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Master Thesis Defense

Entitled

*THE ASSOCIATION BETWEEN ATTACHMENT AND BINGE EATING BEHAVIOURS: EXAMINATION OF
THE MEDIATIONAL ROLE OF EMOTIONAL DYSREGULATION IN THE ARAB REGION.*

by

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Abstract

Many factors are said to affect binge eating behaviours, one of these factors is the individual's attachment style. Attachment styles is the early relationship that shape a child's ideas and expectations about themselves and the availability of other people. This can be mediated by the ability to effectively respond and manage emotional experiences. This thesis aimed to examine the role of emotional dysregulation on attachments styles and binge eating behaviours in the Arab region. A sample of 326 Arab university students, predominantly Emirati and Lebanese, were recruited using convenience sampling and snowball sampling technique. Participants were asked to complete a survey, which consisted of self-report measures assessing attachment styles (RAAS), emotional dysregulation (DERS-16), and binge eating behaviours (BEDS-7). Multiple mediation models were run, and showed that emotion dysregulation was positively and significantly associated with binge eating behaviours and attachment styles ($\beta = .10$, $SE = .04$, 95% CI .02, .19). the anxious attachment style model also proved to be significantly associated to binge eating and the mediator emotional dysregulation ($\beta = .26$, $SE = .08$, 95% CI .11, .41). The avoidant attachment model was non-significant when emotional dysregulation was added as a mediator ($\beta = .04$, $SE = .07$, 95% CI -.11, .18). These findings suggest that an individual's ability to regulate emotion can influence whether they partake in binge eating behaviours that is related to their early experience to their caretaker. This was most prevalent in students with anxious attachment with maladaptive emotional regulation.

Keywords: Binge eating, emotional dysregulation, attachment, avoidant, anxious, Arab, University.