOTE Confidence: 0.919830394

00:40:11.270 --> 00:40:13.700 conceptually addressing the binge eating,  
NOTE Confidence: 0.919830394

00:40:13.700 --> 00:40:14.774 and more importantly,  
NOTE Confidence: 0.919830394

00:40:14.774 --> 00:40:17.280 they are a little bit more potent  
NOTE Confidence: 0.919830394

00:40:17.347 --> 00:40:19.039 for producing weight loss,  
NOTE Confidence: 0.919830394

00:40:19.040 --> 00:40:20.820 and that can be tolerated.  
NOTE Confidence: 0.919830394

00:40:20.820 --> 00:40:23.868 This is a study with naltrexone  
NOTE Confidence: 0.919830394

00:40:23.868 --> 00:40:25.400 bupropion combination medication  
NOTE Confidence: 0.919830394

00:40:25.400 --> 00:40:28.460 that's FDA approved for weight loss.  
NOTE Confidence: 0.919830394

00:40:28.460 --> 00:40:30.504 In this study, we had a balance  
NOTE Confidence: 0.919830394

00:40:30.504 --> 00:40:33.920 two by two factorial design, so.  
NOTE Confidence: 0.919830394

00:40:33.920 --> 00:40:35.520 You get behavioral weight loss,  
NOTE Confidence: 0.919830394

00:40:35.520 --> 00:40:36.309 yes or no.  
NOTE Confidence: 0.919830394

00:40:36.309 --> 00:40:37.098 You get naltrexone,

NOTE Confidence: 0.919830394

00:40:37.100 --> 00:40:39.520 be appropriate or placebo in

NOTE Confidence: 0.919830394

00:40:39.520 --> 00:40:42.668 double blind fashion that heals for

NOTE Confidence: 0.919830394

00:40:42.668 --> 00:40:45.058 treatment conditions and the treatment

NOTE Confidence: 0.919830394

00:40:45.058 --> 00:40:47.254 conditions went on for 16 weeks.

NOTE Confidence: 0.919830394

00:40:47.260 --> 00:40:50.104 The behavioral weight loss by a

NOTE Confidence: 0.919830394

00:40:50.104 --> 00:40:52.000 doctoral clinicians followed protocol

NOTE Confidence: 0.919830394

00:40:52.070 --> 00:40:54.200 that had been well established.

NOTE Confidence: 0.919830394

00:40:54.200 --> 00:40:57.048 Treatments with done well.

NOTE Confidence: 0.919830394

00:40:57.050 --> 00:40:57.393 No,

NOTE Confidence: 0.919830394

00:40:57.393 --> 00:41:00.137 I didn't hear 2 manuals and and and

NOTE Confidence: 0.919830394

00:41:00.137 --> 00:41:02.965 so forth and then at the end of the

NOTE Confidence: 0.919830394

00:41:02.965 --> 00:41:05.058 six weeks we conduct a post treatment

NOTE Confidence: 0.919830394

00:41:05.058 --> 00:41:07.746 assessment and we see how they're doing.

NOTE Confidence: 0.919830394

00:41:07.750 --> 00:41:10.198 If they responded to the initial

NOTE Confidence: 0.919830394

00:41:10.198 --> 00:41:11.830 stage one treatments we?

NOTE Confidence: 0.919830394

00:41:11.830 --> 00:41:15.722 Re randomize them to naltrexone placebo,  
NOTE Confidence: 0.919830394

00:41:15.722 --> 00:41:17.018 or to placebo.  
NOTE Confidence: 0.919830394

00:41:17.018 --> 00:41:19.886 This, as answer the very important question,  
NOTE Confidence: 0.919830394

00:41:19.890 --> 00:41:20.548 which, remarkably,  
NOTE Confidence: 0.919830394

00:41:20.548 --> 00:41:22.522 there is a dearth of data  
NOTE Confidence: 0.919830394

00:41:22.522 --> 00:41:23.870 available for clinicians.  
NOTE Confidence: 0.919830394

00:41:23.870 --> 00:41:24.382 Which is,  
NOTE Confidence: 0.919830394

00:41:24.382 --> 00:41:25.918 if you have a patient who  
NOTE Confidence: 0.919830394

00:41:25.918 --> 00:41:27.169 has responded to treatment.  
NOTE Confidence: 0.919830394

00:41:27.170 --> 00:41:29.613 Just keeping them or putting them on  
NOTE Confidence: 0.919830394

00:41:29.613 --> 00:41:34.742 a weight loss medication help them to  
NOTE Confidence: 0.919830394

00:41:34.742 --> 00:41:37.270 maintain their progress remarkably,  
NOTE Confidence: 0.919830394

00:41:37.270 --> 00:41:40.320 there's only one randomized control  
NOTE Confidence: 0.919830394

00:41:40.320 --> 00:41:44.016 test of a maintenance medication for BD,  
NOTE Confidence: 0.919830394

00:41:44.016 --> 00:41:46.600 and I was with LDX and LDX continuing  
NOTE Confidence: 0.919830394

00:41:46.677 --> 00:41:49.072 after the two treatment did

NOTE Confidence: 0.919830394

00:41:49.072 --> 00:41:51.756 significantly reduce the chances of relapse,

NOTE Confidence: 0.919830394

00:41:51.756 --> 00:41:54.729 so this is only the second such study.

NOTE Confidence: 0.919830394

00:41:54.729 --> 00:41:56.463 We didn't have an exploratory arm

NOTE Confidence: 0.919830394

00:41:56.463 --> 00:41:58.725 that what do you do with the people

NOTE Confidence: 0.919830394

00:41:58.725 --> 00:42:00.340 who don't benefit to these two?

NOTE Confidence: 0.919830394

00:42:00.340 --> 00:42:01.534 Presumably decent treatments.

NOTE Confidence: 0.919830394

00:42:01.534 --> 00:42:04.620 One of the FDA approved medication and BWL.

NOTE Confidence: 0.919830394

00:42:04.620 --> 00:42:06.020 I showed you all the data before.

NOTE Confidence: 0.919830394

00:42:06.020 --> 00:42:09.009 Well here we switched them to CBT

NOTE Confidence: 0.919830394

00:42:09.009 --> 00:42:11.949 here we learned from the previous.

NOTE Confidence: 0.919830394

00:42:11.950 --> 00:42:13.770 Design where we switched them

NOTE Confidence: 0.919830394

00:42:13.770 --> 00:42:15.226 to cognitive behavioral therapy.

NOTE Confidence: 0.919830394

00:42:15.230 --> 00:42:16.175 Guided self help.

NOTE Confidence: 0.919830394

00:42:16.175 --> 00:42:18.065 I was perhaps overly influenced by

NOTE Confidence: 0.919830394

00:42:18.065 --> 00:42:20.106 Nice because I went to guided self

NOTE Confidence: 0.919830394

00:42:20.106 --> 00:42:21.990 help but didn't seem to do enough.  
NOTE Confidence: 0.919830394

00:42:21.990 --> 00:42:23.982 So here we switch him to the full  
NOTE Confidence: 0.919830394

00:42:23.982 --> 00:42:25.996 blown CBT to see if that helps  
NOTE Confidence: 0.919830394

00:42:25.996 --> 00:42:26.866 the non responders.  
NOTE Confidence: 0.852383811

00:42:29.270 --> 00:42:30.226 Yeah, findings for you.  
NOTE Confidence: 0.852383811

00:42:30.226 --> 00:42:31.660 This is hot off the press.  
NOTE Confidence: 0.852383811

00:42:31.660 --> 00:42:32.950 We just did the analysis  
NOTE Confidence: 0.852383811

00:42:32.950 --> 00:42:34.240 over the last couple weeks.  
NOTE Confidence: 0.852383811

00:42:34.240 --> 00:42:35.188 Thank you relapsa.  
NOTE Confidence: 0.896311968518518

00:42:37.290 --> 00:42:39.672 We randomized 136 patients with PD  
NOTE Confidence: 0.896311968518518

00:42:39.672 --> 00:42:42.413 and obesity and here are the remission  
NOTE Confidence: 0.896311968518518

00:42:42.413 --> 00:42:44.933 rates at the end of treatment on  
NOTE Confidence: 0.896311968518518

00:42:45.014 --> 00:42:47.177 the left side in the blue box,  
NOTE Confidence: 0.896311968518518

00:42:47.180 --> 00:42:50.150 remission rates were significant for  
NOTE Confidence: 0.896311968518518

00:42:50.150 --> 00:42:52.328 behavioral weight loss and for naltrexone,  
NOTE Confidence: 0.896311968518518

00:42:52.330 --> 00:42:55.066 but the interaction was not significant.



