

# Differences among chronic restrained eaters. The influence of motivational systems

## Diferencias individuales en dietantes crónicos. Influencia de los sistemas motivacionales en la alimentación

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**Background:** Restrained eaters (RE) are individuals who restrain their food intake on a regular basis as they are frightened to gain weight. However, they tend to overeat under conditions of anxiety. It has been shown that RE possess a behavioral inhibition system that is more active in tonic terms, which would partially explain their affective vulnerability. Even so, the influence of variations in the activation levels of the emotional systems on the eating behavior of a RE is still unknown. Our hypothesis is that variations of such systems will give place to two types of RE: a successful or a non-successful one. **Aim:** To assess the influence of variations on the activation of motivational systems in food intake of RE. **Materials and methods:** As part of a factorial experimental design, 105 undergraduate university students were part of an experimental test for inducing food intake. Then they reported their levels of dietary restraint and their emotional behavioral preferences. **Results:**