

# Obesity and Eating Disorders

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## An Update From Your SIG President:

### Hello ABCT Obesity and Eating Disorder Special Interest Group members (OED SIG)!

As the annual convention nears, I want to enthusiastically encourage you to participate in the OED SIG events. In addition to reviewing the OED-SIG convention highlights in this newsletter, I have a couple of important announcements.

First and foremost, the OED-SIG Awards Committee faced a difficult task this year with selecting the winner of the 2011 **Graduate Student Research Award** because of the many strong nominees. This year the award went to **Ms. Danielle Lindner** at the University of Central Florida for her research project titled, *The Role of Social Comparison in the 'Circle of Objectification'*. Congratulations to

Danielle and her coauthors Stacey Tantleff-Dunn and Florian Jentsch. We look forward to hearing Danielle present during our SIG meeting.

Second, congratulations to all of the individuals selected to present at our **SIG poster session!** We had more abstracts submitted this year than slots available, so competition was tough. A list of the 12 abstracts that will be presented at our SIG expo are included in this newsletter.

Third, our **OED-SIG meeting** is tentatively scheduled for **Saturday, November 12<sup>th</sup> from 11:30-1** (at the Sheraton, Huron room). The **SIG poster session** is scheduled for **Friday, November 11<sup>th</sup> from 6:30-8:30**. I hope you all attend. Additionally, a list of obesity and eating disorder related presentations (posters, symposia, etc.) presented throughout the ABCT convention are included in this newsletter. Many of these presentations will be given by OED-SIG members.

Fourth, a special **THANK YOU** to **Drs. Suman Ambwani, Patti Engler, Jumi Hayaki, and Robyn Sysko** who volunteered to serve on the OED-SIG Awards Committee this year.

Finally, a reminder that our website is up and running. Please check it out! <http://obesityandeatingdisorderssig.org>. This is an excellent new way for us to communicate about upcoming SIG events, research initiatives, and networking opportunities. **THANK YOU** to **J. Ryan Fuller** for putting creating such a fantastic site!

I look forward to seeing all of you at the 2011 convention in Toronto! Please contact me ([cortney.warren@unlv.edu](mailto:cortney.warren@unlv.edu)) with suggestions, feedback, or comments.

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## Feature Article:

### Objectification theory: A promising framework for understanding disordered eating in ethnically diverse women

**Kim Claudat**  
*University of Nevada, Las Vegas*

#### Introduction

Historically, the study of disordered eating and its correlates has been conducted primarily with young, European American women (Garner, 1993). Although it was once believed that disordered eating was a concern exclusive to White women, research suggests that rates of disordered eating may be similar in women of diverse ethnic groups (Crago, Shisslak, & Estes, 1996). Furthermore, a growing body of literature suggests that women from diverse ethnic groups likely experience many of the same sociocultural risk factors (e.g., body image concerns, internalization of cultural beauty ideals) that have been shown to affect European American women (Crago & Shisslak, 2003; Grabe & Hyde, 2006; Mulholland & Mintz, 2001). Despite a growing empirical literature on eating disorders and their risk factors in women of diverse ethnic groups, the manifestation of disordered eating in these women is not fully understood.

#### Objectification Theory and Disordered Eating

Objectification theory provides a framework to understand how cultural and psychological variables can promote the development of eating disorder symptomatology in ethnically diverse women. Although research has supported many of objectification theory's proposed constructs and links in the development of eating disorder symptomatology, existing research examining the tenets of objectification theory has largely examined these constructs in samples of White women. As a result, we still do not have a clear understanding of how this theory applies to women of diverse ethnic groups.

Objectification theory (Frederickson & Roberts, 1997) posits that through sexual objectification experiences, women are socialized to view themselves as objects to be viewed, evaluated, and attractive to others. By living in a cultural context that sexually objectifies women, while simultaneously emphasizing the importance of appearance, women learn to view themselves from an objectifying observer's perspective (Frederickson & Roberts, 1997). The internalization of this observer's perspective is referred to as *self-objectification*, which is



characterized by habitual monitoring of the body's appearance. Objectification theory postulates that self-objectification leads to greater levels of body shame and anxiety about one's physical appearance, disrupted flow experiences, and reduced awareness of internal bodily states (e.g., hunger, sexual arousal). These experiences, in turn, contribute to psychological disorders that disproportionately affect women, such as depression, sexual dysfunction, and eating disorders. Substantial research examining the theoretical tenets of objectification theory supports the role of objectification experiences, via self-objectification and body shame, in the development of eating disorder

symptomatology (See Moradi & Huang, 2008 for a review).

