

Exploring Mediational Models between Body Dissatisfaction and Loss of Control Eating in Young Men

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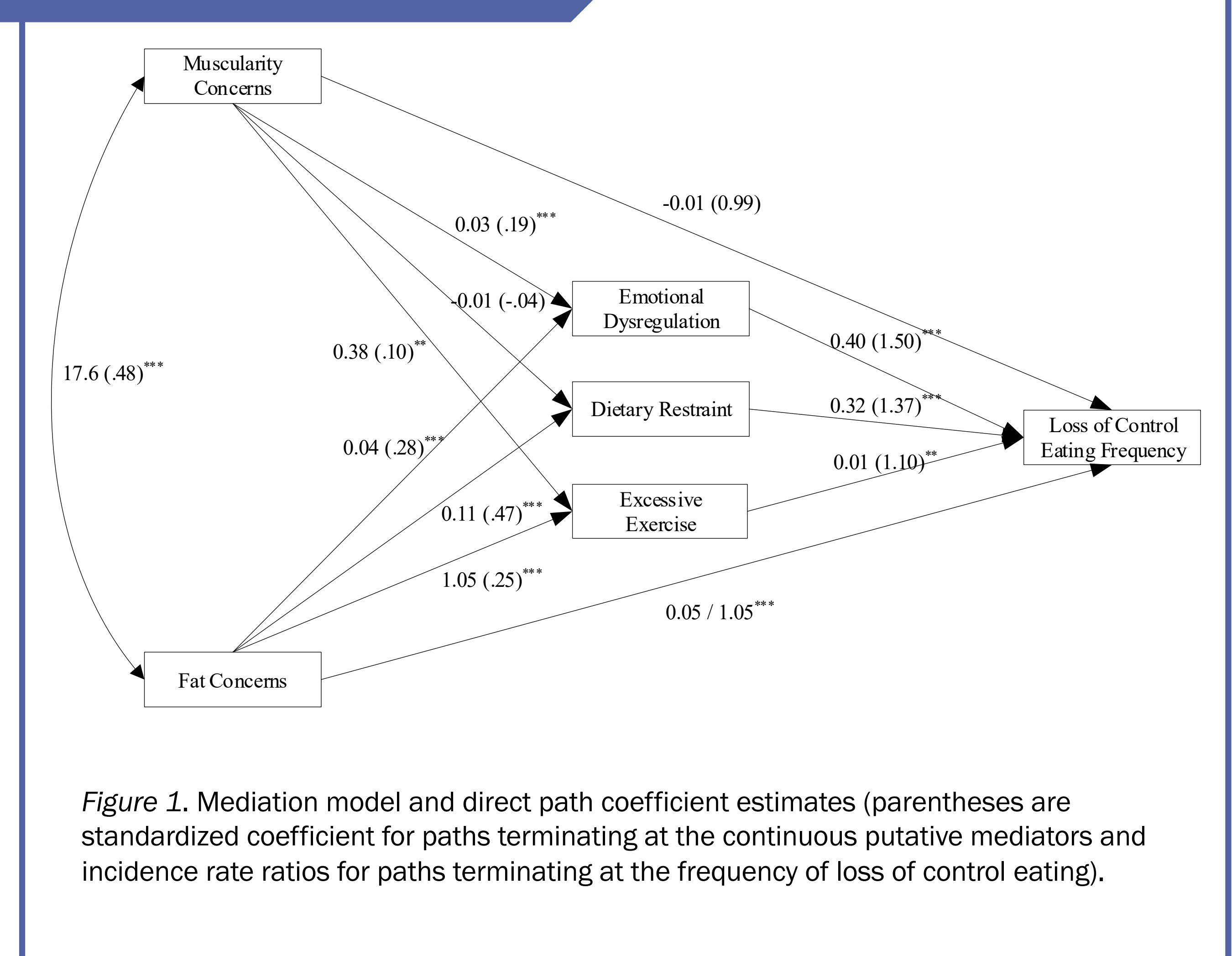
Introduction

- ▶ Loss of control (LOC) eating, or the subjective experience of being unable to control what or how much is being eaten, is associated with the onset of eating disorders and obesity.
- ▶ Previous research has focused on the behavioral and emotional correlates of LOC eating primarily in women and children.
- ▶ Increasing evidence shows that these behaviors are also prevalent among young men.
- ▶ Body dissatisfaction is a common antecedent to LOC eating in both men and women.
- ▶ Theoretical models suggest that dietary restraint, emotion dysregulation, and exercise dependence symptoms (EDS) mediate or explain the association between body dissatisfaction and LOC eating in women and children; however, these models have not been evaluated in men.

Methods

Online Surveys	
Demographics	Self-reported height and weight, income, education, and presence of a psychiatric diagnosis
LOC Eating & Dietary Restraint	Eating Disorder Examination Questionnaire (Fairburn & Beglin, 1994) LOC eating frequency in the last 28 days
Body Dissatisfaction	Revised Male Body Image Attitudes Scale (Ryan, Morrison, Roddy, & McCutcheon, 2011; Tylka, Bergeron, & Schwartz, 2005), including 1) muscularity and 2) fat concerns subscales
Emotion Dysregulation	Difficulties in Emotion Regulation Scale (Gratz & Roemer, 2004) six domains of emotion dysregulation: 1) non-acceptance of emotional responses, 2) difficulties engaging in goal-directed behavior, 3) impulse control difficulties, 4) lack of emotional awareness, 5) limited access to emotion regulation strategies, and 6) lack of emotional clarity
EDS	Exercise Dependence Scale (Hausenblas & Symons Downs, 2002)
Analytic Approach	
▶ Path analyses in Mplus tested indirect paths using joint significance tests and bias-corrected confidence bounds.	

Mediations



Results

- ▶ Sample: 1109 ethnically/racially diverse young men (18-30y; $Age=24.1\pm 3.6y$; $M_{BMI} = 25.4 \pm 6.2 \text{ kg/m}^2$).
- ▶ Higher levels of muscularity concerns were linked to more emotional dysregulation and EDS, whereas fat concerns were directly linked to more emotion dysregulation, dietary restraint, and EDS ($ps < .01$). The path from muscularity concerns to dietary constraint was not significant.
- ▶ More emotional dysregulation, dietary restraint, and EDS were directly linked to higher LOC eating frequency ($ps < .01$).
- ▶ Higher levels of muscularity concerns were indirectly linked to higher LOC eating frequency through greater emotional dysregulation ($p < .001$; see Figure 1). No other indirect effects of muscularity concerns were significant.
- ▶ Higher levels of fat concerns were indirectly linked to LOC eating frequency through more emotional dysregulation, dietary restraint, and EDS ($ps < .01$; see Figure 1).

Discussion

- ▶ While body dissatisfaction is associated with LOC eating in young men, the pathways through which these phenomenon are related may differ by the nature of the body concerns.
- ▶ Dieting, for instance, may be less relevant to disordered eating in men with muscularity concerns, and more relevant to men more concerned about their body fat.
- ▶ Future interventions may benefit from targeting specific body image concern subtypes.



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Specific Aims

- ▶ To explore possible mediators between body dissatisfaction and LOC eating frequency among a sample of young men

