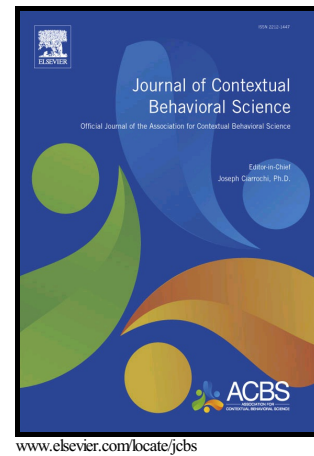


# Author's Accepted Manuscript

## A Pilot Study of an Acceptance-based Behavioral Treatment for Binge Eating Disorder

Adrienne S. Juarascio, Stephanie M. Manasse, Hallie M. Espel, Leah M. Schumacher, Stephanie Kerrigan, Evan M. Forman



PII: S2212-1447(16)30089-8  
DOI: <http://dx.doi.org/10.1016/j.jcbs.2016.12.003>  
Reference: JCBS159

To appear in: *Journal of Contextual Behavioral Science*

Received date: 7 October 2016  
Revised date: 27 December 2016  
Accepted date: 28 December 2016

Cite this article as: Adrienne S. Juarascio, Stephanie M. Manasse, Hallie M. Espel, Leah M. Schumacher, Stephanie Kerrigan and Evan M. Forman, A Pilot Study of an Acceptance-based Behavioral Treatment for Binge Eating Disorder  
*Journal of Contextual Behavioral Science*  
<http://dx.doi.org/10.1016/j.jcbs.2016.12.003>

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**A Pilot Study of an Acceptance-based Behavioral Treatment for Binge Eating Disorder**

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**Abstract**

While existing treatments produce remission in a relatively large percentage of individuals with binge eating disorder (BED), room for improvement remains. Interventions designed to increase emotion regulation skills and clarify one's chosen values may be well-suited to address factors known to maintain BED. The current study examined the preliminary efficacy of a group-based treatment, Acceptance-based Behavioral Therapy (ABBT), in a small open trial ( $n=19$ ), as well as the relationship between changes in hypothesized mechanisms of action and outcomes. ABBT includes the behavioral components of cognitive behavioral treatment for BED and emotion-focused strategies from acceptance and commitment therapy and dialectical behavioral therapy. Results from generalized linear multilevel modeling revealed significant fixed linear effects of time on depression, quality of life, global eating pathology, and binge frequency (all  $ps < .05$ ). Global eating disorder symptoms appeared to improve rapidly from pre- to mid-treatment, and continued to improve toward post-treatment and follow-up, but at a slower

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