

The effects of negative mood and self-awareness on eating behavior in children with loss of control eating

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Authors

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Aim

This project will look at effects of self-awareness and negative mood on eating behavior in children and adolescents with loss of control (LOC) eating.

Background

LOC eating is the most prevalent eating disorder in childhood and adolescence. The Escape Theory assumes eating episodes to be a maladaptive strategy for the avoidance of externally triggered negative self-awareness. While first evidence successfully linked negative mood to LOC eating, no study has tested whether this link is moderated by self-awareness. This project will therefore determine whether negative mood – specifically frustration – and self-awareness are causally linked to pathological eating behavior in LOC eating, and it will furthermore explore whether this hypothesized link can be modified by emotion regulation strategies.

Method

We will manipulate frustration (low vs high) and self-awareness (low vs high) independently in a within-subject design, after which children with and without LOC eating ($n = 48$ per group) will participate in a bogus taste test. Outcome variables include the amount of calories consumed in the taste test as well as observer-based bite size and bite rate. In addition, a proof of concept trial will test the effectiveness of emotion regulation strategies on these variables.

Execution

December 2015 - February 2018

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