

Resumen

Los trastornos alimentarios (TCA) son un problema de salud cada vez mayor y su comienzo es cada vez más temprano (Mateo, 2002). Entre los tratamientos más utilizados en los últimos años se encuentra la terapia basada en Mindfulness cuya aplicación ha mostrado ser beneficiosa para la reducción del estrés, la depresión, entre otros problemas psicológicos. Por esta razón, el objetivo de este estudio es hacer una revisión bibliográfica sobre los beneficios que ofrece Mindfulness frente a los trastornos alimentarios, teniendo en cuenta las consideraciones aportadas por el modelo PRISMA.

Se utilizaron los términos “Mindfulness”, “eating-disorders”, “Mindful-eating” para comenzar la búsqueda bibliográfica en diversas bases de datos como Scopus, Pubmed, Dialnet y Psycinfo. Además, se especificaron los criterios de inclusión, que fueron que los artículos estuvieran en inglés o castellano, acotando la búsqueda a los últimos 10 años. Además, se especificó que el tipo de estudios fueran ensayos controlados y aleatorizados (ECA), que solo utilizaran el tratamiento mediante Mindfulness y que los participantes fueran personas diagnosticadas con algún TCA. Tras recopilar todos los artículos sobre la temática, se obtuvieron 260 artículos, de los cuales se descartaron aquellos que no cumplían los requisitos preestablecidos y se seleccionaron un total de 4 artículos que sí que los cumplían.

Entre estos 4 artículos, los resultados obtenidos en todos ellos fueron favorables hacia la utilización de Mindfulness para el tratamiento de los trastornos alimentarios. Se observaron mejoras tanto en el diagnóstico de TCA como en los síntomas asociados a estos trastornos. Incluso, en uno de estos artículos se obtuvieron beneficios comparables con la terapia cognitivo conductual.

Por ello, se puede concluir que la aplicación de las terapias basadas en Mindfulness genera buenos resultados y son prometedoras para el tratamiento de los síntomas relacionados con los TCA. Aunque más estudios son necesarios para fortalecer su eficacia.

Palabras clave: Mindfulness, TCA, Bulimia Nerviosa, Anorexia nerviosa, trastorno por atracón

Abstract

Eating disorders (ED) are a growing health problem with an increasingly earlier onset (Mateo, 2002). In recent years, Mindfulness-based therapy has been a widely used treatment whose application has been shown to be beneficial for the stress reduction, depression, and other psychological problems. For this reason, the aim of this study is to review the literature about the benefits of Mindfulness for eating disorders, taking into account the considerations provided by the PRISMA model.

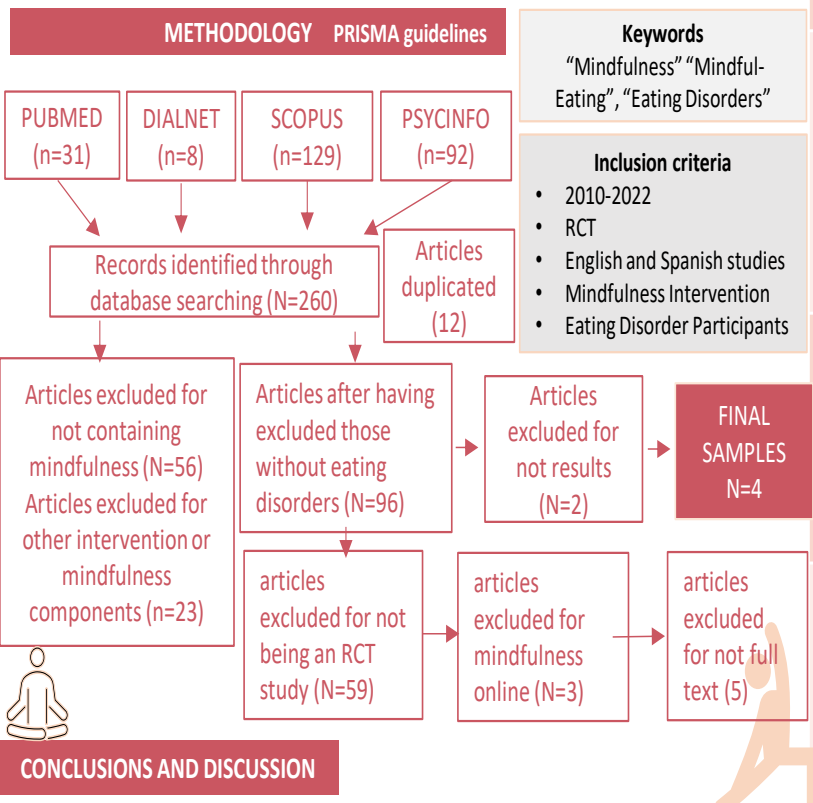
The terms "Mindfulness", "eating-disorders", "Mindful-eating" were used to start the bibliographic search in several databases such as Scopus, Pubmed, Dialnet and Psycinfo. In addition, the inclusion criteria were articles written in English or Spanish, limiting the search to the last 10 years. In addition, it was specified that studies design should be randomized controlled trials (RCTs), that they should only use Mindfulness treatments and the participants should be people diagnosed with an ED. After reviewing all the articles on the subject, 260 articles were obtained of which those that did not meet the pre-established requirements were rejected and a total of 4 articles, that did meet them, were selected.

