

EATING DISORDERS AND TREATMENT

Praxis Independent Study, Bryn Mawr College, Spring 2020

Claire Eckstein Indik, Class of 2020, Psychology & Neuroscience
Faculty Advisor: Earl Thomas, Bryn Mawr College, Professor Emeritus of Psychology
Field Supervisor: Rachel Butler, Temple University, Doctorial Student



Field Site : Adult Anxiety Clinic of Temple

The AACT has the mission of providing effective treatment to adults with anxiety disorders. Additionally, the AACT serves as a treatment, research, and training clinic for the Temple University Clinical Psychology Doctoral Program. While research conducted at the AACT has generally focused on the effectiveness of treatments for social anxiety disorder, my field work focused on the effectiveness of a CBT-based treatment for disordered eating.

Responsibilities

- Run participants through an imaginal exposure intervention
- Send emails to remind participants of their follow up sessions and questionnaires
- Attend and participate in weekly meetings

Course Objectives

- Carry out a CBT-based intervention for a population with disordered eating
- Gain familiarity with the theoretical basis and efficacy of eating disorder interventions
- Critically engage with literature investigating the underlying mechanisms of eating disorders

Research Project



RESEARCH QUESTION:

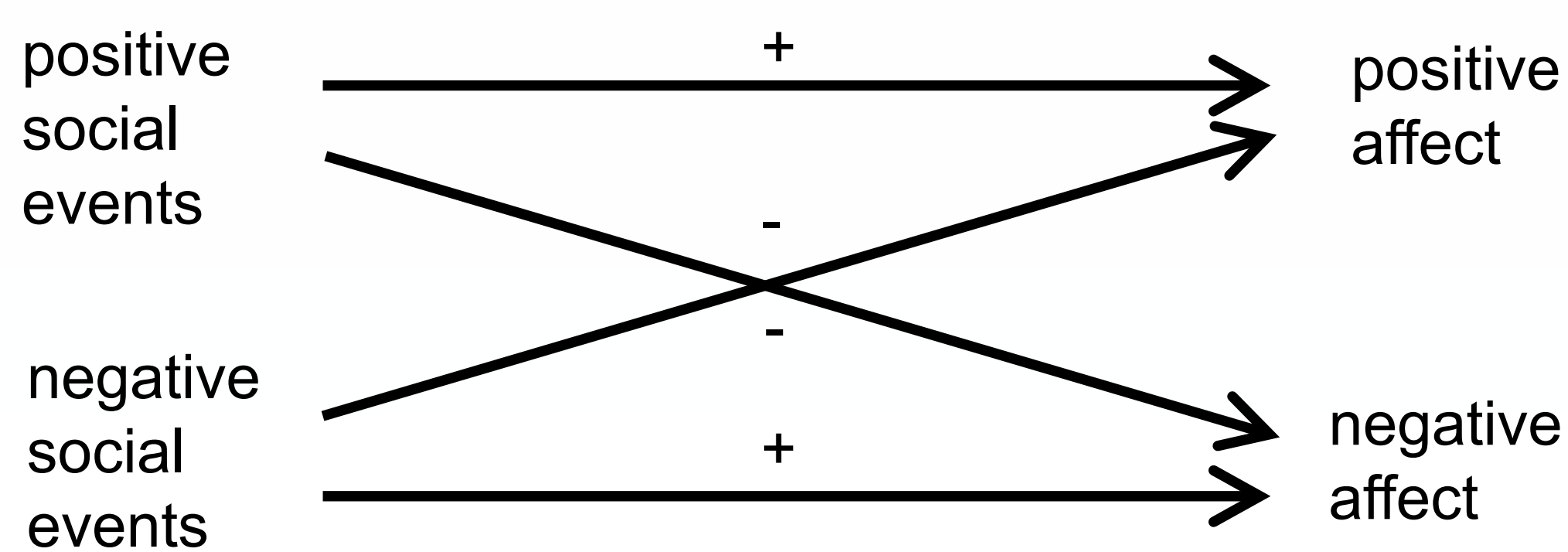
Does use of emotion regulation skills moderate the relationship between daily social events and positive and negative affect?

Background

While cognitive reappraisal is associated with more positive and less negative emotions, emotional suppression is inversely related to the same constructs (John & Gross, 2004)

Study Questions

Does cognitive reappraisal and emotional suppression moderate these pathways?



Method



Sample

167 undergraduate students at Temple University

Measures

- Daily social events with daily event survey (Butler, Hokanson, & Flynn, 1994)
- Positive and Negative Affect (PANAS; Clark, & Tellegen, 1988)
- Emotion Regulation Questionnaire (ERQ; Gross & John, 2003)

Sources

Butler, A. C., Hokanson, J. E., & Flynn, H. A. (1994). A comparison of self-esteem lability and low trait self-esteem as vulnerability factors for depression. *Journal of Personality and Social Psychology*, 66(1), 166-177. <https://doi.org/10.1037/0022-3514.66.1.166>

Farmer, A. S., & Kashdan, T. B. (2012). Social Anxiety and Emotion Regulation in Daily Life: Spillover Effects on Positive and Negative Social Events. *Cognitive Behaviour Therapy*, 41(2), 152-162. <https://doi.org/10.1080/16506073.2012.665561>

Farmer and Kashdan—2012—Social Anxiety and Emotion Regulation in Daily Life.pdf (n.d.). Retrieved April 22, 2020, from https://www.sandstone.com/doi/pdf/10.1080/16506073.2012.665561?casa_token=8kYtKqfImjU8A8AaY0hYbYKfPvRCPH_bIm8STTgDqVb8XYMT4D9RCeEW_6WJfE6u3hAVeedeUJ1hT-Edr_7Q

Gross, J. J., & John, O. P. (2003). Individual differences in two emotion regulation processes: Implications for affect, relationships, and well-being. *Journal of Personality and Social Psychology*, 84(6), 1061-1075. <https://doi.org/10.1037/0022-3514.84.6.1061>

John, O. P., & Gross, J. J. (2004). Healthy and Unhealthy Emotion Regulation: Personality Processes, Individual Differences, and Life Span Development. *Journal of Personality*, 72(6), 1301-1334. <https://doi.org/10.1111/j.1467-6494.2004.00298.x>

Watson, D., Anna, L., & Tellegen, A. (n.d.). Development and Validation of Brief Measures of Positive and Negative Affect: The PANAS Scales. 8.

Results

On days where people report more meaningful negative daily social events than their average amount

- people report more negative affect ($\beta_{10} = .38, p < .001$)
- there is a marginal effect such that people report less positive affect ($\beta_{10} = -.087, p = .08$)

On days where people report more meaningful positive daily social events than their average amount,

- people report less negative affect ($\beta_{10} = -.16, p = .002$)
- people report more positive affect ($\beta_{10} = .27, p < .001$)

On days where people report more meaningful negative daily social events than the group average

- people report more negative affect ($\beta_{10} = .56, p < .001$)
- people report less positive affect ($\beta_{10} = -.21, p = .019$)

On days where people report more meaningful positive daily social events than the group average

- people report less negative affect ($\beta_{10} = -.18, p = .03$)
- people report more positive affect ($\beta_{10} = .50, p < .001$)

➤ Cognitive reappraisal and emotional suppression were not significant moderators of these relationships

Discussion

- Self-reports of daily social events influence daily affect
- Future studies should measure how groups differ in their reports of daily social events and emotional regulation skills (Farmer & Kashdan, 2012)

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