NOTE Confidence: 0.896311968518518  
00:42:55.070 --> 00:42:57.282 When you consider the four cell design  
NOTE Confidence: 0.896311968518518  
00:42:57.282 --> 00:43:00.268 in each of the active treatments were  
NOTE Confidence: 0.896311968518518  
00:43:00.268 --> 00:43:02.236 significantly superior to placebo.  
NOTE Confidence: 0.896311968518518  
00:43:02.240 --> 00:43:04.319 I do not show a graph here  
NOTE Confidence: 0.896311968518518  
00:43:04.319 --> 00:43:05.980 for binge eating frequency,  
NOTE Confidence: 0.896311968518518  
00:43:05.980 --> 00:43:08.780 but we saw the same rapid response  
NOTE Confidence: 0.896311968518518  
00:43:08.780 --> 00:43:11.136 in binge eating frequency.  
NOTE Confidence: 0.896311968518518  
00:43:11.136 --> 00:43:14.396 The decrease was significant for  
NOTE Confidence: 0.896311968518518  
00:43:14.396 --> 00:43:17.470 being for behavioral weight loss.  
NOTE Confidence: 0.896311968518518  
00:43:17.470 --> 00:43:20.164 It was not significant for naltrexone  
NOTE Confidence: 0.896311968518518  
00:43:20.164 --> 00:43:22.880 bupropion nor was the interaction  
NOTE Confidence: 0.896311968518518  
00:43:22.880 --> 00:43:24.660 significant the right slide.  
NOTE Confidence: 0.896311968518518  
00:43:24.660 --> 00:43:27.392 So shows 5% weight loss categories.  
NOTE Confidence: 0.896311968518518  
00:43:27.392 --> 00:43:30.176 The rate was the proportion meeting  
NOTE Confidence: 0.896311968518518  
00:43:30.176 --> 00:43:33.106 this category was significant for BWL.  
NOTE Confidence: 0.896311968518518

00:43:33.110 --> 00:43:35.630 But not not trackson be propri

NOTE Confidence: 0.896311968518518

00:43:35.630 --> 00:43:37.554 on and percent weight loss.

NOTE Confidence: 0.896311968518518

00:43:37.554 --> 00:43:38.306 Considered continuously,

NOTE Confidence: 0.896311968518518

00:43:38.310 --> 00:43:38.751 however,

NOTE Confidence: 0.896311968518518

00:43:38.751 --> 00:43:41.397 was significant for BWL and for

NOTE Confidence: 0.896311968518518

00:43:41.397 --> 00:43:43.974 now tracks don't be propri on as

NOTE Confidence: 0.896311968518518

00:43:43.974 --> 00:43:45.438 well As for an interaction effect.

NOTE Confidence: 0.896311968518518

00:43:45.440 --> 00:43:47.495 Again there wouldn't consider weight

NOTE Confidence: 0.896311968518518

00:43:47.495 --> 00:43:49.904 loss as a percent continuously.

NOTE Confidence: 0.896311968518518

00:43:49.904 --> 00:43:52.960 Each active treatment with

NOTE Confidence: 0.896311968518518

00:43:52.960 --> 00:43:56.016 significantly superior to placebo.

NOTE Confidence: 0.896311968518518

00:43:56.020 --> 00:43:58.477 We do not yet have the findings

NOTE Confidence: 0.896311968518518

00:43:58.477 --> 00:44:00.705 were nearly done with the stage

NOTE Confidence: 0.896311968518518

00:44:00.705 --> 00:44:02.675 two trial on whether behavioral

NOTE Confidence: 0.896311968518518

00:44:02.675 --> 00:44:05.200 now trackson bupropion is superior

NOTE Confidence: 0.896311968518518

00:44:05.200 --> 00:44:07.860 to placebo for preventing relapse.

NOTE Confidence: 0.896311968518518  
00:44:07.860 --> 00:44:09.510 Hopefully we can present that  
NOTE Confidence: 0.896311968518518  
00:44:09.510 --> 00:44:10.650 down down the line,  
NOTE Confidence: 0.896311968518518  
00:44:10.650 --> 00:44:12.000 but that's one of the  
NOTE Confidence: 0.896311968518518  
00:44:12.000 --> 00:44:13.210 things we're looking at.  
NOTE Confidence: 0.896311968518518  
00:44:13.210 --> 00:44:15.828 And we are also looking at ultrex  
NOTE Confidence: 0.896311968518518  
00:44:15.828 --> 00:44:17.412 zone bupropion versus placebo  
NOTE Confidence: 0.896311968518518  
00:44:17.412 --> 00:44:18.988 in a different study.  
NOTE Confidence: 0.896311968518518  
00:44:18.990 --> 00:44:22.218 This is with our colleagues in.  
NOTE Confidence: 0.896311968518518  
00:44:22.220 --> 00:44:24.468 Sherry Mackey's groups there,  
NOTE Confidence: 0.896311968518518  
00:44:24.468 --> 00:44:28.620 that's a straight medication versus placebo,  
NOTE Confidence: 0.896311968518518  
00:44:28.620 --> 00:44:31.750 designed with slightly more folks allocated  
NOTE Confidence: 0.896311968518518  
00:44:31.750 --> 00:44:34.060 to the two medication conditions,  
NOTE Confidence: 0.896311968518518  
00:44:34.060 --> 00:44:39.828 and she has embedded a nifty laboratory.  
NOTE Confidence: 0.896311968518518  
00:44:39.830 --> 00:44:43.865 Eating paradigm to look at  
NOTE Confidence: 0.896311968518518  
00:44:43.865 --> 00:44:46.286 behavioral and metabolic.  
NOTE Confidence: 0.896311968518518

00:44:46.290 --> 00:44:46.775 Correlate's,  
NOTE Confidence: 0.896311968518518

00:44:46.775 --> 00:44:49.200 and as moderators and potential  
NOTE Confidence: 0.896311968518518

00:44:49.200 --> 00:44:51.140 mediators have changed with  
NOTE Confidence: 0.896311968518518

00:44:51.207 --> 00:44:52.610 the medication treatment.  
NOTE Confidence: 0.878246676

00:44:55.140 --> 00:44:58.430 This is another ongoing smart design that  
NOTE Confidence: 0.878246676

00:44:58.430 --> 00:45:02.020 we have when we talk you through the.  
NOTE Confidence: 0.878246676

00:45:02.020 --> 00:45:05.170 Through the treatment. Come sell here,  
NOTE Confidence: 0.878246676

00:45:05.170 --> 00:45:07.922 this is a straight horse race from the  
NOTE Confidence: 0.878246676

00:45:07.922 --> 00:45:10.144 supposed leading treatments for BDL.  
NOTE Confidence: 0.878246676

00:45:10.144 --> 00:45:13.502 DX is the soul. Medication approved  
NOTE Confidence: 0.878246676

00:45:13.502 --> 00:45:16.939 by the FDA for binge eating disorder.  
NOTE Confidence: 0.878246676

00:45:16.940 --> 00:45:20.004 CBT is in in most guidelines and most  
NOTE Confidence: 0.878246676

00:45:20.004 --> 00:45:22.711 meta analysis and reviews considered  
NOTE Confidence: 0.878246676

00:45:22.711 --> 00:45:25.199 the leading psychological treatment  
NOTE Confidence: 0.878246676

00:45:25.200 --> 00:45:30.255 for BDD and we then did CBT plus LDX.  
NOTE Confidence: 0.878246676

00:45:30.255 --> 00:45:31.835 There is no control,

NOTE Confidence: 0.878246676

00:45:31.840 --> 00:45:34.730 no placebo condition here as

NOTE Confidence: 0.878246676

00:45:34.730 --> 00:45:37.042 both active treatments have.

NOTE Confidence: 0.878246676

00:45:37.050 --> 00:45:38.858 Clearly demonstrated efficacy and

NOTE Confidence: 0.878246676

00:45:38.858 --> 00:45:41.118 effectiveness in variety of setting.

NOTE Confidence: 0.85392067

00:45:43.390 --> 00:45:45.982 The study here is how to

NOTE Confidence: 0.85392067

00:45:45.982 --> 00:45:47.710 compare the two treatments.

