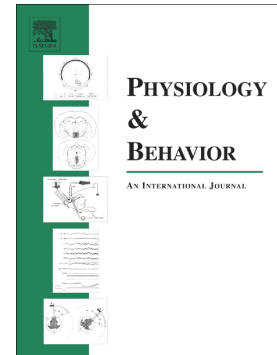


Accepted Manuscript

Stress-related laboratory eating behavior in adults with obesity and healthy weight

Benedict Herhaus, Sebastian Päßler, Katja Petrowski



PII: S0031-9384(18)30696-6
DOI: doi:[10.1016/j.physbeh.2018.08.018](https://doi.org/10.1016/j.physbeh.2018.08.018)
Reference: PHB 12304
To appear in: *Physiology & Behavior*
Received date: 7 May 2018
Revised date: 22 August 2018
Accepted date: 27 August 2018

Please cite this article as: Benedict Herhaus, Sebastian Päßler, Katja Petrowski , Stress-related laboratory eating behavior in adults with obesity and healthy weight. *Phb* (2018), doi:[10.1016/j.physbeh.2018.08.018](https://doi.org/10.1016/j.physbeh.2018.08.018)

This is a PDF file of an unedited manuscript that has been accepted for publication. As a service to our customers we are providing this early version of the manuscript. The manuscript will undergo copyediting, typesetting, and review of the resulting proof before it is published in its final form. Please note that during the production process errors may be discovered which could affect the content, and all legal disclaimers that apply to the journal pertain.

Stress-related laboratory eating behavior in adults with obesity and healthy weight

Benedict Herhaus^{1,*} bherhaus@uni-mainz.de, Sebastian Päßler² & Katja Petrowski¹

¹Medical Psychology and Medical Sociology, Clinic and Policlinic for Psychosomatic Medicine and Psychotherapy, University Medicine Mainz, Mainz, Germany

²Department of Psychotherapy and Psychosomatic Medicine, University Hospital Carl Gustav Carus Dresden, Dresden, Germany

*Corresponding author at: University Medicine Mainz, Clinic and Policlinic for Psychosomatic Medicine and Psychotherapy, Medical Psychology and Medical Sociology, Duesbergweg 6, 55128 Mainz, Germany

Abstract

Stress is an important factor in the progression of irregular eating patterns and has an additional exacerbating impact in people with overweight and obesity. Therefore, in this study, the chewing and food intake was observed after standardized acute stress induction, as well as resting, in people with obesity and healthy weight controls. Twenty-eight women and men with obesity (BMI: 32.76 ± 2.25 kg/m²) were matched with regard to sex and age to 28 people with healthy weight (BMI: 22.58 ± 2.04 kg/m²). After two conditions (Trier Social Stress Test vs. resting condition) the chewing frequency and food intake were measured during a standardized laboratory meal on two separate days. Additionally, for manipulation check of stress induction salivary cortisol and two appraisal questionnaires (Primary Appraisal Secondary Appraisal, Visual Analogue Scale) were used. People with obesity showed after stress and resting condition a lower chewing frequency in contrast to healthy weight controls ($F_{(1, 54)} = 12.816, p \leq .001$). Thereby, both groups demonstrated a higher chewing frequency after the stress induction than after the resting condition ($F_{(1, 54)} = 7.436, p \leq .01$). There was no difference between the healthy weight controls and the people with obesity in food intake. In conclusion, the present data indicate a possible ‘obese eating style’ with regard to chewing performance. Furthermore, the demonstrated higher chewing frequency after stress induction, in people with obesity and people with healthy weight, might be a stress reduction strategy.

Keywords: Chewing frequency, Food intake, Laboratory eating behavior, Obesity, Cortisol, Trier Social Stress Test (TSST)

Download English Version:

<https://daneshyari.com/en/article/10143607>

Download Persian Version:

<https://daneshyari.com/article/10143607>

[Daneshyari.com](https://daneshyari.com)