#### Objectification Theory and Disordered Eating in Ethnically Diverse Women

A growing body of literature has examined the constructs proposed by objectification theory in samples of ethnically diverse women (e.g., Breikopf et al., 2007; Buchanan, Fischer, Tokar, & Yode, 2008; Hebl et al., 2004), but has yielded mixed results. Research suggests that White women and women of color report similar levels of sexual objectification experiences (Kozee, Tylka, Augustus-Horvath, & Denchik, 2007), but the findings are unclear as to whether



or not they experience similar levels of body satisfaction, body shame, body surveillance,

and self-objectification. Some studies indicate that compared to other ethnic groups, European American women report the highest levels of body surveillance and body shame (e.g., Breikopf et al., 2007) and African American women report the least (e.g., Hebl et al., 2004). Other studies indicate that Asian American, Latina, and European American women report similar levels of body satisfaction, body shame, and body surveillance when controlling for body mass index (e.g., Frederick, Forbes, Grigorian, & Jarcho, 2007).

While a number of studies have examined the tenets of objectification theory in women of diverse ethnic groups, fewer studies have explicitly examined the applicability of an objectification theory model in the development of body image disturbance and eating disorder symptomatology in samples of ethnically diverse women. Preliminary research suggests that models based on the tenets of objectification theory are relevant to the study of eating disorder symptomatology in Asian American (Phan & Tylka, 2006) and African American women (e.g., Mitchell & Mazzeo, 2009). Findings from these studies suggest that the relationships

among sexual objectification, thin-ideal internalization, body dissatisfaction, and disordered eating are similar for Asian



American, African American, and European American women. In these studies, findings indicated that,

similar to European American samples, thin-ideal internalization and body preoccupation accounted for increased levels of eating disorder symptomatology in both Asian American and African American women (Phan & Tylka, 2006; Mitchell & Mazzeo, 2009).

#### Implications for Future Research

Extant research utilizing objectification theory as a framework to examine disordered eating in women of diverse ethnic groups is limited. While there is some evidence for the applicability of objectification theory models in the study of eating disorder symptomatology in women of diverse ethnic groups, more research with diverse samples is warranted. Moreover, further examination of objectification theory is necessary to assess whether current conceptualizations of this theory truly capture the experiences of women from diverse ethnic groups.

Objectification theory was developed on the basis of White women's socialization experiences; thus, it is necessary to further expand the theory to incorporate those aspects of experience that may be unique for women of color (Moradi, 2010). Sexual objectification experiences not only communicate cultural ideals of gender and appearance, but they may also communicate other dominant cultural characteristics that render women of diverse ethnic groups particularly vulnerable to their messages. Experiences of racism, marginalization, ethnic identity, acculturation, and other socialization experiences that affect women of color may play a role in the influence of objectification experiences on the development of disordered eating.

Furthermore, research suggests that we may need to expand our conceptualization of body image experience beyond weight and shape concerns (e.g., Overstreet, Quinn, & Agocha, 2010). The current conceptualizations of body shame and body dissatisfaction may not adequately capture concerns of appearance that may



be more salient to women of color, such as skin tone, facial features, and hair color and texture

(Moradi, 2010). Few studies have included an ethnic group-specific appearance concern in an objectification theory model (e.g., Buchanan et al., 2008).

#### Conclusion

In sum, objectification theory serves as a promising framework to understand how ethnically diverse women's socialization experiences influence eating disorder symptomatology. While efforts have been made to apply models of this theory to the study of disordered eating in women of color, more research is needed in order to broaden the scope of objectification theory to accurately capture socialization experiences and sociocultural factors that may play a role in the development of disordered eating in these women. Such research would inform future research and clinical practice with ethnically diverse women.

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## Students in the SIG:

### Meet this month's featured student.

Though just a mere three months into her **first year** of studies as a **clinical psychology doctoral student** under the mentorship of Dr. Teresa Treat at the



**University of Iowa, Marianne Rizk** has already made quite the splash in the OED community. After graduating from Washington University in St. Louis in 2009 with a Bachelor of Arts in

Psychology, Marianne accepted a position as a Research Assistant under the direction of Denise Wilfley at Wash U's School of Medicine. There, her energy and enthusiasm made a big impression on both the participants and principal investigators of an international multisite randomized controlled trial of family therapy in the treatment of adolescent anorexia nervosa – just one of several studies Marianne helped coordinate! Now, as a first year student at Iowa, she continues to impress as she takes the lead on a project examining the effects of three simultaneous predictors – body mass index, naturally occurring hunger, and exposure to an array of foods that are either high in added fat/sugar or low in added fat/sugar – on individual differences in food-related visual attention.