NOTE Confidence: 0.85392067

00:45:47.710 --> 00:45:50.610 The three treatments overtime.

NOTE Confidence: 0.85392067

00:45:50.610 --> 00:45:52.125 Three month treatments.

NOTE Confidence: 0.85392067

00:45:52.125 --> 00:45:55.492 That's the labeling for the LDX we

NOTE Confidence: 0.85392067

00:45:55.492 --> 00:45:57.816 have manuals for CBT for 12 weeks,

NOTE Confidence: 0.85392067

00:45:57.820 --> 00:46:01.159 20 weeks, 24 weeks and our effects.

NOTE Confidence: 0.85392067

00:46:01.160 --> 00:46:03.055 Our comparable so the treatments

NOTE Confidence: 0.85392067

00:46:03.055 --> 00:46:05.280 are nicely matched in that way.

NOTE Confidence: 0.85392067

00:46:05.280 --> 00:46:08.274 At post treatment we assess again

NOTE Confidence: 0.85392067

00:46:08.274 --> 00:46:10.270 a response based randomization.

NOTE Confidence: 0.85392067

00:46:10.270 --> 00:46:12.993 If you were in either of the  
NOTE Confidence: 0.85392067

00:46:12.993 --> 00:46:14.160 LDX medication treatments,  
NOTE Confidence: 0.85392067

00:46:14.160 --> 00:46:15.976 you get re randomized.  
NOTE Confidence: 0.85392067

00:46:15.976 --> 00:46:19.699 If you were a responder to either LDX  
NOTE Confidence: 0.85392067

00:46:19.699 --> 00:46:22.870 or to placebo to see whether LDX.  
NOTE Confidence: 0.85392067

00:46:22.870 --> 00:46:24.314 Is superior to placebo  
NOTE Confidence: 0.85392067

00:46:24.314 --> 00:46:25.397 for preventing relapse.  
NOTE Confidence: 0.85392067

00:46:25.400 --> 00:46:27.304 This would be a replication of the  
NOTE Confidence: 0.85392067

00:46:27.304 --> 00:46:29.009 Hudson and all the sole report  
NOTE Confidence: 0.85392067

00:46:29.009 --> 00:46:30.671 in the literature that was in  
NOTE Confidence: 0.85392067

00:46:30.671 --> 00:46:32.369 JAMA Psychiatry suggesting that  
NOTE Confidence: 0.85392067

00:46:32.369 --> 00:46:34.177 the medicine prevents relapse.  
NOTE Confidence: 0.85392067

00:46:34.180 --> 00:46:36.616 If you were a non responder here,  
NOTE Confidence: 0.85392067

00:46:36.620 --> 00:46:38.265 we had much debate here with you.  
NOTE Confidence: 0.8706867944444444

00:46:40.780 --> 00:46:41.806 Assign them to.  
NOTE Confidence: 0.8706867944444444

00:46:41.806 --> 00:46:43.858 We took a cookie cutter approach.

NOTE Confidence: 0.8706867944444444  
00:46:43.860 --> 00:46:45.855 We assign them to a different medication  
NOTE Confidence: 0.8706867944444444  
00:46:45.855 --> 00:46:47.949 that has a completely different.  
NOTE Confidence: 0.84971044  
00:46:50.630 --> 00:46:52.166 Mechanism of action if you will.  
NOTE Confidence: 0.84971044  
00:46:52.170 --> 00:46:54.554 So we chose naltrexone,  
NOTE Confidence: 0.84971044  
00:46:54.554 --> 00:46:57.534 bupropion and our comparison condition  
NOTE Confidence: 0.84971044  
00:46:57.534 --> 00:47:01.339 over the stage two is CBT that had  
NOTE Confidence: 0.84971044  
00:47:01.339 --> 00:47:04.099 received CBT without any medication.  
NOTE Confidence: 0.84971044  
00:47:04.100 --> 00:47:07.170 They received no further intervention,  
NOTE Confidence: 0.84971044  
00:47:07.170 --> 00:47:09.410 and then we assess them at post  
NOTE Confidence: 0.84971044  
00:47:09.410 --> 00:47:12.049 treatment and then at 6 and 12  
NOTE Confidence: 0.84971044  
00:47:12.049 --> 00:47:14.064 months after this continually discuss  
NOTE Confidence: 0.84971044  
00:47:14.064 --> 00:47:16.328 discontinuing the second stage treatments.  
NOTE Confidence: 0.84971044  
00:47:16.330 --> 00:47:17.810 We do not have the findings for you.  
NOTE Confidence: 0.84971044  
00:47:17.810 --> 00:47:18.812 As of yesterday.  
NOTE Confidence: 0.84971044  
00:47:18.812 --> 00:47:20.816 I believe we had 84 people.  
NOTE Confidence: 0.84971044

00:47:20.820 --> 00:47:23.368 Randomized and nearly completed

NOTE Confidence: 0.84971044

00:47:23.368 --> 00:47:25.916 treatment and stage one,

NOTE Confidence: 0.84971044

00:47:25.920 --> 00:47:28.303 but we don't have those

NOTE Confidence: 0.84971044

00:47:28.303 --> 00:47:30.270 outcomes to share with you yet.

NOTE Confidence: 0.92473547

00:47:32.340 --> 00:47:34.755 Much of our work is evolved in

NOTE Confidence: 0.92473547

00:47:34.755 --> 00:47:37.446 terms of trying to predict and

NOTE Confidence: 0.92473547

00:47:37.446 --> 00:47:38.900 understand treatment outcomes.

NOTE Confidence: 0.92473547

00:47:38.900 --> 00:47:41.300 One of the most common questions

NOTE Confidence: 0.92473547

00:47:41.300 --> 00:47:43.948 that I get asked is, you know,

NOTE Confidence: 0.92473547

00:47:43.948 --> 00:47:45.668 most of my patients have

NOTE Confidence: 0.92473547

00:47:45.668 --> 00:47:46.700 comorbidity with treatments.

NOTE Confidence: 0.92473547

00:47:46.700 --> 00:47:48.320 Should I use should I combine?

NOTE Confidence: 0.92473547

00:47:48.320 --> 00:47:50.208 Should I add medications?

NOTE Confidence: 0.92473547

00:47:50.208 --> 00:47:52.568 This is analysis that Janet

NOTE Confidence: 0.92473547

00:47:52.568 --> 00:47:53.880 Whitaker and I did.

NOTE Confidence: 0.92473547

00:47:53.880 --> 00:47:55.074 Australia this year.



NOTE Confidence: 0.92473547

00:47:55.074 --> 00:47:57.064 Last year I should say.

NOTE Confidence: 0.92473547

00:47:57.070 --> 00:47:59.080 And we examined psychiatric comorbidity

NOTE Confidence: 0.92473547

00:47:59.080 --> 00:48:01.945 as a predictor and moderator or treatment

NOTE Confidence: 0.92473547

00:48:01.945 --> 00:48:03.930 outcomes and an aggregated sample.

NOTE Confidence: 0.92473547

00:48:03.930 --> 00:48:06.690 636 patients with BD who had received CBT,

NOTE Confidence: 0.92473547

00:48:06.690 --> 00:48:08.498 behavioral weight loss medication,

NOTE Confidence: 0.92473547

00:48:08.498 --> 00:48:10.306 plus therapy and controls

NOTE Confidence: 0.92473547

00:48:10.310 --> 00:48:11.274 comorbidity predicted,

NOTE Confidence: 0.92473547

00:48:11.274 --> 00:48:13.202 worst BD outcomes overall

NOTE Confidence: 0.92473547

00:48:13.202 --> 00:48:15.629 and across treatments but did

NOTE Confidence: 0.92473547

00:48:15.629 --> 00:48:17.349 not interact with treatments.

NOTE Confidence: 0.92473547

00:48:17.350 --> 00:48:19.774 And it did not moderate binge

NOTE Confidence: 0.92473547

00:48:19.774 --> 00:48:22.330 eating nor weight loss treatments.

NOTE Confidence: 0.92473547

00:48:22.330 --> 00:48:23.866 So there's some evidence that if

NOTE Confidence: 0.92473547

00:48:23.866 --> 00:48:26.018 you have a mood disorder you may do.

