

WHY

Controlled versus
autonomous eating
regulation

WHAT

Appearance-focused
versus health and well-
being-focused eating
regulation

Approach to eating regulation

- rigid versus flexible approach
- avoidance versus approach orientation
- quantity versus quality

Need-thwarting versus satisfying experiences during eating regulation

- feeling pressure versus volition or choice to regulate eating behaviors
- feeling unable versus able to regulate eating behaviors
- feeling unsupported or competition versus supported in eating regulation

Eating behaviors

- unhealthy versus healthy eating behaviors
- disinhibited or bulimic eating behaviors versus high perceived self-efficacy
- unsuccessful versus successful weight control
- more drop-out versus greater engagement and persistence in treatment

A

B

C

E

F

D