When asked how she became interested in the OED field, Marianne thinks back to her undergraduate days and pays tribute to her time with Dr. Wilfley. Long fascinated by general psychopathology, Marianne enrolled in a course on the biopsychosocial aspects of eating disorders and obesity during her senior year of college that piqued her interests in

these particular disorders and conditions. Her subsequent time as an RA only affirmed her interest in eating disorders and obesity.

And when asked how she became interested in clinical psychology, Marianne refers to specific experiences as an undergraduate. She notes that her volunteer work with Lydia's House – a transitional home for women and children escaping domestic violence – introduced her to both the challenges and rewards of clinical interaction, while her work as an undergraduate research assistant at Wash U's Cognitive Control and Psychopathology Laboratory (under the direction of Dr. Deanna Barch) introduced her to challenges and rewards of clinical research. These two undergraduate experiences, combined with her time in Dr. Wilfley's lab, fueled her decision to pursue a doctoral degree.

Though Marianne's journey in the OED field has just begun, the future looks bright for this featured student. Her ultimate professional aspiration is to interact with clinical populations by disseminating the best, empirically based treatments available while continuing to engage in the research process.

And while not taking the OED field by storm, you might find this rising star traveling, attending concerts, and spending as much time as possible with family and friends.

## Convention 2011:

There are many OED-related sessions to attend at our annual conference in Toronto from November 10-13. See the following page for a list of symposia, workshops, and poster sessions you don't want to miss.



## Convention 2011: OED-Related Symposia

### Friday, November 11, 8:30 AM - 10:30 AM, Sheraton Conference Room F

#### **Ecological Momentary Assessment in the Study of Eating-Disordered Beliefs and Behaviors**

*ML Le Page; JH Crowther; S Ambwani; D Ridolfi; CK Martin; TA Myers; D Shepard; JB Correa; A Chellino; PM O'Neil*

### Friday, November 11, 10:30 AM - 12:00 PM, Sheraton Windsor Room

#### **Understanding Eating Pathology Utilizing Experimental Methodologies**

*CS Warren; K Schafer; B Whisenhunt; D Hudson; D Shepard; A Chellino; T Stewart; CK Martin; S Altman; M Campbell; JP Faust; S Swankman; R Sysko; R Ojserkis; J Schebendach; S Brewer; S Evans; B Walsh; TB Hildebrandt; K Loeb; JK Lai; E Varagnis; S Delinsky; M Perez*

### Friday, November 11, 1:45 PM - 3:15 PM, Sheraton Conference Rooms B & C

#### **Sex Differences in the Manifestation, Diagnosis, and Treatment of Eating Pathology**

*CS Warren; J Hayaki; A Schoen; K Schafer; D Walker; TB Hildebrandt; D Anderson; R Shingleton; H Thompson-Brenner; D Franko; E Pratt; J Roehrig; L Richards; M Perez; S Balsis; A Taylor; B Whisenhunt*

### Friday, November 11, 3:30 PM - 5:00 PM, Sheraton Conference Room F

#### **Comorbid Anxiety and Disordered Eating: Research Findings and Implications for Treatment**

*CA Levinson; TL Rodebaugh; JM Iacovino; AE Kass; V Aspen; C Taylor; DE Wilfley; BA Teachman; RP Kolko; J Silgado; KR Theim; RI Stein; BE Saelens; MG Perri; KB Schechtman; LH Epstein*

### Saturday, November 12, 3:45 PM - 5:15 PM, Hilton Toronto II

#### **Manifestations of Body-Checking Behaviors Across Diverse Populations**

*B Whisenhunt; CK Martin; CL Boisseau; H Thompson-Brenner; C Caldwell-Harris; BM Blake; DH Barlow; E White; CS Warren; D Hudson; M Cororve Fingeret; S Nipomnick; D Walker; AD Murray*