NOTE Confidence: 0.92473547

00:48:26.020 --> 00:48:29.209 More poorly overall.  
NOTE Confidence: 0.92473547

00:48:29.210 --> 00:48:30.716 But that does not signal the  
NOTE Confidence: 0.92473547

00:48:30.716 --> 00:48:32.110 need for a combined treatment  
NOTE Confidence: 0.92473547

00:48:32.110 --> 00:48:33.770 or for a specific treatment.  
NOTE Confidence: 0.92473547

00:48:33.770 --> 00:48:35.650 I will remind you, however,  
NOTE Confidence: 0.92473547

00:48:35.650 --> 00:48:36.859 that this analysis,  
NOTE Confidence: 0.92473547

00:48:36.859 --> 00:48:38.471 the overall finding included  
NOTE Confidence: 0.92473547

00:48:38.471 --> 00:48:39.277 control conditions.  
NOTE Confidence: 0.92473547

00:48:39.280 --> 00:48:41.568 We do not find this kind of effect  
NOTE Confidence: 0.92473547

00:48:41.568 --> 00:48:44.042 from major depression or for  
NOTE Confidence: 0.92473547

00:48:44.042 --> 00:48:45.830 depression considered dimensionally.  
NOTE Confidence: 0.92473547

00:48:45.830 --> 00:48:48.646 Using a variety of rating scales as a  
NOTE Confidence: 0.92473547

00:48:48.646 --> 00:48:50.368 significant predictor or moderate are.  
NOTE Confidence: 0.92473547

00:48:50.370 --> 00:48:52.820 So that's I think a fairly definitive  
NOTE Confidence: 0.92473547

00:48:52.820 --> 00:48:55.296 answer to one of the most common  
NOTE Confidence: 0.92473547

00:48:55.296 --> 00:48:57.318 questions that is asked of me,

NOTE Confidence: 0.92473547

00:48:57.320 --> 00:48:58.820 particularly by clinical psychiatrist.

NOTE Confidence: 0.905735498

00:49:01.090 --> 00:49:04.710 Another way that we have tried

NOTE Confidence: 0.905735498

00:49:04.710 --> 00:49:07.310 to predict treatment is here.

NOTE Confidence: 0.905735498

00:49:07.310 --> 00:49:09.848 Earlier on I indicated that finding

NOTE Confidence: 0.905735498

00:49:09.848 --> 00:49:12.386 reliable predictors of treatment and I just

NOTE Confidence: 0.905735498

00:49:12.386 --> 00:49:14.250 showed you the the comorbidity findings,

NOTE Confidence: 0.905735498

00:49:14.250 --> 00:49:16.594 which is a logical clinical thing to

NOTE Confidence: 0.905735498

00:49:16.594 --> 00:49:18.547 look at to people comorbidity to worse.

NOTE Confidence: 0.905735498

00:49:18.550 --> 00:49:20.811 Overall they do not and they certainly

NOTE Confidence: 0.905735498

00:49:20.811 --> 00:49:23.002 don't point to a specific available

NOTE Confidence: 0.905735498

00:49:23.002 --> 00:49:25.318 treatment that we have tested today.

NOTE Confidence: 0.8548319533333333

00:49:27.560 --> 00:49:28.589 A different way.

NOTE Confidence: 0.84872175

00:49:31.020 --> 00:49:34.032 Again, we have found one reliable

NOTE Confidence: 0.84872175

00:49:34.032 --> 00:49:35.710 treated predictor which is

NOTE Confidence: 0.84872175

00:49:35.710 --> 00:49:37.332 actually a treatment process,

NOTE Confidence: 0.84872175

00:49:37.332 --> 00:49:39.140 and that's rapid response,  
NOTE Confidence: 0.84872175

00:49:39.140 --> 00:49:41.303 which is why we built these smart  
NOTE Confidence: 0.84872175

00:49:41.303 --> 00:49:43.151 designs around that our reliable  
NOTE Confidence: 0.84872175

00:49:43.151 --> 00:49:45.148 predictor and the overvaluation of  
NOTE Confidence: 0.84872175

00:49:45.148 --> 00:49:47.924 shape and weight was the only other  
NOTE Confidence: 0.84872175

00:49:47.924 --> 00:49:50.704 thing a body image criterion that  
NOTE Confidence: 0.84872175

00:49:50.704 --> 00:49:54.856 predicted some outcomes in some trials,  
NOTE Confidence: 0.84872175

00:49:54.860 --> 00:49:58.160 and it actually moderated CBT  
NOTE Confidence: 0.84872175

00:49:58.160 --> 00:50:00.003 versus peroxide treatments.  
NOTE Confidence: 0.84872175

00:50:00.003 --> 00:50:02.618 Effects in a different trial,  
NOTE Confidence: 0.84872175

00:50:02.620 --> 00:50:04.748 but for the most part finding reliable  
NOTE Confidence: 0.84872175

00:50:04.748 --> 00:50:06.360 predictors have been hard, so.  
NOTE Confidence: 0.842887570769231

00:50:09.350 --> 00:50:13.590 A different way to do this is maybe  
NOTE Confidence: 0.842887570769231

00:50:13.590 --> 00:50:16.490 computers are smarter than us.  
NOTE Confidence: 0.842887570769231

00:50:16.490 --> 00:50:18.070 Clinician so we tried some  
NOTE Confidence: 0.842887570769231

00:50:18.070 --> 00:50:19.018 machine learning models.

NOTE Confidence: 0.8870264033333333  
00:50:21.140 --> 00:50:23.660 And the answer is they didn't do  
NOTE Confidence: 0.8870264033333333  
00:50:23.660 --> 00:50:26.270 much better. But why did we do this?  
NOTE Confidence: 0.648865006  
00:50:28.580 --> 00:50:33.430 A lot of field anxiety, some.  
NOTE Confidence: 0.648865006  
00:50:33.430 --> 00:50:34.942 Depression, some dangerousness  
NOTE Confidence: 0.648865006  
00:50:34.942 --> 00:50:37.462 domains people have been using  
NOTE Confidence: 0.648865006  
00:50:37.462 --> 00:50:39.572 machine learning models to try  
NOTE Confidence: 0.648865006  
00:50:39.572 --> 00:50:41.630 to predict what has is generally  
NOTE Confidence: 0.648865006  
00:50:41.630 --> 00:50:43.848 viewed as hard to predict outcomes.  
NOTE Confidence: 0.648865006  
00:50:43.850 --> 00:50:45.030 Machine learning is in contrast  
NOTE Confidence: 0.648865006  
00:50:45.030 --> 00:50:46.589 to the way we've done our  
NOTE Confidence: 0.648865006  
00:50:46.589 --> 00:50:47.909 predictor and moderator analysis,  
NOTE Confidence: 0.648865006  
00:50:47.910 --> 00:50:51.576 where we have either theoretical or  
NOTE Confidence: 0.648865006  
00:50:51.576 --> 00:50:55.798 clinical variables chosen based on.  
NOTE Confidence: 0.648865006  
00:50:55.800 --> 00:50:58.019 Some kind of model that should be  
NOTE Confidence: 0.648865006  
00:50:58.019 --> 00:50:59.849 associated with the treatments or  
NOTE Confidence: 0.648865006

00:50:59.849 --> 00:51:01.899 with the outcomes machine learning  
NOTE Confidence: 0.648865006

00:51:01.900 --> 00:51:04.438 rely on patterns in the data.  
NOTE Confidence: 0.648865006

00:51:04.440 --> 00:51:07.602 So you don't have these apriori  
NOTE Confidence: 0.648865006

00:51:07.602 --> 00:51:09.183 kinds of concepts.  
NOTE Confidence: 0.648865006

00:51:09.190 --> 00:51:10.650 Which might be theoretically smart,  
NOTE Confidence: 0.648865006

00:51:10.650 --> 00:51:14.835 or they may be biased in one point view,  
NOTE Confidence: 0.648865006

00:51:14.840 --> 00:51:17.856 but they learn patterns of data and then  
NOTE Confidence: 0.648865006

00:51:17.856 --> 00:51:21.710 they can generate and optimize models.  
NOTE Confidence: 0.648865006

00:51:21.710 --> 00:51:23.480 Are there ways to enhance  
NOTE Confidence: 0.648865006

00:51:23.480 --> 00:51:25.250 generalizability of those models by  
NOTE Confidence: 0.648865006

00:51:25.309 --> 00:51:27.094 doing a whole bunch of what they  
NOTE Confidence: 0.648865006

00:51:27.094 --> 00:51:29.430 refer to as cross validation attempts,  
NOTE Confidence: 0.648865006

00:51:29.430 --> 00:51:31.614 which in English means you can run a  
NOTE Confidence: 0.648865006

00:51:31.614 --> 00:51:33.649 whole bunch of different simulations?  
NOTE Confidence: 0.648865006

00:51:33.650 --> 00:51:36.357 And the other advantage to machine  
NOTE Confidence: 0.648865006

00:51:36.357 --> 00:51:39.279 learning is you can throw many

NOTE Confidence: 0.648865006

00:51:39.279 --> 00:51:41.157 more variables into the models,

NOTE Confidence: 0.648865006

00:51:41.157 --> 00:51:43.250 and in fact the more variables the

NOTE Confidence: 0.648865006

00:51:43.313 --> 00:51:45.448 better because it just turns and turns

NOTE Confidence: 0.648865006

00:51:45.448 --> 00:51:48.009 and turns and finds optimal combinations.

