

Accepted Manuscript

The relationship between night eating symptoms and disordered eating attitudes via insomnia and chronotype differences

Ali Kandeger , Umran Egilmez , Ayca A. Sayin , Yavuz Selvi

PII: S0165-1781(18)30087-8
DOI: <https://doi.org/10.1016/j.psychres.2018.08.003>
Reference: PSY 11597



To appear in: *Psychiatry Research*

Received date: 13 January 2018
Revised date: 28 May 2018
Accepted date: 1 August 2018

Please cite this article as: Ali Kandeger , Umran Egilmez , Ayca A. Sayin , Yavuz Selvi , The relationship between night eating symptoms and disordered eating attitudes via insomnia and chronotype differences, *Psychiatry Research* (2018), doi: <https://doi.org/10.1016/j.psychres.2018.08.003>

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Highlights

- Evening-type was associated with higher insomnia and night eating symptoms
- Night eating symptoms had a direct effect on the evening-type and insomnia
- The NEQ scores had an indirect effect on the EAT scores by the ISI scores

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