



Psychological differences in food addiction, binge eating in nonclinical population

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Abstract

The aim of the study was to identify food addiction (FA) or binge eating (BED) in the nonclinical population, and are there are any differences between the constructs and the psychological differences between individuals with any disordered eating pattern (FA, BED, and FA+BED groups.)

Participants between ages 18 and 55 were invited to complete an online survey, being recruited via various social media. The questionnaires were used as follows: YFAS, BES, PCL-5, LEC, ACE, SUPPS-P, DEBQ, AUDIT, and DASS-21. Out of 2245 records, 516 participants passed a cut-off point of FA, BE, or both diagnoses.

The present study showed that FA and BED symptoms are often present in a random population. In a group comparison between the eating disorder group and the control group, there were differences in most variables. The FA+BED group presented the most severe behavioral and emotional patterns, followed by a single FA group. The BED group turned out to have fewer symptoms in comparison to the other groups.

This study provides further support for the operationalization of FA. BED and FA are related but do not totally overlap. FA seems to be a stronger subtype of BED and people who have both disorders report the most difficulties in functioning. The diagnosis of trauma-related experiences might shed some light on the disordered eating mechanism as a form of emotion regulation. An important area for future research will be the treatment implications of food

addiction for individuals with BED and signs of addictive-like eating behavior.

Topics: Other

For workshops only

No Answer Given

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