NOTE Confidence: 0.648865006

00:51:48.010 --> 00:51:50.992 If there are so it actually benefits

NOTE Confidence: 0.648865006

00:51:50.992 --> 00:51:52.725 from having many conditions.

NOTE Confidence: 0.648865006

00:51:52.725 --> 00:51:55.000 This is not a panacea,

NOTE Confidence: 0.648865006

00:51:55.000 --> 00:51:57.506 and I think the fields are trying

NOTE Confidence: 0.648865006

00:51:57.506 --> 00:51:59.329 are finally coming around to

NOTE Confidence: 0.648865006

00:51:59.329 --> 00:52:01.688 seeing that and some of the early.

NOTE Confidence: 0.648865006

00:52:01.690 --> 00:52:04.084 You know great findings that some of

NOTE Confidence: 0.648865006

00:52:04.084 --> 00:52:05.903 these machine learning models found

NOTE Confidence: 0.648865006

00:52:05.903 --> 00:52:09.438 were because how they did some of the

NOTE Confidence: 0.648865006

00:52:09.438 --> 00:52:12.105 simulations and most of the ones that

NOTE Confidence: 0.648865006

00:52:12.105 --> 00:52:13.830 provided these great benefits for.

NOTE Confidence: 0.9045233483333333

00:52:16.030 --> 00:52:17.958 And we wrote about it a little bit  
NOTE Confidence: 0.9045233483333333

00:52:17.958 --> 00:52:20.227 in in this paper in Psychological  
NOTE Confidence: 0.9045233483333333

00:52:20.227 --> 00:52:21.947 Medicine published last year.  
NOTE Confidence: 0.9045233483333333

00:52:21.950 --> 00:52:24.330 If you use certain types of simulations,  
NOTE Confidence: 0.9045233483333333

00:52:24.330 --> 00:52:27.500 and you in particular certain  
NOTE Confidence: 0.9045233483333333

00:52:27.500 --> 00:52:30.288 bootstrapping in methods such as  
NOTE Confidence: 0.9045233483333333

00:52:30.288 --> 00:52:31.806 optimism corrected bootstrapping,  
NOTE Confidence: 0.9045233483333333

00:52:31.810 --> 00:52:33.386 you can overinflate things.  
NOTE Confidence: 0.9045233483333333

00:52:33.386 --> 00:52:35.750 So we just did this as  
NOTE Confidence: 0.9045233483333333

00:52:35.835 --> 00:52:37.647 a math exercise awhile.  
NOTE Confidence: 0.9045233483333333

00:52:37.650 --> 00:52:39.750 We also used the regular regression  
NOTE Confidence: 0.9045233483333333

00:52:39.750 --> 00:52:42.746 approach to look at some of the clinical  
NOTE Confidence: 0.9045233483333333

00:52:42.746 --> 00:52:45.038 variables based on our clinical models.  
NOTE Confidence: 0.9045233483333333

00:52:45.040 --> 00:52:46.725 And machine model machine learning  
NOTE Confidence: 0.9045233483333333

00:52:46.725 --> 00:52:48.410 models didn't have much advantage  
NOTE Confidence: 0.9045233483333333

00:52:48.461 --> 00:52:49.797 over our regression models.



NOTE Confidence: 0.904523348333333

00:52:49.800 --> 00:52:52.481 The area under the curve across the

NOTE Confidence: 0.904523348333333

00:52:52.481 --> 00:52:54.790 different approaches was was poor to fair.

NOTE Confidence: 0.85727284

00:52:57.030 --> 00:53:00.070 The the better way of doing these models,

NOTE Confidence: 0.85727284

00:53:00.070 --> 00:53:01.942 I think, is with unbiased resampling

NOTE Confidence: 0.85727284

00:53:01.942 --> 00:53:03.990 methods and they really had minimal

NOTE Confidence: 0.85727284

00:53:03.990 --> 00:53:05.850 advantage over our traditional models.

NOTE Confidence: 0.85727284

00:53:05.850 --> 00:53:07.911 So this is some of the ways in which

NOTE Confidence: 0.85727284

00:53:07.911 --> 00:53:10.131 we you know we tried to think a

NOTE Confidence: 0.85727284

00:53:10.131 --> 00:53:12.338 little bit outside the box and to

NOTE Confidence: 0.85727284

00:53:12.338 --> 00:53:13.979 identify predictors of outcome which

NOTE Confidence: 0.85727284

00:53:13.979 --> 00:53:16.212 would really help us come up with

NOTE Confidence: 0.85727284

00:53:16.212 --> 00:53:18.479 better ways to target our treatments.

NOTE Confidence: 0.85727284

00:53:18.480 --> 00:53:20.442 And and to know ahead of time who who

NOTE Confidence: 0.85727284

00:53:20.442 --> 00:53:22.137 needs more attention and so forth.

NOTE Confidence: 0.85727284

00:53:22.140 --> 00:53:24.120 I will note that the analysis

NOTE Confidence: 0.85727284

00:53:24.120 --> 00:53:25.840 across different ways did converge  
NOTE Confidence: 0.85727284

00:53:25.840 --> 00:53:27.540 in a couple notable ways.  
NOTE Confidence: 0.85727284

00:53:27.540 --> 00:53:29.712 Rapid response again emerged  
NOTE Confidence: 0.85727284

00:53:29.712 --> 00:53:32.879 as a rather robust predictor.  
NOTE Confidence: 0.85727284

00:53:32.879 --> 00:53:34.958 And then importantly,  
NOTE Confidence: 0.85727284

00:53:34.960 --> 00:53:38.128 we bias internalization.  
NOTE Confidence: 0.85727284

00:53:38.130 --> 00:53:39.804 Which I highlighted early on in  
NOTE Confidence: 0.85727284

00:53:39.804 --> 00:53:42.448 my talk on my sofa box about being  
NOTE Confidence: 0.85727284

00:53:42.448 --> 00:53:44.273 respectful and polite to people.  
NOTE Confidence: 0.85727284

00:53:44.280 --> 00:53:46.432 Because they couldn't internalize  
NOTE Confidence: 0.85727284

00:53:46.432 --> 00:53:49.122 some of these negative attitudes.  
NOTE Confidence: 0.85727284

00:53:49.130 --> 00:53:53.330 Predicted poor binge eating and.  
NOTE Confidence: 0.85727284

00:53:53.330 --> 00:53:57.278 Eating disorder psychopathology outcomes.  
NOTE Confidence: 0.85727284

00:53:57.280 --> 00:53:58.440 Another approach that we tried  
NOTE Confidence: 0.85727284

00:53:58.440 --> 00:54:00.180 to use to kind of understand.  
NOTE Confidence: 0.88664162

00:54:02.700 --> 00:54:04.068 How treatments work.

