

diseases and phenotypes has 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

#### **APPETITE 157 (2020) 104954 FEMALE SWEET LIKERS HAVE ENHANCED CROSS-MODAL INTEROCEPTIVE ABILITIES.**

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Taste hedonics and interoception (sense of internal state of the body; IC) drive ingestive decision-making while the same brain areas mediate both gustatory and IC processes. Yet, no research has tested whether individual variation in IC abilities relates to sweet liking. Here, young female sweet likers (SLs;  $n=32$ ) and sweet dislikers (SDs;  $n=34$ ) completed a bimodal IC protocol. Cardiac IC was determined by a heartbeat detection (HDe) and a heartbeat discrimination (HDi) task accompanied by confidence ratings. To test gastric IC, a water load task was used. Participants' motivational state and behavioural characteristics were also assessed. SLs performed better than SDs on both HDe and HDi tasks independently of anxiety, depression, and alexithymia. No differences in IC awareness and subjective IC measures were found. With gastric IC, SLs were more sensitive to stomach distention, ingesting less water than SDs to reach satiety but more for fullness. SLs scored higher on mindful and intuitive eating. Our data suggest that SL phenotype may reflect enhanced responsiveness to internal cues. Using sweet liking phenotypes to identify predisposition to poorer IC abilities and hence to food choices beyond internal needs seems promising.

### Abstracts

#### **APPETITE 157 (2020) 104955 ATTACHMENT ANXIETY, DISINHIBITED EATING AND BODY MASS INDEX: A MEDIATING ROLE OF MINDFULNESS?**

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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/

m2 (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

#### **APPETITE 157 (2020) 104956 CONSUMER ATTITUDES TOWARDS ALTERNATIVE MEAT PRODUCTS: EXPECTATIONS ABOUT TASTE AND THE ROLE OF DISGUST**

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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:  $65\pm25$  vs  $54\pm34$ ,  $p=.01$ ), and 'cultured beef burger' was rated as more disgusting than 'conventional beef burger' ( $43\pm34$  vs  $27\pm33$ ,  $p<.001$ ). In the light of these results we suggest that plant-based alternatives are a suitable option to reduce meat consumption.

### Abstracts

#### **APPETITE 157 (2020) 104863 MEAL ENJOYMENT IN INSTITUTIONALIZED ELDERLY WITH DEMENTIA: STAFF MEMBERS' VIEW**

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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 mealtime 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 mealtime 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