
Online Fachtagung

«Chronisch krank in der digitalen Welt»

ABSTRACT – Raum 03

Correlates of interpersonal emotion regulation problems in Loss of Control Eating (LOC) in youth: a combined questionnaire, laboratory and intervention study

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Loss of control eating (LOC: the experience of being unable to control food intake irrespective of the food amount consumed) is the most prevalent form of ED pathology and one of the most chronic mental illnesses in youth with detrimental effects on health trajectories. Research and the availability of evidence-based treatment of LOC in youth is scarce. The development of LOC in youth is largely unknown. There is evidence that interpersonal emotion regulation difficulties in terms of “rejection sensitivity” might be associated with LOC. In order to clarify the role of interpersonal emotion regulation difficulties in the development, maintenance and in the treatment of LOC in youth, a multimethodological research project, funded by the Swiss National Science Foundation (SNF: 100001C_185387), is applied. Besides a cross and longitudinal questionnaire-based study to assess epidemiological data in a large cohort of youth, a laboratory study to examine the effects of experimentally induced rejection sensitivity in virtual reality, an ecological momentary assessment approach to assess the association of rejection sensitivity and LOC in daily life, the project sets out to evaluate the efficacy of the online treatment program i-BEAT. i-BEAT includes a LOC specific CBT approach, which is compared with a disorder unspecific interpersonal emotion regulation approach. The study rationale and design as well as data and experiences from the pilot study will be discussed.