NOTE Confidence: 0.81424064  
00:54:06.210 --> 00:54:08.120 Before I mentioned network analysis,  
NOTE Confidence: 0.81424064  
00:54:08.120 --> 00:54:11.110 this is a network analysis.  
NOTE Confidence: 0.81424064  
00:54:11.110 --> 00:54:13.630 It's performed this is hot off  
NOTE Confidence: 0.81424064  
00:54:13.630 --> 00:54:15.990 the press and under review.  
NOTE Confidence: 0.81424064  
00:54:15.990 --> 00:54:18.400 Reason to do this is.  
NOTE Confidence: 0.81424064  
00:54:18.400 --> 00:54:19.800 A lot about predictor analysis.  
NOTE Confidence: 0.81424064  
00:54:19.800 --> 00:54:22.665 Have looked at predicting intensities  
NOTE Confidence: 0.81424064  
00:54:22.665 --> 00:54:25.530 or outcomes of the symptoms.  
NOTE Confidence: 0.81424064  
00:54:25.530 --> 00:54:27.874 And this is an approach where we can  
NOTE Confidence: 0.81424064  
00:54:27.874 --> 00:54:30.316 look at how does treatment impact  
NOTE Confidence: 0.81424064  
00:54:30.316 --> 00:54:34.170 the way that symptoms are kind of  
NOTE Confidence: 0.81424064  
00:54:34.170 --> 00:54:37.190 interconnected or related to one another.  
NOTE Confidence: 0.81424064  
00:54:37.190 --> 00:54:39.550 And again you have.  
NOTE Confidence: 0.81424064  
00:54:39.550 --> 00:54:42.406 If you look at the the left side,  
NOTE Confidence: 0.81424064  
00:54:42.410 --> 00:54:44.609 the first blue.  
NOTE Confidence: 0.81424064

00:54:44.610 --> 00:54:46.716 Figure is what the network looks  
NOTE Confidence: 0.81424064

00:54:46.716 --> 00:54:48.557 at Pretreatment II blue figure  
NOTE Confidence: 0.81424064

00:54:48.557 --> 00:54:50.387 what the network looks like.  
NOTE Confidence: 0.81424064

00:54:50.390 --> 00:54:52.931 It's at post treatment and then this  
NOTE Confidence: 0.81424064

00:54:52.931 --> 00:54:55.909 the the final blue figure is what the  
NOTE Confidence: 0.81424064

00:54:55.909 --> 00:54:58.668 network looks like at post at 12 month.  
NOTE Confidence: 0.81424064

00:54:58.670 --> 00:55:01.166 Follow up the post and the follow up  
NOTE Confidence: 0.81424064

00:55:01.166 --> 00:55:03.419 were very similar to one another.  
NOTE Confidence: 0.81424064

00:55:03.420 --> 00:55:06.234 The indices for that are in those  
NOTE Confidence: 0.81424064

00:55:06.234 --> 00:55:09.025 squares there and to take home message  
NOTE Confidence: 0.81424064

00:55:09.025 --> 00:55:11.010 here is at pretreatment overvaluation.  
NOTE Confidence: 0.711088024333333

00:55:13.220 --> 00:55:17.500 Was the most central.  
NOTE Confidence: 0.711088024333333

00:55:17.500 --> 00:55:20.408 A feature. And remember,  
NOTE Confidence: 0.711088024333333

00:55:20.408 --> 00:55:23.096 I had highlighted that in a different  
NOTE Confidence: 0.711088024333333

00:55:23.096 --> 00:55:24.898 analysis earlier on in a talk,  
NOTE Confidence: 0.711088024333333

00:55:24.900 --> 00:55:28.930 so before treatment over valuation.

NOTE Confidence: 0.711088024333333

00:55:28.930 --> 00:55:31.653 What is the most Australian feature and

NOTE Confidence: 0.711088024333333

00:55:31.653 --> 00:55:34.806 you can see that in the right figure

NOTE Confidence: 0.711088024333333

00:55:34.806 --> 00:55:37.560 for over valuation in the green dot?

NOTE Confidence: 0.711088024333333

00:55:37.560 --> 00:55:42.636 At the end of treatment and at follow up.

NOTE Confidence: 0.711088024333333

00:55:42.640 --> 00:55:46.336 This satisfaction had the highest centrality,

NOTE Confidence: 0.711088024333333

00:55:46.340 --> 00:55:49.373 and you can see that in the right figure

NOTE Confidence: 0.711088024333333

00:55:49.373 --> 00:55:51.721 towards the bottom of the two circles

NOTE Confidence: 0.711088024333333

00:55:51.721 --> 00:55:54.348 that are way out towards the right.

NOTE Confidence: 0.711088024333333

00:55:54.350 --> 00:55:56.942 So the way to interpret this

NOTE Confidence: 0.711088024333333

00:55:56.942 --> 00:55:59.579 is not so much that we.

NOTE Confidence: 0.711088024333333

00:55:59.580 --> 00:56:01.980 I reduced overvaluation of shape and

NOTE Confidence: 0.711088024333333

00:56:01.980 --> 00:56:04.310 weight because you can't really say

NOTE Confidence: 0.711088024333333

00:56:04.310 --> 00:56:07.520 that in a valid way given some of the

NOTE Confidence: 0.711088024333333

00:56:07.520 --> 00:56:09.326 in's and outs of these analysis and

NOTE Confidence: 0.711088024333333

00:56:09.326 --> 00:56:11.309 some of the concepts in the math.

NOTE Confidence: 0.711088024333333

00:56:11.310 --> 00:56:13.482 And you also shouldn't say clinically  
NOTE Confidence: 0.711088024333333  
00:56:13.482 --> 00:56:15.762 that we, oh, great job Grillo,  
NOTE Confidence: 0.711088024333333  
00:56:15.762 --> 00:56:17.110 you, you and your team there.  
NOTE Confidence: 0.711088024333333  
00:56:17.110 --> 00:56:18.154 You increase the satisfaction  
NOTE Confidence: 0.711088024333333  
00:56:18.154 --> 00:56:19.198 with Wade and shape.  
NOTE Confidence: 0.711088024333333  
00:56:19.200 --> 00:56:20.550 That's not what's happening here.  
NOTE Confidence: 0.711088024333333  
00:56:20.550 --> 00:56:21.732 What's happening here?  
NOTE Confidence: 0.711088024333333  
00:56:21.732 --> 00:56:24.096 Is the relationships among the symptoms  
NOTE Confidence: 0.711088024333333  
00:56:24.096 --> 00:56:26.164 and the features of the disorder  
NOTE Confidence: 0.711088024333333  
00:56:26.164 --> 00:56:28.699 and what I will highlight is if you  
NOTE Confidence: 0.711088024333333  
00:56:28.699 --> 00:56:30.415 look at those squiggly lines there  
NOTE Confidence: 0.711088024333333  
00:56:30.415 --> 00:56:33.182 and you match them up with network  
NOTE Confidence: 0.711088024333333  
00:56:33.182 --> 00:56:35.376 analysis of similar constructs in  
NOTE Confidence: 0.711088024333333  
00:56:35.376 --> 00:56:37.268 people without eating disorders,  
NOTE Confidence: 0.711088024333333  
00:56:37.270 --> 00:56:39.270 they look rather similar.  
NOTE Confidence: 0.924884181111111  
00:56:43.090 --> 00:56:44.265 Other ways in which we

NOTE Confidence: 0.9248841811111111

00:56:44.265 --> 00:56:45.205 are looking at treatment.

NOTE Confidence: 0.9248841811111111

00:56:45.210 --> 00:56:48.050 Let me just go back.

NOTE Confidence: 0.9248841811111111

00:56:48.050 --> 00:56:52.368 Is I mentioned? This study,

NOTE Confidence: 0.9248841811111111

00:56:52.368 --> 00:56:55.626 Doctor Potenza group and I have

NOTE Confidence: 0.9248841811111111

00:56:55.626 --> 00:56:58.090 a have an NIH grant grant in

NOTE Confidence: 0.9248841811111111

00:56:58.187 --> 00:57:00.989 which we are integrating F MRI.

NOTE Confidence: 0.9182937

00:57:03.810 --> 00:57:05.620 Protocols before and after treatment,

NOTE Confidence: 0.9182937

00:57:05.620 --> 00:57:06.964 along with neurocognitive testing

NOTE Confidence: 0.9182937

00:57:06.964 --> 00:57:08.308 before and after treatment,

NOTE Confidence: 0.9182937

00:57:08.310 --> 00:57:10.749 also is a way to look at both predictors,

NOTE Confidence: 0.9182937

00:57:10.750 --> 00:57:14.800 but also potential moderators of treatment,

NOTE Confidence: 0.9182937

00:57:14.800 --> 00:57:16.768 neurobiological and or psychiatric

NOTE Confidence: 0.9182937

00:57:16.768 --> 00:57:19.720 moderators of treatment and by looking

NOTE Confidence: 0.9182937

00:57:19.795 --> 00:57:23.740 at some of the changes that occur.

