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Binge Eating Disorder—The Point Prevalence among Polish Women with Polycystic Ovary Syndrome and Validity of Screening Tool for This Population

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Abstract: Background: Polycystic ovary syndrome (PCOS) is one of the most common endocrine disorders which is associated with an increased risk of metabolic dysregulation. The elevated prevalence of obesity has been observed in women with PCOS. Since obesity is commonly associated with eating disturbances, including the binge eating disorder (BED), and since the hormonal changes in PCOS patients could influence the food intake model, we decided to estimate the prevalence of BED in PCOS patients and to assess the sensitivity and specificity of the Questionnaire for Binge Eating Screening (QBES) in PCOS patients. Methods: A total of 122 hospitalized women with PCOS aged 16–45 (M = 26; SD = 5.22) took part in the study. Binge eating disorder (BED) was diagnosed according to the DSM-5 diagnostic criteria. QBES was used as a screening tool for BED. Results: The point prevalence of BED in PCOS women according to DMS-5 criteria was 51 (42%). At least two positive answers to four QBES items had 100% sensitivity and 91% specificity. Positive answers to even only the first two questions from QBES had 98% sensitivity and 85% specificity. Conclusions: Women with polycystic ovary syndrome are at a very high risk of binge eating behaviors. Screening for eating disorders should be a routine procedure in women with PCOS. The first two questions from QBES are a brief and relatively reliable screening tool that may be used in everyday practice with POSC patients.

Keywords: polycystic ovary syndrome; binge eating disorder; point prevalence; screening tool

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1. Introduction

Polycystic ovary syndrome (PCOS) is the most frequent endocrine disorder in women of reproductive age, with a point prevalence of up to 15% [1]. Its diagnosis requires the presence of at least two out of three elements, i.e., biochemical and/or clinical hyperandrogenism, anovulatory menstrual cycles and/or rare ovulations, and a specific echogenicity of the ovaries in a pelvic ultrasound examination as well as an exclusion of other androgen excess or related disorders [2]. The occurrence of PCOS is associated with the increased risk of infertility, thyroid dysfunction, anxiety, depression, sexual disorders, a subjectively lower quality of life, and, finally, with metabolic disturbances such as obesity [3–6]. The results of a meta-analysis indicate that the mean prevalence of obesity in women with PCOS is 49% [7]. Barrea et al. indicate that the type of chronotype in PCOS women can influence their eating patterns and promote obesity and metabolic consequences. According to the authors, the evening chronotype is associated with worse eating habits and with a most severe insulin resistance [8]. However, it is worth noticing that both obese and lean women with PCOS have a higher amount of visceral adipose tissue in comparison to controls and because of that are at higher risk of metabolic consequences. This is why