CHARGE: Controlling Hunger And ReGulating Eating

**Category**  
Other

**Enrollment Closing Date**  
Jan 31, 2024

**Description**  
This is a study available to Veterans who lose control when eating, struggle with binge eating, and want to lose weight. You will be asked to answer questions and will be interviewed to determine if you are eligible to participate. The study involves 5 months of group treatments and follow-up assessments up to 11 months.

**Requirements**  
- Veterans between the ages of 18-65
- Overweight and want to lose weight
- Meet criteria for binge eating

**Benefits**  
Possible reduction in binge eating, weight loss, and healthy lifestyle behavior reinforcement. Compensation for time and travel will be provided.

**Contact Information**  
**Name** Jennifer Salamat  
**Phone** 858-552-8585 ext. 5596

VA San Diego Healthcare System  
IRB NUMBER: H180119  
IRB APPROVAL DATE: 02/07/2019