

# Accepted Manuscript

Attention with a mindful attitude attenuates subjective appetitive reactions and food intake following food-cue exposure

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PII: S0195-6663(15)30118-5

DOI: [10.1016/j.appet.2015.12.009](https://doi.org/10.1016/j.appet.2015.12.009)

Reference: APPET 2793

To appear in: *Appetite*

Received Date: 30 April 2015

Revised Date: 8 December 2015

Accepted Date: 11 December 2015

Please cite this article as: Fisher N., Lattimore P. & Malinowski P., Attention with a mindful attitude attenuates subjective appetitive reactions and food intake following food-cue exposure, *Appetite* (2016), doi: 10.1016/j.appet.2015.12.009.

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Title: Attention with a mindful attitude attenuates subjective appetitive reactions and food intake following food-cue exposure

Article type: Full length Paper

**Key words:** Mindfulness; Hedonic reactions; Hunger; Food cue exposure; Food intake.

**Abbreviations:** MAI = Mindful attention induction; FCE = Food cue exposure

Highlights:

- Mindful attention can attenuate tendencies to eat in response to hedonic properties of food
- Effects of attention with and without a mindful attitude were compared
- Subjective reactions to the hedonic properties of energy-dense foods and food intake were examined
- Following attention with a mindful attitude fullness increased and hunger did not whereas without a mindful attitude hunger increased and fullness did not
- Significantly fewer cookies were eaten ten minutes post-exposure following the mindful attention induction.

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