

The role of self-evaluations and emotions in relation to eating behaviour in overweight individuals

Student Researcher: Olalekan Komaiya

Supervisor: Dr Helen Correia

Research has shown that self-compassion can play an important role in mental health and wellbeing. The purpose of this questionnaire based study was to examine the relationships among self-compassion, depressive symptoms, and eating behaviour in binge-eating overweight individuals in patients who visited a general medical practice. Patients with lower self-compassion and higher self judgement showed increased depression, and eating behaviour difficulties. Self-judgement in particular was a significant predictor of emotional eating, external eating, and binge eating. These findings suggest the relevance of having a self-compassionate mindset rather than a self-critical judgmental attitude in managing the experience of negative emotion and exposure to food-related stimuli, particularly in overweight individuals who engage in binge eating.