

## Research Paper

# Comparison of Impulsivity and Experiential Avoidance in Obese Individuals With and Without Binge Eating Disorder



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Binge Eating Disorder, Obese, Experiential avoidance, Impulsivity

## ABSTRACT

**Objectives** This research aimed to compare impulsivity and experiential avoidance in obese individuals with and without Binge Eating Disorder (BED).

**Methods** We obtained data from 60 severely obese women referring to health centers and gyms. They were selected by convenience sampling method. The participants completed Gormally Binge Eating Scale (BES), Barratt Impulsiveness Scale (BIS), and Bond Acceptance and Action Questionnaire (AAQ). The obtained data were analyzed by the discriminant analysis method.

**Results** Among 5 investigated components in two groups of with and without binge eating disorder, the components of non-planning impulsivity ( $P < 0.01$ ), and emotional avoidance and control ( $P < 0.05$ ) were found significant.

**Conclusion** In the two groups of with and without binge eating disorder, the components of non-planning impulsivity, emotional avoidance and control were found significant. This means that significant differences exist between individuals with and without binge eating disorder.

## Extended Abstract

### 1. Introduction

This study aimed to differentiate obese and non-obese people based on impulsivity and avoidance. Without identifying and understanding the psychological factors associated with overeating and obesity, we cannot be successful in preventing obesity. Consequently, studying the mental structures associated with problems in controlling eating behavior can be considered as a useful step towards better understanding and treatment of this disorder.

### 2. Method

The present study design is descriptive correlational based on the purpose of the data collection. The statistical population of this study comprised all women with overweight referring to health houses, sports clubs, and weight loss centers in Tabriz City, Iran.

The inclusion criteria were the willingness to participate in the study, with BMI greater than  $30 \text{ kg/m}^2$ , and the required literacy to complete the questionnaires. The exclusion criteria included having diagnostic criteria for other eating disorders or other psychiatric disorders, under medications or

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physical conditions affecting their weight. Then, a sample of 210 people was screened based on Binge Eating Scale (BES) for obesity disorder. By calculating the means of the z index of these 210 people, the mean of those who had a standard deviation above and below and they were selected and entered the second sampling stage. The study used a convenience sampling method.

In the second stage, 33 subjects were selected from obese people who were diagnosed with overeating and were interested in participating in the study. Also, 35 subjects were selected from obesity who received criteria for overdose. In order to determine the minimum sample size in the correlational studies, we used the Fidell and Tabachnick formula as  $N \geq 50 + 8M$ . In this study, the second step was based on the number of independent variables (two independent variables) using this formula. For collecting data, Gormally Binge Eating Scale (BES), Barratt Impulsiveness Scale (BIS), and Bond Acceptance and Action Questionnaire (AAQ) were used. For analysis of data in the descriptive statistics section, the central and dispersion indices were used. Regarding the inferential statistics, the audit analysis method was used. All analyses were performed in SPSS version 23.

### 3. Results

The results showed that among the five components of the study, two groups of overweight and overweight disorders were a non-programmatic impulsive component at the level of 0.01 and emotional avoidance and control at the level of 0.05. Considering the small amount of Welsh lambda and the high amount of the Chi-square and significance level, the audit function has obtained a good diagnostic power for explaining the dependent variables (in two groups). In both groups, obese and non-obese, overweight, is an impulsive, impulsive, emotional avoidance and meaningful control component. This means that there is a significant difference in obesity among obese people who are overweight with those who are overweight and have a significant difference in these components.

### 4. Discussion

On the basis of impulsivity and avoidance variables, two groups of obese and non-obese people with binge eating disorder can be distinguished from each other. In this regard, high levels of immoral behavior can be related to their unsuccessful attempts to reduce overeating and their dietary intake. Also, the impulsivity can be associated with trying unsatisfactory diets. Additionally, overeating behaviors by reducing the effect of negative emotions (such as anger and anxiety) can lead to a brief

relief of negative emotional excitement, which in turn can increase the overeating behavior.

### Ethical Considerations

#### Compliance with ethical guidelines

All ethical principles were considered in this article. The participants were informed about the purpose of the research and its implementation stages; they were also assured about the confidentiality of their information; Moreover, They were allowed to leave the study whenever they wish, and if desired, the results of the research would be available to them.

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#### Authors contributions

All authors contributed in preparing this article.

#### Conflicts of interest

The authors declared no conflict of interest.