

A RESEARCH PROPOSAL

MOOD, REWARD,
RESTRICTIVE EATING

What do we know?

Restrictive eating is central to various dangerous eating disorders. It is a key feature of and may precede the development of Anorexia Nervosa (AN). (DSM-5; APA, 2013)

- Individuals with AN use restriction of food to regulate their emotions
- The findings are mixed
- Unknown whether restrictive eating precedes or follows a change in affect

(Sala et al., 2018; Haynos et al., 2017; Cardi et al., 2015)

1.4%

The lifetime prevalence of Anorexia Nervosa in women

(Galmiche et al., 2019)

- There is limited research that
 - Explores affect and reward together
 - Examines restrictive eating independently
 - Utilizes behavioural measures
 - Compares food and non-food rewards

- Individuals with AN have been found to have dysregulated reward processing
- The findings are mixed
 - Are they more or less motivated by reward-relevant stimuli?
 - Does it depend on the reward? Food vs. non-food?

(Harrison et al., 2010; Keating et al., 2012; Lavender et al., 2015)

What is the goal?

1

Examine the relationship between restrictive eating and negative affect and motivation for food vs. non-food primary reinforcement rewards

Examine reward and affective processes in a non-clinical participant group that engages in behaviours that may lead to the development of AN

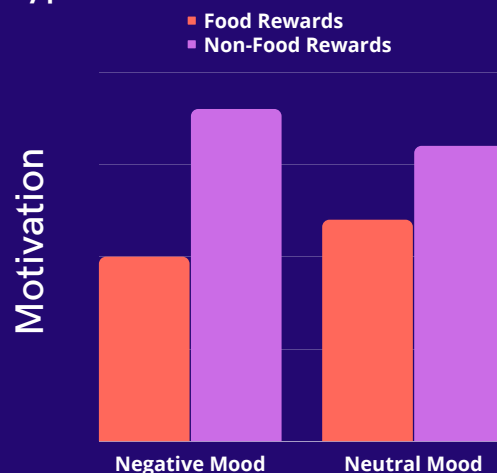
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Research Questions & Hypotheses

In individuals with pathological food restriction, are deficits in reward processing specific to food rewards?

In individuals with pathological food restriction, does negative affect alter motivation for food and non-food rewards?

Hypothesized Task Performance



Methods

As part of a larger study...

Recruitment

Females who

- Are 17-35 years of age
- Restrict their eating, have a fear of weight gain, do not experience loss of control eating
- Have a moderate liking of chocolate and video games

Study Design

Participants will complete:

- A series of general questionnaires
- Mood induction procedures
- A food and game progressive ratio task

Impact

- Improve education in the domains of emotion regulation and reward sensitivity
- Improve treatment and early interventions
- Better understand the mechanisms that may maintain restrictive eating

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