

## Medications Studied for Binge Eating Disorder

Medication	Study data	Weight loss	Binge reduction	Comments
FDA Approved				
Lisdexamfetamine	Two 12-week RCTs (n=745)	Better than placebo	Better than placebo	Most studied and only approved agent; need long term data and data in psychiatric patients
Non-FDA Approved				
Acamprosate	10-week RCT (n=40)	Better than placebo	Better than placebo	Small, short term study but promising results
Atomoxetine	10-week RCT (n=40)	Better than placebo	Better than placebo	Small, short term study but promising results
Baclofen	12-week RCT (n=12)	Better than placebo	Better than placebo	Not enough data to recommend
Bupropion	8-week RCT (n=61) and retrospective study vs. sertraline (n=15)	Better than placebo	Better than placebo only in 2 <sup>nd</sup> study	Consider in obese BED patients with depression
Citalopram	6-week RCT (n=38)	Better than placebo	Better than placebo	Consider in BED with depression
Duloxetine	12-week RCT (n=40)	Effective early in study but no better than placebo by end of study	Effective early in study but no better than placebo by end of study	Not enough data to support
Escitalopram	12-week RCT (n=44)	Better than placebo	Better than placebo	Consider in BED with depression
Fluoxetine	6-week RCT (n=60)	Better than placebo	Better than placebo	Consider in BED with depression
Fluvoxamine	9-week RCT (n=85); 12-week RCT (n=20)	Better than placebo in 1 <sup>st</sup> study only	Better than placebo in 1 <sup>st</sup> study only	Mixed efficacy results
Lamotrigine	16-week RCT (n=51)	No better than placebo	No better than placebo	Use not supported
Naltrexone	8-week RCT (n=69)	No better than placebo	No better than placebo	Use not supported
Sertraline	12-week RCT (n=20); 6-week RCT (n=34)	Better than placebo	Better than placebo	Consider in BED with depression
Topiramate	14-week RCT (n=61) + 42-week extension	Better than placebo	Better than placebo	Effective for those who can tolerate side effects
Venlafaxine	120-day retrospective study (n=35)	Better than placebo	No better than placebo	May help with weight loss but not binge frequency in obese patients with BED

From the article: "**Binge Eating Disorder: Should You Use Vyvanse?**"  
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