## Convention 2011: OED-Related Workshops

### Friday, November 11, 1:30 PM - 4:30 PM, Hilton Tom Thomson

#### **Civil Commitment: Ethical Breach or Prudent Care?**

*WA Bowers; A Andersen; J Tansey*

### Saturday, November 12, 1:30 PM - 4:30 PM, Hilton Harris & MacDonald

#### **Regulation of Cues for Childhood Overeating: The Regulation of Cues Intervention**

*K Boutelle*

## Convention 2011: OED-Related Poster Sessions

*\*Due to the large number of posters presentations at ABCT Convention 2011, an exhaustive list of OED-related posters is not provided. Rather, we encourage you to explore the following sessions, where you may find one or more OED-relevant posters. All poster sessions will be held at the Sheraton Hotel, Sheraton Hall.*

### Friday, November 11

**8:45 AM - 9:45 AM:** Technology, Child and School Related, Training, Professional Issues

**11:15 AM - 12:15 PM:** Child, Adolescent, Externalizing, Aggression, Parenting

Anxiety, Depression, Assessment, Dissemination

**12:30 PM - 1:30 PM:** Diversity, Depression, Health Care System

**1:45 PM - 2:45 PM:** Eating Disorders, Body Image

**3:00 PM - 4:00 PM:** ADHD, Parenting, Substance Abuse

Bipolar Disorder, Severe Mental Illness, Suicide

### **Saturday, November 12**

**9:45 AM - 10:45 AM:** Health Psychology, Pain, Smoking, Treatment

**11:00 AM - 12:00 PM:** Personality, Self-Injury, Emotion Regulation

**1:30 PM - 2:30 PM:** Women's Issues, LGBT, Gender, Diversity

**2:45 PM - 3:45 PM:** Child Depression, Child Maltreatment, Trauma

Eating Disorders, Body Image

**4:00 PM - 5:00 PM:** Dissemination, Psychotherapy Outcome, Depression

## **Convention 2011: OED-SIG Meeting**

### **Saturday, November 12, 11:30 AM - 1:00 PM, Sheraton Huron Hall**

**Featuring:** An address from our President, *Dr. Cortney Warren*

A talk by our Past-President, *Dr. Marisol Perez*

A presentation by our Graduate Student Research Award Winner, *Ms. Danielle Lindner*

**"The Role of Social Comparison in the 'Circle of Objectification'"**

*Danielle Lindner, Stacey Tantleff-Dunn, Florian Jentsch*

## **Convention 2011: OED-SIG Poster Session**

### **Friday, November 11, 6:30 PM - 8:30 PM, Location TBA**

**Large According to Whom? Dismantling the Subjective Bulimic Episode**

*Laura A. Berner, Drexel University*

**Higher body weight at baseline predicts poorer treatment response in family-based behavioral treatment for childhood obesity.**

*Laura Harder, Guy Cafri, Kerri Boutelle, University of California, San Diego*

*Scott Crow, University of Minnesota*

**Behavioral Measures of Distress Tolerance in a Weight-Loss Trial**

*Lisa H. Glassman, Jena A. Shaw, Mackenzie C. Kelly, Evan M. Forman, Meghan L. Butryn, Drexel University*

**Effectiveness of *Reflections: Body Image Program* within a novel sorority system:  
An independent dissemination study**

*Meera Krishna*

**A Comparison of Brief Mirror Exposure Techniques for Clinical-level Shape and Weight Concerns**

*Julia A. West, G. Terence Wilson, Rutgers University*

**Emotion Regulation Difficulties in Bariatric Surgery Patients: A Transdiagnostic Examination**

*Rachel Strimas, Sarah Royal, Susan Wnuk, Sanjeev Sockalingam, and Raed Hawa, Toronto Western Hospital*

**Integrating Thin-Ideal Internalization and Self-Objectification within Eating Disorder Prevention for Women**

*Ashley M. Kroon Van Diest & Marisol Perez, Texas A&M University*

**An Examination of an Acceptance-based Behavioral Intervention for Obesity Prevention  
in At Risk College Females**

*Shawn N. Katterman, Drexel University*

**The relationships between ethnicity, acculturative stress, self-esteem, and eating pathology in an ethnically  
diverse sample of college-age women**

*Kim Claudat, Emily K. White, and Cortney S. Warren, University of Nevada, Las Vegas*

***Body Image Values of Youth: The Role of Mainstream Media***

*Lynda S. Lowry and Deborah Schooler, University of the Pacific*

**Changes in the Reinforcing Value of Food and Non-food Related Activities after Weight-Loss Treatment**

*Joanna Buscemi and James G. Murphy, University of Memphis*

*Hollie A. Raynor, University of Tennessee*

**A Taxometric Analysis of Restrained Eating: Dichotomous Construct or Matter of Degree?**

*Rachel Strimas, Sarah Royal, Alasdair M. Goodwill, & Michelle M. Dionne, Ryerson University*

