

Does active regulation of negative emotions lead to binge eating in patients with Binge Eating Disorder?

Published: 13-06-2006

Last updated: 14-05-2024

We hypothesized that trying to regulate negative emotions would lead to binge eating in patients with BED. Patients with BED who actively try to alter their negative emotions are unable to control or inhibit their desire to resist (fattening) food...

Ethical review	Approved WMO
Status	Recruitment stopped
Health condition type	Eating disorders and disturbances
Study type	Observational non invasive

Summary

ID

NL-OMON29977

Source

ToetsingOnline

Brief title

Emotion Regulation in BED

Condition

- Eating disorders and disturbances

Synonym

Binge eating disorder

Research involving

Human

Sponsors and support

Primary sponsor: Rivierduinen

Source(s) of monetary or material Support: Centrum Eetstoornissen Ursula

Intervention

Keyword: Binge Eating Disorder, Emotion Regulation, Mood Induction

Outcome measures

Primary outcome

Amount (total grams) of several different kinds of candy eaten is the dependent variable which is the measure of self-control ability.

Secondary outcome

not applicable

Study description

Background summary

Negative mood states seem to influence eating disordered behaviors in subjects with Binge Eating Disorder (BED). A link seems to exist between emotional disturbances or negative emotional states and binge eating behaviours (Grilo & Shiffman, 1994) . Food cravings that led to a binge were associated with lower levels of mood, lower energy, higher levels of tension and lower levels of hunger than cravings that did not lead to a binge (Waters, Hill, & Waller, 2001). Although mood is worse overall for women with BED, mood is especially poor before binge episodes (Greeno, Wing, & Shiffman, 2000).

A few studies investigated the effect of negative affect in subjects with BED by means of an experiment. A negative mood influenced the perception of BED subjects and therefore the labelling of the eating episode as a binge (Telch & Agras, 1996)(Chua, Touyz, & Hill, 2004). Agras and Telch (Agras & Telch, 1998) found that negative mood significantly increased loss of control over eating. To control these urges to binge or to override negative emotions, subjects need to exert self-control. Baumeister, Muraven and colleagues (2000) proposed that *people have a limited quantity of resources available for self-control and that various acts of self-control draw on this limited stock* (page 247). When a situation demands two consecutive acts of self-control, performance on the second (unrelated) act is frequently impaired . For example in a study by Vohs and Heatherton (2001) chronic female dieters were instructed either to suppress their emotions while watching an upsetting movie or to show their natural emotions. Afterwards they all had to complete a ice-taste task. The participants who were instructed to suppress their emotions ate significantly more ice cream during the taste task than the participants who were instructed

to act natural. These results support the hypothesis that self-control is depleted after one act of self-control.

Study objective

We hypothesized that trying to regulate negative emotions would lead to binge eating in patients with BED. Patients with BED who actively try to alter their negative emotions are unable to control or inhibit their desire to resist (fattening) food and thus subsequently binge. In this study we want to investigate whether patients with BED who are instructed to suppress their emotions during an upsetting movie, eat more during a subsequent taste task compared to patients who are instructed to react naturally.

Study design

Procedure

Day 1: Screening: Eating Disorder Examination (EDE) (Jansen, 2000; Cooper & Fairburn, 1987), Beck Depression Inventory-II (BDI-II-NL)(Van der Does, 2002)

Day 2:

- Participants are randomly allocated to one of the two conditions and are given instructions about how to regulate their behaviours during the video:
group 1: is instructed to suppress their emotions
group 2: is instructed to show natural emotions
- Completing of mood questionnaire (VAS scales).
- Watching fragment of the movie *the Champ* alone. Duration: 3 to 4 minutes.
- Completing of mood questionnaire (VAS scales).
- Taste task of different kinds of candy. Duration: 10 minutes
- Mood questionnaire (VAS scales)
- assessment of compliance with instructions

Study burden and risks

Participants have to visit the hospital twice for 45 minutes.

Contacts

Public

Rivierduinen

Veursestraatweg 185
2264 EG Leidschendam
Nederland

Scientific

Rivierduinen

Veursestraatweg 185
2264 EG Leidschendam
Nederland

Trial sites

Listed location countries

Netherlands

Eligibility criteria

Age

Adults (18-64 years)

Elderly (65 years and older)

Inclusion criteria

- All patients must have a primary diagnosis of binge eating disorder (BED)
- Comorbid disorders are accepted as long as they are secondary to the binge eating disorder

Exclusion criteria

A current or past history of self-induced vomiting, misuse of laxatives, diuretics, diet pills or other weight controlling medications, fasting, or excessive exercise within the last 6 months.
Use of anti-depressant medication
Pregnancy

Study design

Design

Study type: Observational non invasive

Masking: Single blinded (masking used)

Control: Uncontrolled

Primary purpose: Basic science

Recruitment

NL
Recruitment status: Recruitment stopped
Start date (anticipated): 30-06-2006
Enrollment: 60
Type: Actual

Ethics review

Approved WMO
Date: 13-06-2006
Application type: First submission
Review commission: METIGG: Medisch Ethische Toetsingscommissie Instellingen Geestelijke Gezondheidszorg (Utrecht)

Study registrations

Followed up by the following (possibly more current) registration

No registrations found.

Other (possibly less up-to-date) registrations in this register

No registrations found.

In other registers

Register	ID
CCMO	NL11536.097.06