



The Role of external eating as a mediator between negative affectivity and food craving in women with overweight or obesity, and recurrent binge eating

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Abstract

Objective:

This study aimed to assess the mediating role of external eating in the relationship between negative affectivity and food craving in women with overweight or obesity, and recurrent binge eating.

Method:

A sample of 133 adult women with overweight or obesity who reported at least 2 binge eating episodes in the last month participated in the study. Data collection included a sociodemographic questionnaire, the Negative Affect scale of the PANAS, the External Eating scale of the Dutch Eating Behavior Questionnaire, and the short version of the Trait Food Craving Questionnaire. This study was conducted as part of project "Fondecyt Iniciación 11230678", funded by the Agencia Nacional de Investigación y Desarrollo (Chile).

Results:

Results revealed that external eating mediated 57.8% of the effect of negative affectivity on food craving. Negative affectivity had both a direct effect on predicting food craving and an indirect effect through increased external eating. These findings support the "escape theory," suggesting that high levels of negative emotions influence the tendency to focus on external food-related cues, serving as a distraction from emotional distress.

Discussion:

Understanding the mechanisms underlying binge eating behavior in overweight and obesity is

crucial for developing effective interventions. The findings highlight the importance of addressing negative affectivity and external eating patterns in therapeutic approaches targeting binge eating. This study contributes to the existing literature by elucidating the role of external eating as a mediator between negative affectivity and food craving in this population, providing insights for future research and clinical practice.

Topics: Prevention, Treatment

For workshops only

No Answer Given

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