

Impulsivity and Nutritional Restrictions in BED

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Abstract : Binge eating disorder (BED) is one of the three main eating disorders, beside anorexia and bulimia nervosa. BED is characterized by a loss of control over the quantity of food consumed and the lack of the compensatory behaviors, such as induced vomiting or purging. Studies highlight that certain personality traits may contribute to the severity of symptoms in the ED. The aim of this study is to analyze the relationship between psychological variables (Impulsivity and Urgency) and Nutritional restrictions in BED. The study included two groups. The first group consisted of 35 women with BED aged 18 to 28. The control group - 35 women without ED aged 18 to 28. ED-1 questionnaire was used in a study to assess the severity of impulsivity, urgency and nutritional restrictions. The obtained data were standardized. Statistical analyzes were performed using SPSS 21 software. The severity of impulsivity was higher in patients with BED than the control group. The relation between impulsivity and nutritional restrictions in BED was observed, only taking into consideration the relationship of these variables with the level of urgency. However, if the severity of urgency in this relationship is skipped, the relationship between impulsivity and nutritional restrictions will not occur. Impulsivity has a negative relationship with the level of urgency. This study suggests the need to analyze the interaction between impulsivity and urgency, and their relationship with dietary behavior in BED, especially nutritional restrictions. Analysis of single isolated features may give erroneous results.

Keywords : binge eating disorder, impulsivity, nutritional restrictions, urgency

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