Methods and Statistical Analyses

- Secondary analysis of data collected during a community-based weight gain prevention intervention.
- Binge eating defined as eating episodes in which participants reported both feeling out of control and consuming an excessive amount of food.
- Instruments:
  - Demographic background information form.
  - Emotional Eating Scale (EES) with 3 subscales: Depression, Anger, & Anxiety.
  - Binge Eating Scale (BES).
  - Self-Efficacy for Eating Behaviors Scale (SEEB) with 4 subscales:
    - Resisting Relapse.
    - Reducing ICat.
    - Reducing Fat.
    - Behavior Skills.
  - Self-report of number of binges in a 3-day period, confirmed with 24-hour dietary recalls analyzed with Nutrition Data System for Research (NDSR) software (University of Minnesota, School of Public Health).

- Controlling for age and BMI, data were analyzed using descriptive statistics, partial Pearson correlation coefficients, and independent sample t-tests (SPSS, v. 18, Chicago, IL, 2009).
- Total number of binges was significantly negatively correlated with Resisting Relapse (partial r = .27, p < .05) and positively correlated with a subscale of the EES, Anger (partial r = .34, p < .05).

Results

Research Question 1

The total scores on the EES were significantly related to the BES scores (partial r = .71, p < .01). Binge eating scores were significantly negatively correlated to Self-Efficacy for Eating Behaviors scores (partial r = .49, p < .05). The total number of binges was significantly negatively correlated with a subscale of the SEEB, Resisting Relapse (partial r = .37, p < .05) and positively correlated with a subscale of the EES, Anger (partial r = .34, p < .05).

Research Question 2

There were significant differences between the low- and high-severity binge eating groups for the total EES score & all 3 subscales (p < .01). There were no significant differences in the means of the SEEB, its 4 subscales, nor in the total number of binges.

Discussion and Conclusion

- Emotional eating was significantly related to binge eating behavior, suggesting that eating excessive amounts and feeling out of control when eating are linked to eating when feeling strong emotion.
- Binge eating was negatively associated with self-efficacy levels.
- There was a difference between low and high levels of binge eating activity and emotional eating.
- There was no difference between low and high levels of binge eating behavior related to eating self-efficacy.
- Perimenopausal women who have higher levels of binge eating severity were more likely to experience increased emotional eating and less eating self-efficacy.

Future Research

- Future research with a larger sample to confirm findings is recommended.
- Exploring racial/ethnic differences with emotional eating, binge eating, and self-efficacy with a larger sample is also recommended.
- Interventions that particularly address awareness of emotional eating...