Among these 4 articles, the results obtained in all of them were favorable towards the use of Mindfulness for the treatment of eating disorders. Improvements were observed both in the diagnosis of EDs and in the symptoms associated with these disorders. Even, in one of these articles, benefits were similar that obtained with cognitive behavioral therapy.

Therefore, it can be concluded that the Mindfulness-based therapies generates significant improvements and are a promising tool for the treatment of ED symptoms. Although more studies are needed to strengthen their efficacy.

Keywords: Mindfulness, ED, Bulimia Nervosa, Anorexia Nervosa, Binge Eating Disorder.

INTRODUCTION		RESULTS			
<p>Eating disorders (ED) are characterized by a persistent alteration of eating habits and weight control behaviors, causing health complications (Ochoa, 2013). Moreover, the prevalence in our society is high around the 7,8% due to the raise produced in recent years. Their concern is growing, especially, regarding the age range in which they start (Mateo, 2002).</p> <p>The use of Mindfulness based treatments to treat ED has increased in recent years and is still under study (Menal, 2018).</p> <p>Therefore, the main objective of this study is to conduct a literature review on the benefits of mindfulness in the treatment of eating disorders.</p>		AUTHOR	SAMPLE	MEASUREMENT	RESULTS
		Juarascio, A.S, et al. (2021)	<ul style="list-style-type: none"> N=44 Bulimia Nervosa CBT vs. Mindfulness (MABT) 	<ul style="list-style-type: none"> Difficulties in Emotion Regulation Scale (DERS), Valued Living Questionnaire II (VLQ-II) Eating Disorder Examination 	<ol style="list-style-type: none"> Participants in the MABT and CBT conditions showed large reductions in symptoms such as global impairment, global awareness, emotional clarity, distress tolerance, acceptance and action, decision making, and emotion modulation. Both the MABT and CBT conditions showed benefits in terms of the symptoms listed above, although MABT showed better results in terms of depression and quality of life. They were maintained through the 6-month follow-up with effect sizes similar to those reported.
		Stice, E., et al (2019)	<ul style="list-style-type: none"> N=84 Anorexia nervosa, bulimina nervosa, binge eating disorder Mindfulness vs. personal project (BPT) 	<ul style="list-style-type: none"> Scale-Revised Ideal Body Stereotypes Internalization of aesthetic ideals and body concern Ideal Internalization Scale of the thin ideal Satisfaction and Dissatis-faction With Body Parts Scale Positive Affect and Negative Affect Scale–Revised 	<ol style="list-style-type: none"> Results showed that 77% of BPT participants no longer met the diagnosis of an eating disorder, compared to 60% of participants in the mindfulness support treatment. Greater results were seen in the Personal Project group than in the mindfulness group. We investigated the 10-week test–retest
		Kristeller, J., et al (2013)	<ul style="list-style-type: none"> N=150 Binge eating disorder Mindfulness (MB-EAT) vs. psychoeducation + cognitive-behavioral (PECB) vs control group 	<ul style="list-style-type: none"> The Eating Disorder Examination (EDE) The Binge Eating Scale (BES) The Three-Factor Eating Questionnaire (TFEQ) The Power of Food Scale (PFS) The Eating Self-Efficacy Scale (ESES) Inventario de depresión de Beck (BDI) 	<ol style="list-style-type: none"> The results suggest that MBEAT decreased binge eating and related symptoms to a clinically significant level, with improvement related to the degree of mindfulness practice. The group that showed the best results was mindfulness. Tracking to 4 months after treatment
		Sala, L., et al (2021)	<ul style="list-style-type: none"> N=88 Bulimia nervosa and binge eating disorder Mindfulness (MABT) vs. usual treatment 	<ul style="list-style-type: none"> The Three-Factor Eating Questionnaire (TFEQ) Five Facet Mindfulness Questionnaire (FFMQ) Beck’s Depression Inventory (BDI) Trait Anxiety Inventory (STAI) 	<ol style="list-style-type: none"> After MBCT, four of the five facets of the FFMQ showed statistically significant improvements. The only facet that did not improve significantly was acting with awareness. The level of depressive mood, trait anxiety, and eating behaviors were also significantly improved by MBCT and not so after enrollment in treatment as usual. Lack of monitoring



CONCLUSIONS AND DISCUSSION

All the results showed benefits of the application of Mindfulness in eating disorders, improving aspects such as body image, impulsive eating, anxiety, among others. Except for one of them, which obtained better results with personal project therapy than with mindfulness.

Some of studies limitations were small samples size and self-reports measures, that may not have been accurate. Also, a stricter alpha level was not used to correct for multiple testing.

An important direction for future studies would be to examine the Mindfulness mechanisms to personalize the treatments. In addition, to longer-term follow-up to assess the durability of the benefits.

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