

## **Watching how you eat! mindfulness and disinhibited eating**

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Self-awareness of eating behaviour is central to understanding disinhibited eating, as lack of mindfulness may impede the ability to detect satiety. Proneness to disinhibited eating is related to decreased awareness of satiety. Self-focused awareness during eating limits the amount of food individuals will consume. Studies of mindfulness-based techniques indicate that the frequency and severity of binge eating in overweight women is reduced by increasing self-awareness. We examined the potential relationship between psychometric measures of mindfulness and disinhibited eating. We predicted that an increased likelihood of disinhibited eating would be related to a lower score on a measure of mindfulness. The revised 21-item TEFQ, a shortened 21-item version of the KIMS and the HADS scales were administered online to 187 undergraduate students. Pearson correlations were computed between all measures. The TEFQ uncontrolled eating (TEFQ-UE) subscale was significantly negatively correlated with the global score on the KIMS ( $r = -.29$ ) and the HADS anxiety subscale (HADS-A;  $r = -.28$ ). Partial correlations indicated that whilst controlling for HADS-A the relationship between the TEFQ-UE and the KIMS measure remained significant ( $r = -.16$ ). These results suggest that mindfulness correlates with disinhibited eating patterns in a manner predicted by the Escape Theory of disinhibited eating. Experimental studies are warranted to examine the potential causal relationship suggested by this study.