

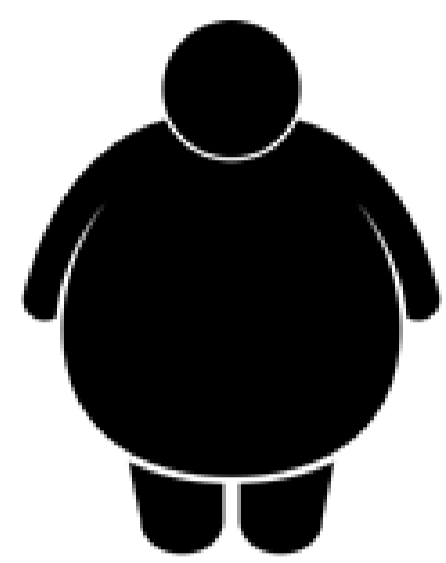
# The effect of Emotion Regulation Strategies on positive and negative affect in obese children and adolescents (9-15y).

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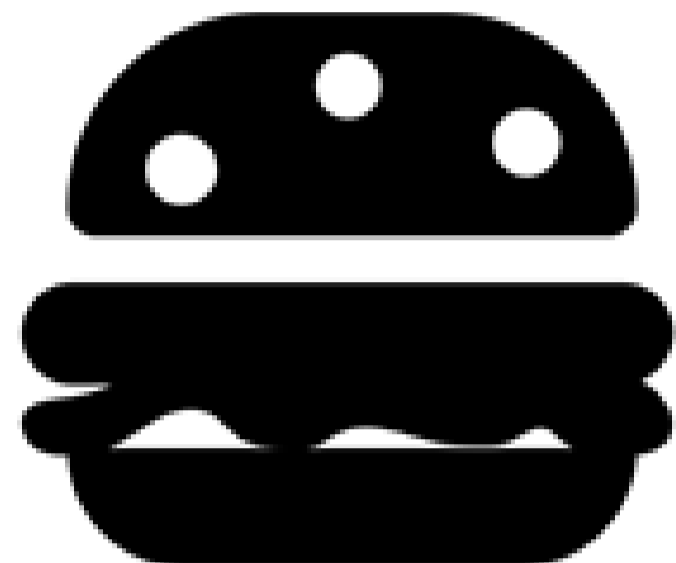
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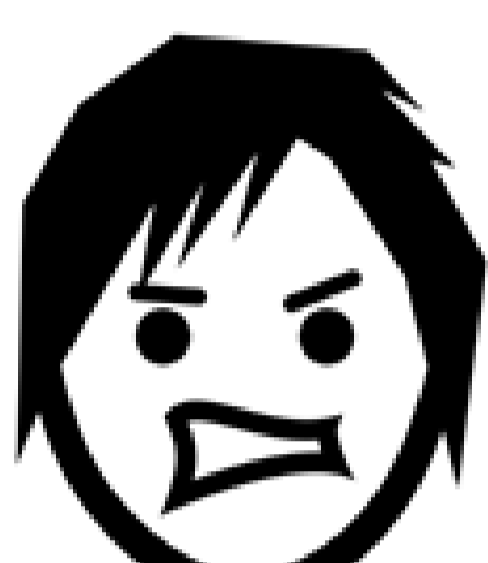
**Problem:** In obesity the current treatment of dieting and movement is not sufficient in long term. There are alarming numbers according to the WHO (2014):



41 million children has obesity



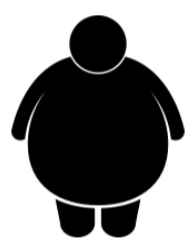
Emotional eating: 44-50% of Flemish people



50% has a threatened emotional buffer

**Emotional eating** is a form of maladaptive Emotion Regulation or a consequence of using maladaptive Emotion Regulation strategies.

