Abstracts

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FEMALE SWEET LIKERS HAVE ENHANCED CROSS-MODAL INTEROCEPTIVE ABILITIES.

Vasiliki Iatridi 1*, Lisa Quadt 2, Sarah N. Garfinkel 1,3, Martin R. Yeomans 1, School of Psychology, University of Sussex, BN1 9QH, Falmer, United Kingdom; 2 Department of Neuroscience, Trafford Centre for Medical Research, Brightton and Sussex Medical School (BSMS), University of Sussex, Brighton, United Kingdom; 3 Sackler Centre for Consciousness Science, University of Sussex, Brighton, United Kingdom

* corresponding author.

E-mail address: V.Iatridi@sussex.ac.uk (V. Iatridi).

Disease and phenotypes have not been systematically mapped. Behavioural similarity between phenotypes is quantified by comparing the association profiles of each phenotype. The association profiles are based on a personality test, such as NEO PI-R with 30 facets. This approach has quantified obesity’s behavioural overlap with addictions (Vainik et al., 2020). Extending this approach, we examined 13 eating-related phenotypes and compared them to 168 diseases and phenotypes. The eating phenotypes formed 3 clusters—obesity/metabolic disease, eating disorders, and IL-6/poor diet. Obesity cluster had considerable behavioural similarities ($r > .50$) with 33 phenotypes, such as substance abuse, general disinhibition, and procrastination. Eating disorders had similarities with 95 phenotypes, including low self-esteem, anhedonia, and psychiatric conditions. IL-6 was similar to 9 phenotypes, such as obsessive-compulsive personality disorder, persisting at med-school, and inability to detect odors. The results confirm and extend known associations and guide new hypotheses.

Abstracts

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ATTACHMENT ANXIETY, DISINHIBITED EATING AND BODY MASS INDEX: A MEDIATING ROLE OF MINDFULNESS?

Vasiliki Mergia 1*, Gabriela M. Jiga-Boy 2, Rochelle Embling 2, Laura L. Wilkinson 2, Department of Clinical Psychology and Psychological Therapies, Medical School, University of East Anglia, NR4 7TJ, UK; 2 Department of Psychology, College of Human and Health Sciences, Swansea University, SA2 8PP, UK

* corresponding author.

E-mail address: authov.mergia@gmail.com (V. Mergia).

Attachment anxiety is associated with disinhibited eating and body mass index (BMI), but our understanding of the underlying mechanisms is limited. We investigated whether mindfulness (via 5 facets) mediates the relationship between attachment anxiety and disinhibited eating. 322 adults (222 females, mean age $= 25.83$ (SD $= 7.57$), mean BMI $= 23.20$ kg/m$^2$ (SD $= 3.81$) self-reported on attachment orientation, disinhibited eating, mindfulness and BMI. Parallel mediation analysis (PROCESS) demonstrated that the ‘acting with awareness’ facet of mindfulness, mediated the association between attachment anxiety and emotional eating (LLCI $= .02$, ULCI $= .18$). Follow-up, serial mediation analysis showed indirect associations of attachment anxiety with BMI through ‘acting with awareness’ and emotional eating (LLCI $= .01$, ULCI $= .07$). Lower scores on the ‘acting with awareness’ facet indicates an inability to attend to the present moment. One possibility is that attachment anxious individuals are characteristically distracted by negative stimuli and are managing subsequent emotions via eating. Interventions that incorporate mindfulness may help to support weight management in attachment anxious individuals.

Abstracts

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CONSUMER ATTITUDES TOWARDS ALTERNATIVE MEAT PRODUCTS: EXPECTATIONS ABOUT TASTE AND THE ROLE OF DISGUST

Yeliz Vural 1*, Danielle Ferriday 1, Peter J. Rogers 1. Nutrition and Behaviour Unit, School of Psychological Science, University of Bristol, Bristol, UK

* corresponding author.

E-mail address: authov17549@bristol.ac.uk (Y. Vural).

It is widely recognized that there are potential adverse effects of meat production and consumption on health, environment and animal welfare. Nevertheless, there is little quantitative research exploring consumer expectations of meat replacements. This study explored consumers’ expectations of the taste of meat substitutes (cultured meat and plant-based ‘meat’) and the role disgust may play in their acceptance. Meat and non-meat eaters (N=200) were shown pictures of six meat and dairy food products (meals), including chicken nuggets, beef burger, and cheese. For each food there were slightly different images counterbalanced with three labels (e.g., ‘conventional’, ‘plant-based’, and ‘cultured’ for beef burger) plus a short supporting narrative. Participants rated expected taste pleasantness, fullness, satisfaction, willingness-to-pay and disgust on 0 to 100-point scales for each image. ‘Plant-based burger’ was rated as more pleasant than ‘conventional beef burger’ (mean±SD: 65±25 vs 54±34, p<.01), and ‘cultured beef burger’ was rated as more disgusting than ‘conventional beef burger’ (43±34 vs 27±33, p<.001). In the light of these results we suggest that plant-based alternatives are a suitable option to reduce meat consumption.

Abstracts

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MEAL ENJOYMENT IN INSTITUTIONALIZED ELDERLY WITH DEMENTIA: STAFF MEMBERS’ VIEW

Gertrude G. Zeinstra*, Esmée L. Doets. Wageningen Food & Biobased Research, Bornse Weilanden 9, 6708 WG, Wageningen, the Netherlands

* Corresponding author.

E-mail address: gertrude.zeinstra@wur.nl (G.G. Zeinstra).

Nursing home staff play a crucial role in how mealtimes are experienced by institutionalized elderly with dementia. Therefore, the aim of this study was to investigate the mealt ime situation for nursing home elderly with dementia from the perspective of the staff. A questionnaire with 45 statements was developed, covering various domains of the mealt ime situation. The statements were answered on a 7-point Likert scale ranging from totally disagree to totally agree. Fifty-one staff members (90% women, work experience 13.6±12.4 years) completed the questionnaire. Cronbach’s alphas were satisfactory for the different domains. Staff were positive about work pleasure (6.3±1.1), their attitude (6.3±0.8), and their knowledge and skills (5.8±1.0). Residents’ meal enjoyment (3.9±1.1) and management support (4.5±1.0) were perceived less positive. Residents’ autonomy, contact with residents, the eating environment and the