NOTE Confidence: 0.9182937

00:57:23.740 --> 00:57:27.034 We will gain glimpses into potential

NOTE Confidence: 0.9182937

00:57:27.034 --> 00:57:30.260 mediators and mechanisms of the change,  
NOTE Confidence: 0.9182937

00:57:30.260 --> 00:57:33.956 and that could also eventually guide him  
NOTE Confidence: 0.9182937

00:57:33.956 --> 00:57:37.008 more rational approach to ahead of time.  
NOTE Confidence: 0.9182937

00:57:37.008 --> 00:57:38.476 Telling a patient well.  
NOTE Confidence: 0.9182937

00:57:38.480 --> 00:57:41.720 Yeah, CBT and have LDX given  
NOTE Confidence: 0.9182937

00:57:41.720 --> 00:57:42.880 this this and this.  
NOTE Confidence: 0.9182937

00:57:42.880 --> 00:57:44.536 I would suggest this for you,  
NOTE Confidence: 0.9182937

00:57:44.540 --> 00:57:48.248 so that's another area that hopefully.  
NOTE Confidence: 0.9182937

00:57:48.250 --> 00:57:49.702 Will have the opportunity to report  
NOTE Confidence: 0.9182937

00:57:49.702 --> 00:57:51.400 to you at some point in time.  
NOTE Confidence: 0.946479

00:57:54.270 --> 00:57:55.320 So in summary.  
NOTE Confidence: 0.893426385714286

00:57:57.750 --> 00:57:59.094 Please recognize the  
NOTE Confidence: 0.893426385714286

00:57:59.094 --> 00:58:00.886 broader context of obesity,  
NOTE Confidence: 0.893426385714286

00:58:00.890 --> 00:58:03.796 stigma and chain and shame and the  
NOTE Confidence: 0.893426385714286

00:58:03.796 --> 00:58:05.688 important body image constructs.  
NOTE Confidence: 0.893426385714286

00:58:05.690 --> 00:58:07.636 Big take home message for patients is



NOTE Confidence: 0.893426385714286  
00:58:07.636 --> 00:58:09.650 that there are effective treatments.  
NOTE Confidence: 0.893426385714286  
00:58:09.650 --> 00:58:10.342 These treatments,  
NOTE Confidence: 0.893426385714286  
00:58:10.342 --> 00:58:12.764 some of them can help very quickly.  
NOTE Confidence: 0.893426385714286  
00:58:12.770 --> 00:58:14.245 On average our patients have  
NOTE Confidence: 0.893426385714286  
00:58:14.245 --> 00:58:15.720 suffered in silence without coming  
NOTE Confidence: 0.893426385714286  
00:58:15.770 --> 00:58:17.270 for treatment for over 10 years.  
NOTE Confidence: 0.893426385714286  
00:58:17.270 --> 00:58:19.290 That's consistent with epidemiologic data  
NOTE Confidence: 0.893426385714286  
00:58:19.290 --> 00:58:21.310 regarding long persistence and duration.  
NOTE Confidence: 0.893426385714286  
00:58:21.310 --> 00:58:23.844 Of these problems when they go untreated,  
NOTE Confidence: 0.893426385714286  
00:58:23.850 --> 00:58:25.422 our treatments often help  
NOTE Confidence: 0.893426385714286  
00:58:25.422 --> 00:58:26.994 people within a month.  
NOTE Confidence: 0.893426385714286  
00:58:27.000 --> 00:58:29.196 So there are effective treatments and  
NOTE Confidence: 0.893426385714286  
00:58:29.196 --> 00:58:30.987 some can help quickly pharmacotherapy.  
NOTE Confidence: 0.893426385714286  
00:58:30.987 --> 00:58:32.622 There's only one FDA approved  
NOTE Confidence: 0.893426385714286  
00:58:32.622 --> 00:58:33.930 medication down the X,  
NOTE Confidence: 0.893426385714286

00:58:33.930 --> 00:58:35.862 or the others would be using off  
NOTE Confidence: 0.893426385714286

00:58:35.862 --> 00:58:37.439 label and presented some of that,  
NOTE Confidence: 0.893426385714286

00:58:37.440 --> 00:58:38.824 or regarding utility to  
NOTE Confidence: 0.893426385714286

00:58:38.824 --> 00:58:40.554 pirate made for some people,  
NOTE Confidence: 0.893426385714286

00:58:40.560 --> 00:58:41.736 even though that's a tricky medicine,  
NOTE Confidence: 0.893426385714286

00:58:41.740 --> 00:58:43.156 it's hard to get people up to 300,  
NOTE Confidence: 0.893426385714286

00:58:43.160 --> 00:58:44.858 four, 100 milligrams, which you have,  
NOTE Confidence: 0.893426385714286

00:58:44.860 --> 00:58:45.980 which is what you have to do.  
NOTE Confidence: 0.893426385714286

00:58:45.980 --> 00:58:47.076 But if you can,  
NOTE Confidence: 0.893426385714286

00:58:47.076 --> 00:58:48.446 does have some nice outcomes,  
NOTE Confidence: 0.893426385714286

00:58:48.450 --> 00:58:49.980 at least over the short term.  
NOTE Confidence: 0.893426385714286

00:58:49.980 --> 00:58:51.552 Psychological treatments include  
NOTE Confidence: 0.893426385714286

00:58:51.552 --> 00:58:53.648 several specific evidence based  
NOTE Confidence: 0.893426385714286

00:58:53.648 --> 00:58:55.220 focal manualized treatments,  
NOTE Confidence: 0.893426385714286

00:58:55.220 --> 00:58:56.984 most notably CBT, IPT,  
NOTE Confidence: 0.893426385714286

00:58:56.984 --> 00:58:58.748 and behavioral weight loss.

NOTE Confidence: 0.893426385714286  
00:58:58.750 --> 00:59:00.682 And what you see with those treatments  
NOTE Confidence: 0.893426385714286  
00:59:00.682 --> 00:59:02.549 is that over 50% of the patients  
NOTE Confidence: 0.893426385714286  
00:59:02.549 --> 00:59:04.187 seem to benefit a great deal,  
NOTE Confidence: 0.893426385714286  
00:59:04.190 --> 00:59:06.128 and they have durable outcomes over  
NOTE Confidence: 0.893426385714286  
00:59:06.128 --> 00:59:08.620 two to five years follow up and in  
NOTE Confidence: 0.893426385714286  
00:59:08.620 --> 00:59:10.095 pharmacotherapy to CBT and behavioral  
NOTE Confidence: 0.893426385714286  
00:59:10.095 --> 00:59:11.994 weight loss has generally failed to  
NOTE Confidence: 0.893426385714286  
00:59:11.994 --> 00:59:13.594 enhance either with the medications  
NOTE Confidence: 0.893426385714286  
00:59:13.594 --> 00:59:15.269 that have been tested to date,  
NOTE Confidence: 0.893426385714286  
00:59:15.270 --> 00:59:16.806 but emerging research as  
NOTE Confidence: 0.893426385714286  
00:59:16.806 --> 00:59:18.726 I presented from our lab,  
NOTE Confidence: 0.893426385714286  
00:59:18.730 --> 00:59:20.882 is testing combination approved  
NOTE Confidence: 0.893426385714286  
00:59:20.882 --> 00:59:23.572 approaches using new medications that,  
NOTE Confidence: 0.893426385714286  
00:59:23.580 --> 00:59:25.148 from a mechanistic perspective,  
NOTE Confidence: 0.893426385714286  
00:59:25.148 --> 00:59:27.546 should have a greater synergistic effect.  
NOTE Confidence: 0.893426385714286

00:59:27.546 --> 00:59:30.437 And we're working on coming up with  
NOTE Confidence: 0.893426385714286

00:59:30.437 --> 00:59:32.306 treatment research to integrate  
NOTE Confidence: 0.893426385714286

00:59:32.306 --> 00:59:34.018 methods to identify predictors,  
NOTE Confidence: 0.893426385714286

00:59:34.018 --> 00:59:36.098 moderators, and processes of change,  
NOTE Confidence: 0.893426385714286

00:59:36.100 --> 00:59:38.165 and we hope that this would lead  
NOTE Confidence: 0.893426385714286

00:59:38.165 --> 00:59:39.536 to more rational prescription  
NOTE Confidence: 0.893426385714286

00:59:39.536 --> 00:59:42.918 of truth treatments over time.  
NOTE Confidence: 0.893426385714286

00:59:42.920 --> 00:59:46.371 I am quite indebted to my colleagues  
NOTE Confidence: 0.893426385714286

00:59:46.371 --> 00:59:49.464 at power like to acknowledge Dr.  
NOTE Confidence: 0.893426385714286

00:59:49.464 --> 00:59:52.532 Lydecker and or my associate directors,  
NOTE Confidence: 0.893426385714286

00:59:52.532 --> 00:59:56.120 our faculty. These are our current faculty.  
NOTE Confidence: 0.893426385714286

00:59:56.120 --> 00:59:58.488 We have many faculty who have left us  
NOTE Confidence: 0.893426385714286

00:59:58.488 --> 01:00:00.942 for their own programs and leadership  
NOTE Confidence: 0.893426385714286

01:00:00.942 --> 01:00:02.738 positions here and elsewhere.  
NOTE Confidence: 0.893426385714286

01:00:02.740 --> 01:00:05.799 These are our current faculty and most  
NOTE Confidence: 0.893426385714286

01:00:05.799 --> 01:00:09.178 indebted to them for their collaborations.