**The role of Emotion Regulation:** Maladaptive Emotion Regulation is related with



More overweight At the age of 10



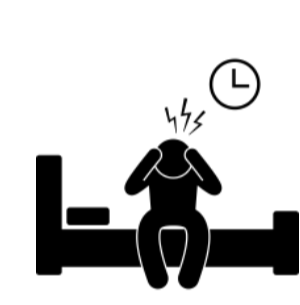
More emotional eating



More sedentary lifestyle



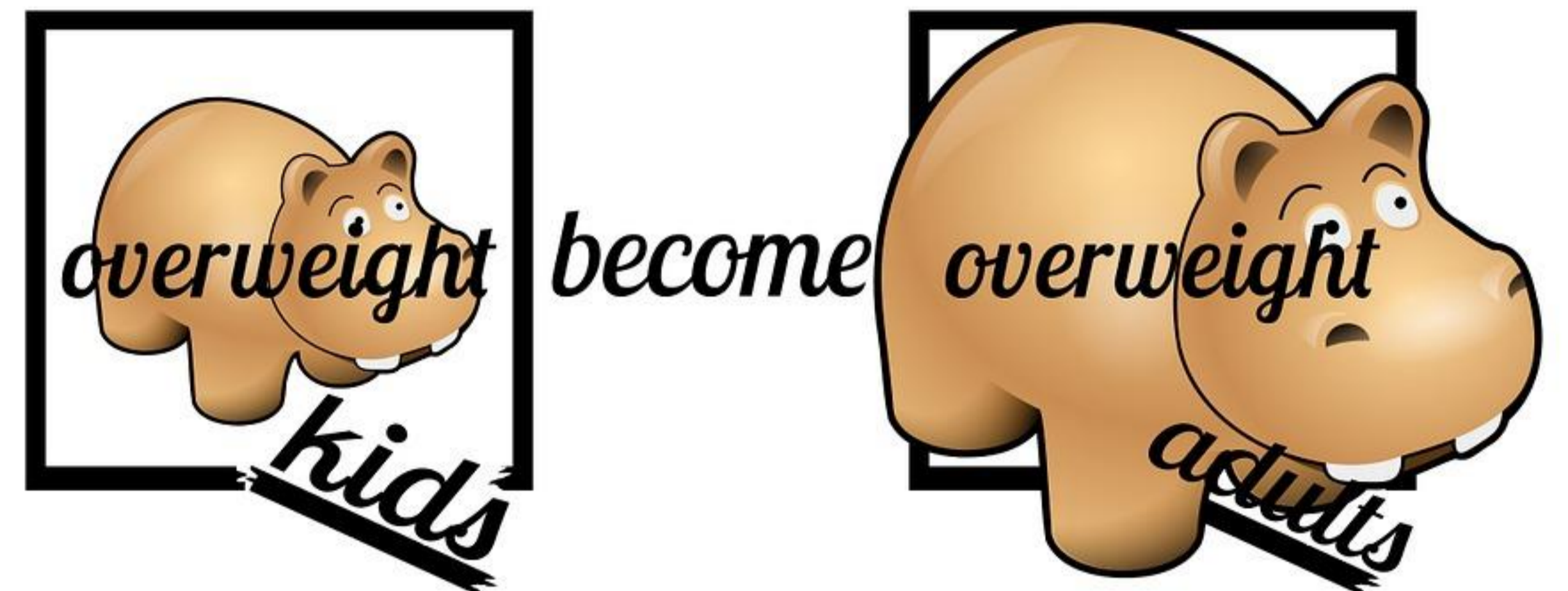
Less physical activity



More sleeping problems



Higher cortisol levels



... without new therapy- insights in the treatment of obesity!

What to do?

Investigating on top of care therapy models to improve the long term therapy-effects on obesity.

Research?

Investigating the effects of a two- hour workshop on Emotion Regulation strategies on negative and positive affect in an obese sample.

Goal?

To promote better long- term therapy- outcomes by improving the Emotion Regulation strategies of the youngsters.

## The experiment:

- Participants are youngsters with obesity (>60%) between 9 – 15 years ( $M = 12.33$ ), staying in a residential obesity treatment center.

- Between- subject design:



