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Binge-eating disorder in the Arabic world and the Netherlands, assessment, etiology, efficacy, effectiveness and economic evaluation of psychological interventions

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Propositions

Binge-eating disorder in the Arabic world and the Netherlands, assessment, etiology, efficacy, effectiveness and economic evaluation of psychological interventions

1. Though eating disorders were assumed not to afflict the Arabic world, eating disorders occur in Saudi Arabia, and a high BMI and body-shape dissatisfaction are associated with eating disorder pathology (this dissertation)
2. The Saudi Arabic eating disorder examination- questionnaire (EDE-Q) and body shape-questionnaire (BSQ) appear reliable assessment tools (this dissertation)
3. Cognitive behavioral therapy- enhanced (CBT-E) is also an effective treatment for binge-eating disorder, when offered in real world settings (this dissertation)
4. The potential of Chat GPT in obesity treatment is promising, and with the effective use of this technology, better results can be achieved in obesity treatment (Arslan, 2023)
5. Guided self-help CBT-E is an efficacious treatment for binge-eating disorder with regard to reduction in binge-eating episodes, overall eating disorder pathology, and also clinical impairment compared to waiting for treatment (this dissertation)
6. For a reliable and valid health economic evaluation of guided self-help CBT-E, from a societal perspective, a full RCT design with a one-year follow-up is required
7. Globally there is a lack of therapists specialized in eating disorders, which hampers access to care. To bridge this gap, guided self-help CBT-E should be the first intervention to implement
8. BED patients can recover without ever meeting their therapist in-person
9. The incorporation of bubbles in chocolate is associated with lower caloric values. However, problems in manufacturing bubbles in chocolate remain, it is difficult to optimize the size. Bubble size and size distribution can influence the texture, the mouthfeel, the crispness, the melting temperature, and the brittleness of the product (Pugh, Hamlett & Fairhurst, 2023)