

Prediction of Binge Eating Disorder Based on Childhood Trauma, Alexithymia, Defensive Styles and Difficulties in Emotion Regulation, in Overweight Individuals

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Abstract

Introduction: Binge eating has become a major public health concern because of its association with adverse psychological and physical consequences. The purpose of this study was to predict binge eating based on difficulties in emotion regulation, alexithymia, defensive styles, and childhood trauma in overweight individuals.

Methods: The research method was descriptive correlational and the statistical population of the study included individuals aged 45-45 with BMI between 25 and 30 referring to health centers, sports clubs and weight loss centers of Karaj city in 2017-2018 which through them 200 people were selected as available. The instrument in the study were childhood trauma questionnaire by Bernstein et al; Toronto alexithymia scale by Bagby et al; defense style questionnaire by Andrews et al; emotion regulation difficulties scale by Gratz & Roemer and Binge Eating Scale by Gormally et al. Data were analyzed using a hierarchical regression method.

Results: The regression coefficients showed that among the components of difficulties in emotion regulation, the difficulty engaging in Goal-directed behavior ($P<0.01$, $\beta=0.372$), lack of emotional awareness ($P<0.01$, $\beta=0.241$), lack of emotional clarity ($P<0.01$, $\beta=0.243$); alexithymia ($P<0.05$, $\beta=0.129$), and among the components of defensive styles neurotic style ($P<0.01$, $\beta=0.231$) and childhood trauma ($P<0.05$, $\beta=0.145$) predict binge eating.

Conclusion: Childhood Trauma brings with it immature defensive styles, emotion dysregulation, and alexithymia. Emotion dysregulation prone people to difficulties in eating and obesity. Individuals respond to the lack of recognition of emotions and inappropriate responses to their emotions cope with inappropriate and overeating.

Keywords: alexithymia" binge eating" childhood trauma" defensive styles" difficulties in emotion regulation

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