Acceptance



Distraction

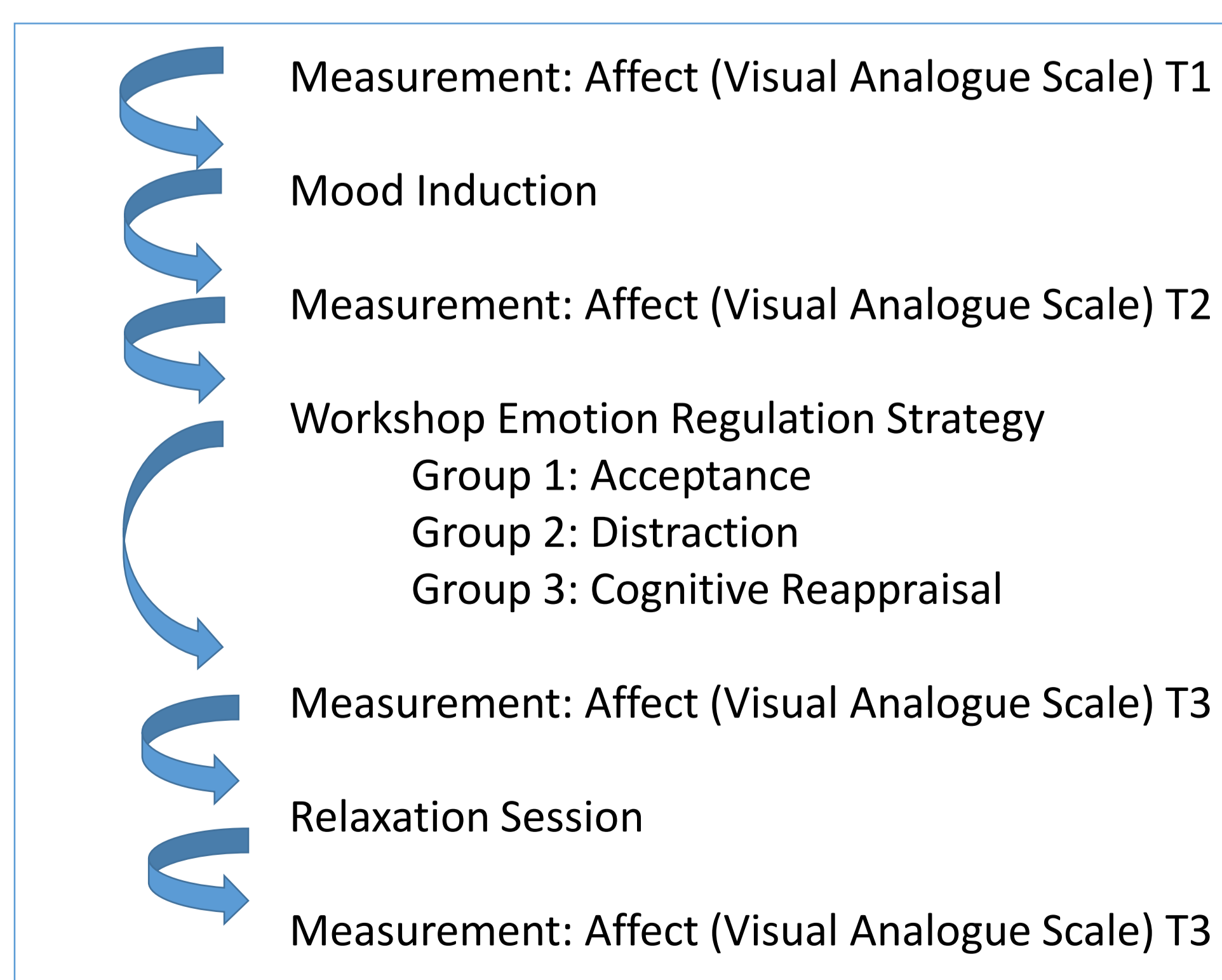


Cognitive Reappraisal

Instructions:

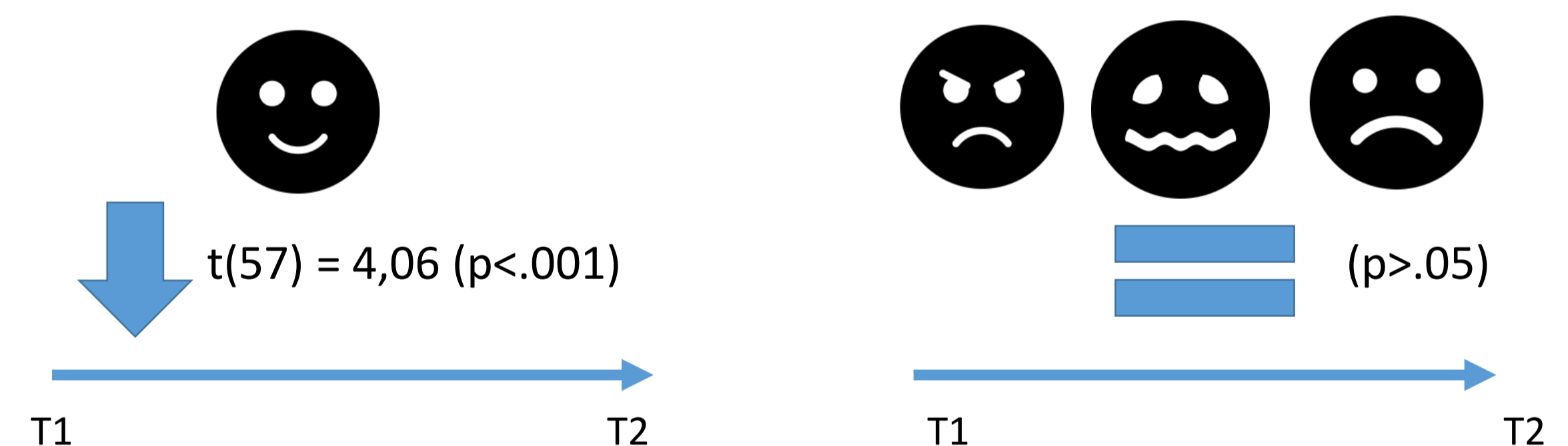
- Acceptance: Be aware of your positive and negative feelings; and accept them instead of changing them.
- Distraction: Draw your favorite animal
- Cognitive reappraisal: Think about the negative situation in a more positive way