NOTE Confidence: 0.893426385714286  
01:00:09.180 --> 01:00:12.756 We also have a number of study physicians  
NOTE Confidence: 0.893426385714286  
01:00:12.756 --> 01:00:15.338 and coinvestigators gentek under Johnston,  
NOTE Confidence: 0.893426385714286  
01:00:15.340 --> 01:00:17.056 Prof and Jorge Moreno.  
NOTE Confidence: 0.893426385714286  
01:00:17.056 --> 01:00:20.345 And here we have our medical input  
NOTE Confidence: 0.893426385714286  
01:00:20.345 --> 01:00:22.837 comes as represents psychiatry,  
NOTE Confidence: 0.893426385714286  
01:00:22.840 --> 01:00:26.110 endocrinology and internal medicine so.  
NOTE Confidence: 0.893426385714286  
01:00:26.110 --> 01:00:27.698 It's a very rich.  
NOTE Confidence: 0.89344239  
01:00:30.430 --> 01:00:31.420 And stimulating.  
NOTE Confidence: 0.8889537  
01:00:35.600 --> 01:00:37.684 Constant discussions and then  
NOTE Confidence: 0.8889537  
01:00:37.684 --> 01:00:39.247 I'll postdoctoral associates.  
NOTE Confidence: 0.8889537  
01:00:39.250 --> 01:00:41.520 These are our current Coast postdoctoral  
NOTE Confidence: 0.8889537  
01:00:41.520 --> 01:00:44.520 associates who deliver the treatments  
NOTE Confidence: 0.8889537  
01:00:44.520 --> 01:00:47.118 faithfully at a very high level.  
NOTE Confidence: 0.8889537  
01:00:47.120 --> 01:00:48.980 Our retention rates are remarkable.  
NOTE Confidence: 0.8889537  
01:00:48.980 --> 01:00:50.792 Both of completion treatments as well  
NOTE Confidence: 0.8889537

01:00:50.792 --> 01:00:52.720 As for the completion of retention,  
NOTE Confidence: 0.8889537

01:00:52.720 --> 01:00:54.432 follow-up assessments, and then,  
NOTE Confidence: 0.8889537

01:00:54.432 --> 01:00:56.144 through our pre doctoral  
NOTE Confidence: 0.8889537

01:00:56.144 --> 01:00:57.740 and research assistants,  
NOTE Confidence: 0.8889537

01:00:57.740 --> 01:01:00.255 who somehow keep the machinery  
NOTE Confidence: 0.8889537

01:01:00.255 --> 01:01:03.120 of the bazillions of pieces of.  
NOTE Confidence: 0.8889537

01:01:03.120 --> 01:01:05.416 Of of data in an organized way,  
NOTE Confidence: 0.8889537

01:01:05.420 --> 01:01:07.450 and we don't let people fall through  
NOTE Confidence: 0.8889537

01:01:07.450 --> 01:01:09.190 the cracks and we get everything  
NOTE Confidence: 0.8889537

01:01:09.190 --> 01:01:11.066 done that we need to get done  
NOTE Confidence: 0.8889537

01:01:11.124 --> 01:01:12.962 and we are most appreciative of  
NOTE Confidence: 0.8889537

01:01:12.962 --> 01:01:15.908 their efforts and finally to the  
NOTE Confidence: 0.8889537

01:01:15.908 --> 01:01:20.808 thousands of patients who have.  
NOTE Confidence: 0.8889537

01:01:20.810 --> 01:01:22.980 Come to us for help and have  
NOTE Confidence: 0.8889537

01:01:22.980 --> 01:01:24.908 been most generous of their time,  
NOTE Confidence: 0.8889537

01:01:24.910 --> 01:01:27.206 and they've had the courage to share

NOTE Confidence: 0.8889537

01:01:27.206 --> 01:01:29.290 with us and reach out for help.

NOTE Confidence: 0.8889537

01:01:29.290 --> 01:01:29.814 But then,

NOTE Confidence: 0.8889537

01:01:29.814 --> 01:01:31.648 even long after the treatments are done,

NOTE Confidence: 0.8889537

01:01:31.650 --> 01:01:33.337 they stay in touch with us and

NOTE Confidence: 0.8889537

01:01:33.337 --> 01:01:34.870 how long follow-up studies to let

NOTE Confidence: 0.8889537

01:01:34.870 --> 01:01:36.376 us know what's going well and

NOTE Confidence: 0.8889537

01:01:36.376 --> 01:01:37.570 what's not going so well.

NOTE Confidence: 0.8889537

01:01:37.570 --> 01:01:39.054 And that's the only way we can

NOTE Confidence: 0.8889537

01:01:39.054 --> 01:01:40.463 get a little bit better at

NOTE Confidence: 0.8889537

01:01:40.463 --> 01:01:41.909 doing what we're trying to do.

NOTE Confidence: 0.8889537

01:01:41.910 --> 01:01:43.050 We need to get better,

NOTE Confidence: 0.8889537

01:01:43.050 --> 01:01:45.120 so we really appreciate the giving

NOTE Confidence: 0.8889537

01:01:45.120 --> 01:01:47.676 of these patients as they share these

NOTE Confidence: 0.8889537

01:01:47.676 --> 01:01:50.266 very private and sensitive issues with us.

NOTE Confidence: 0.8889537

01:01:50.270 --> 01:01:51.242 Before I take questions.

NOTE Confidence: 0.8889537

01:01:51.242 --> 01:01:53.548 Put in a plug for one of our studies.

NOTE Confidence: 0.8889537

01:01:53.550 --> 01:01:56.160 Any of you have in various

NOTE Confidence: 0.8889537

01:01:56.160 --> 01:01:57.465 clinics and programs.

NOTE Confidence: 0.8889537

01:01:57.470 --> 01:02:00.330 People who might have binge

NOTE Confidence: 0.8889537

01:02:00.330 --> 01:02:02.618 eating disorder or concerns.

NOTE Confidence: 0.8889537

01:02:02.620 --> 01:02:04.220 Here's one of our Flyers.

NOTE Confidence: 0.8889537

01:02:04.220 --> 01:02:07.492 We thank YCCI for their excellence

NOTE Confidence: 0.8889537

01:02:07.492 --> 01:02:08.636 in creating good Flyers.

NOTE Confidence: 0.8889537

01:02:08.640 --> 01:02:09.700 The language we use there,

NOTE Confidence: 0.8889537

01:02:09.700 --> 01:02:12.440 by the way, was carefully.

NOTE Confidence: 0.8889537

01:02:12.440 --> 01:02:13.940 An obsession really thought out.

NOTE Confidence: 0.8889537

01:02:13.940 --> 01:02:15.278 Given several studies that we did

NOTE Confidence: 0.8889537

01:02:15.278 --> 01:02:16.746 in terms with our patient groups

NOTE Confidence: 0.8889537

01:02:16.746 --> 01:02:18.342 and different settings and times in

NOTE Confidence: 0.8889537

01:02:18.342 --> 01:02:19.885 the course of their illnesses to

NOTE Confidence: 0.8889537

01:02:19.885 --> 01:02:21.325 figure out what kinds of language



NOTE Confidence: 0.8889537

01:02:21.330 --> 01:02:24.198 in terms they find least offensive.

NOTE Confidence: 0.8889537

01:02:24.200 --> 01:02:26.000 So thank you very much.