

Transcranial direct current stimulation beneficial in BED

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(HealthDay)—Transcranial direct current stimulation (tDCS) is

beneficial in binge-eating disorder (BED), with decreased cravings for sweets, savory proteins, and all foods, according to a study published online May 9 in the *International Journal of Eating Disorders*.

Emilee E. Burgess, from the University of Alabama at Birmingham, and colleagues examined the effect of tDCS on [food](#) craving, intake, binge-eating desire, and binge-eating frequency in 30 adults with BED or subthreshold BED. Participants received a 20-minute 2 mA session of tDCS targeting the [dorsolateral prefrontal cortex](#) and a sham session.

The researchers found that, compared with sham, tDCS correlated with decreased craving for sweets, savory proteins, and an all-foods category, with the strongest reductions seen in men (P food intake, respectively).

"This proof-of-concept study is the first to find ameliorating effects of tDCS in BED," the authors write. "The results support investigation of repeated tDCS as a safe and noninvasive treatment adjunct for BED."

More information: [Abstract](#)
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