- Procedure:

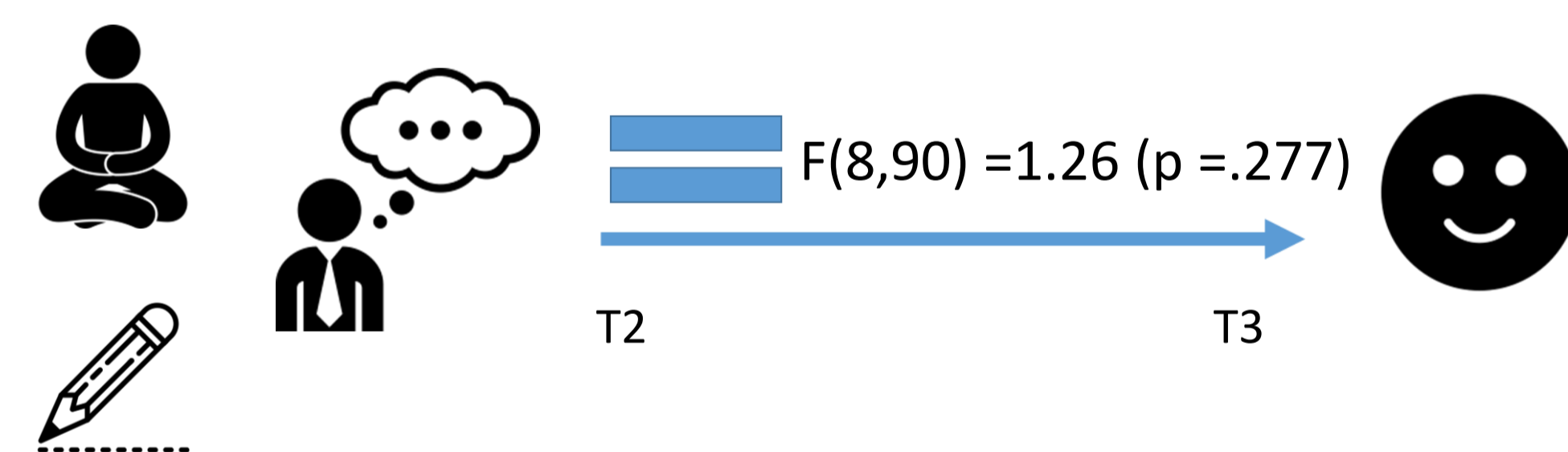


## Results

- Effect mood induction?



- Effect of learning the Emotion Regulation strategies?



→ Because the mood induction was not significant in Angry, Anxious and Sad affect; the effect of learning the Emotion Regulation strategies on these negative affects could not be tested

## Possible explanations?

- The mood induction was not clear to all the participants
- Per Emotion regulation strategy – condition, there are only 20 participants: insufficient power?
- Hypothesis: A more extensive emotion regulation training might be indicated in the current population.

## Future Research?

- Determination of the mechanisms of Emotion Regulation strategies in youngsters with obesity
  - Examination of the effectiveness of Emotion regulation training in childhood obesity treatment
- PhD is ongoing to investigate this!

## Conclusion

In the current group of obese youngsters no effect could be observed of a two-hour Emotion Regulation workshop on 'happy' affect. Further research on these mechanisms is warranted because obesity is a growing problem and emotion regulation strategies are playing a role in maintaining obesity