## Newsletter Addendum: Faculty Taking Students 2012-2013

Faculty	Degree Level	Location	Email	Extra Info
<b>ACCEPTING STUDENTS FOR FALL 2012-2013</b>				
Drew Anderson	Doctoral	University at Albany - SUNY	<a href="mailto:drewa@albany.edu">drewa@albany.edu</a>	For more information: <a href="http://www.albany.edu/eatingdisorderlab/">http://www.albany.edu/eatingdisorderlab/</a>
Kathryn Gordon	Doctoral	North Dakota State University	kathryn.gordon@ndsu.edu	Disordered eating, suicidal behavior, obesity
James Gray	Masters	American University	jgray@american.edu	
Danae Hudson	Masters	Missouri State University	<a href="mailto:DanaeHudson@missouristate.edu">DanaeHudson@missouristate.edu</a>	Works in conjunction with Brooke Whisenhunt. Our lab focuses on research in the area of eating disorders, body image, and obesity.
Thomas Joiner	Doctoral	Florida State University	<a href="mailto:joiner@psy.fsu.edu">joiner@psy.fsu.edu</a>	
Kelly Klump	Doctoral	Michigan State University	<a href="mailto:klump@msu.edu">klump@msu.edu</a>	Our lab focuses on genetic and neurobiological risk factors for eating disorders using human and animal models of the illnesses.
Katharine L. Loeb	Doctoral	Fairleigh Dickinson University	loeb@fdu.edu	Accepting one student. I now have a grant on optimal defaults and behavioral economics in the prevention of childhood obesity, in addition to my work on family based interventions for eating and weight disorders, and the early identification and treatment of anorexia nervosa.
Jennifer Lundgren	Masters/Doctoral	University of Missouri-Kansas City	lundgrenj@umkc.edu	I would encourage everyone to sign up for the ABCT graduate mentorship directory!
Cortney S. Warren	Doctoral	University of Nevada Las Vegas	Cortney.warren@unlv.edu	Accepting one student. Majority of research examining multicultural factors in the development and maintenance of eating pathology (e.g., acculturation, acculturative stress, ethnicity, ethnic identity).
Jillon Vander Wal	Doctoral	Saint Louis University	<a href="mailto:vanderjs@slu.edu">vanderjs@slu.edu</a>	I'll be conducting research in the area of night eating syndrome over the next year, but students may pursue various topics in the eating disorder/obesity area. It would be good to note that our program is a hybrid generalist-specialist model, so students should be interested in receiving broad-based training in psychopathology, clinical interventions, assessment, ethics, and professional issues in addition to their interests in eating disorders/obesity.
Brooke Whisenhunt	Masters	Missouri State University	BWhisenhunt@missouristate.edu	Works in conjunction with Danae Hudson. Our lab focuses on research in the area of eating disorders, body image, and obesity.



O B E S I T Y   A N D   E A T I N G   D I S O R D E R S

Anna Bardone-Cone		University of North Carolina		Dr. Bardone-Cone is accepting a graduate student in 2012.
<b>NOT TAKING STUDENTS</b>				
Thomas F. Cash		Old Dominion Univ.	RETIRED	
Gary Bennett		Duke University	<a href="mailto:gary.bennett@duke.edu">gary.bennett@duke.edu</a>	Awaiting Response
Sarah Fischer		University of Georgia Athens		Dr. Fischer is NOT taking students for Fall 2012
Dorothy Van Buren		Washington University		
Pam Keel		Florida State University	<a href="mailto:keel@psy.fsu.edu">keel@psy.fsu.edu</a>	I do not plan to review applications for graduate school admission for Fall 2012 from applicants who are interested in working in my lab.
Kristen von Ranson		University of Calgary	<a href="mailto:kvonrans@ucalgary.ca">kvonrans@ucalgary.ca</a>	I do not plan to accept a graduate supervisee in clinical psychology to begin in fall 2012. However, I am likely to accept a new graduate supervisee for fall 2013.
Marisol Perez		Texas A&M University	<a href="mailto:marisopez@tamu.edu">marisopez@tamu.edu</a>	Not accepting Students for 2012.
Daniel J. Munoz		The Children's Program in southwest Portland	<a href="mailto:doctordanmunoz@gmail.com">doctordanmunoz@gmail.com</a>	Dr. Munoz is no longer with Pacific University. He can now be contacted at The Children's Program in southwest Portland, OR.