

Wilson, S., Darling, K., Fahrenkamp, A., D'Auria, A., & Sato, A. (2015). Predictors of emotional eating during adolescents' transition to college: Does body mass index moderate the association between stress and emotional eating? *Journal of American College Health*, 63(3), 163-170. DOI: [10.1080/07448481.2014.1003374](https://doi.org/10.1080/07448481.2014.1003374)

The Transition into college is a particularly stressful time for adolescents, a time which oftentimes results in weight gain. This Article, “Predictors of emotional eating during adolescents’ transition to college: Does body mass index moderate the associate between stress and emotional eating?” investigates the relationship between stress and emotional overeating, as well as how that associates with bodyweight prior to entering college. The results of this study found that students who utilized stress-reducing methods were less likely to partake in emotional eating, compared to those who had little-to-no stress-reducing methods. In addition to this, the study also concluded that stress was a useful predictor for emotional eating in average and overweight populations but was less useful in obese populations. Unrelated to the direct results of the study, there was additional background information on emotional overeating in both adult and child populations. As well as possible solutions to address stress induced emotional eating problems for freshmen students transitioning into college.

Although my study does not specifically investigate the bodyweight of participants prior to entering college. There are many correlations between what I hope to achieve in terms of results, and what this study concluded. Both my study and this article look at the role of stress on emotional eating. I plan to use this article for background information to support my claims and to compare my findings to.

Tan, C., & Chow, C. (2014). Stress and emotional eating: The mediating role of eating dysregulation. *Personality and Individual Differences*, 66, 1-4.

<https://doi.org/10.1016/j.paid.2014.02.033>

Emotional eating leads to a host of different psychological and physical ailments. In the article, *Stress and Emotional Eating: The Mediating Role of Eating Dysregulation*, written by Cin Cin Tan and Chong Man Chow, It explains some of these ailments, as well as includes information and research on eating dysregulation. Eating dysregulation is essentially the inability to sense when your stomach is satiated. This is connected to overeating in general but intensified when stress and emotional eating are added to the equation. The article starts off with an introduction to the topics; emotional eating, stress, and eating dysregulation, including background information and studies previously conducted. The introduction portion is ended with the hypothesis that the higher the level of stress, the more likely an individual is to have eating dysregulation and partake in emotional overeating. The remainder of the paper is the research method and results, it is in IMRAD formatting. The Method used a group of participants who filled out different reflections and questionnaires to determine their levels of stress, eating dysregulation, and emotional eating. The results of this study were just as they hypothesized, an increase in stress resulted in both elevated levels of eating dysregulation and emotional overeating. The discussion mostly talked about the lack of research on eating dysregulation and touched on other related studies. Although I didn't initially include eating dysregulation in my research questions, this study provides a lot of useful information on the issue I am researching. Furthermore it identifies a possible cause and explanation for how stress contributes to emotional eating, which is exactly what I hope to find in my own study.

Michels, N., Sioen, I., Ruige, J., & De Henauw, S. (2017). Children's psychosocial stress and emotional eating: A role for leptin? *The International Journal of Eating Disorders*, 50(5), 471-480. <https://doi-org.proxy.lib.odu.edu/10.1002/eat.22593>

The study done in, "Children's Psychosocial Stress and Emotional Eating" by Nathalie Michels, Isabelle Sioen, Johannes Ruige, and Stefaan De Henauw, is unique because it has a focus on children. The study used Belgian Children as participants and investigated their levels of stress, cortisol, leptin, food consumption and BMI. Their hypothesis was saying that stress would be a predictor of leptin and leptin would be a predictor of emotional eating. Leptin is a hormone used to help balance energy and works to inhibit hunger. A major component for measuring stress levels in this study was the measurement of salivary cortisol. Other methods for the various measurements were testing fasting leptin, questionnaires, interviews, and taking into account background variables. They found a positive association between leptin and cortisol level which was significant for girls, but not boys. But boys had less emotional eating when they compared leptin levels. They did find the connection that the level of stress/ cortisol, when matched with the same level of leptin, was when emotional eating was the highest. The article then summarizes this data in an understandable manner. I chose to include this article because the study will add depth to my research. Although I specifically am looking at college-aged individuals, having background information which I can incorporate or look back on is always helpful. Especially in this type of study, where a lot of the research can be connected.

Harvard Health. (2021, February 15). *Why stress causes people to overeat*.

<https://www.health.harvard.edu/staying-healthy/why-stress-causes-people-to-overeat>

The Harvard Health article, “Why Stress Cause People to Overeat”, explains and break down the different reactions the body has to stress, and how that correlates to emotional eating. According to the article, stress causes an increase in the production of the hormones, epinephrine and cortisol. Epinephrine is the adrenaline hormone, which under acute bouts of stress causes a halt in hunger signals. However, when that stress continues into chronic bouts, then cortisol is pushed out. Cortisol has been found to increase a person’s appetite and plays a role in promoting motivation. In the case of overeating, this is the motivation to eat. The article then goes on to explain how stress and the hormones it produces leads to unhealthy cravings, like foods high in fat or sugar. This is because the body sends feedback that can dampen stress after ingesting these foods. The next section is all about why people eat in response to stress. It goes into depth about how women are more likely to turn to food to deal with stress; whereas men are more likely to drink or smoke. The final section offers helpful tools for dealing with stress without turning to unhealthy coping mechanisms, such as emotional eating. They list meditation, exercise, and social support as a couple resources to help reduce stress. This source will be very useful in my paper because it provides background information and reasons that clearly connect and explain how stress relates to emotional overeating.

*Weight loss: Gain control of emotional eating.* (2020, December 9). Mayo Clinic.

<https://www.mayoclinic.org/healthy-lifestyle/weight-loss/in-depth/weight-loss/art-20047342?reDate=23022022#:~:text=Emotional%20eating%20is%20eating%20as,disrupt%20your%20weight%20loss%20efforts.>

The Mayo Clinic Staff's article "Weight Loss: Gain Control of Emotional Eating", expertly highlights the growing issue of overeating, due to emotional reasons, in today's society. The article begins by trying to relate with readers who struggle with weight-loss, food cravings, and emotional eating. The next aims to inform the reader of the relationship between mood and food, how emotions interact with hunger drives and what may be causing individuals to overeat. Some of the reasons listed could be stress from work or relationships, or even financial pressures. It explains how many people turn to food to cope and then eating becomes associated with that emotion. As a result, anytime that emotion arises they are more likely to reach for food, and it doesn't tend to be of the healthy variety. However, the Mayo Clinic is aware of these circumstances and offer a list of possible solutions to help fight these emotional eating episodes. Some suggestions they offer include tracking food intake with a diary, taking away any food that could be a temptation, and managing stress. At the end of the article there is a note about when to seek professional help. This source was included in my research because It not only supports my background knowledge and additional sources, it includes proactive management techniques which I can use in my discussion section.