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Master Thesis Defense

Entitled

*EXAMINING THE PARALLEL MEDIATING
EFFECT OF EMOTION DYSREGULATION AND EATING BELIEFS IN THE
ASSOCIATION BETWEEN LOW SELF-ESTEEM AND BINGE EATING BEHAVIOURS*

by

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Abstract

Research in the UAE around the causes and non-pharmacological treatment options of binge eating behaviours and other eating disorders is limited. Moreover, given the documented increase in binge eating behaviours which, in turn, is associated with two additional eating disorders (i.e., binge eating disorder and bulimia nervosa), there is an urgent need to understand the factors that are implicated in the causation and maintenance of binge eating behaviours in the UAE. A comprehensive understanding of these factors will assist psychotherapists and other mental health professionals tailor the interventions that they provide in the treatment and management of the associated variables (e.g., low self-esteem, poor emotion regulation skills and negative eating beliefs). Therefore, the present study examined the mediational effect of eating beliefs and emotion regulation in the association between self-esteem and binge eating behaviours. In accordance with the findings of Burton and Abbott (2019), the findings of the study showed that low self-esteem is associated with a greater propensity for engagement in binge eating behaviours, and this association was mediated by eating beliefs and poorer emotion regulation. Data has been collected from 308 individuals above the age of 18 through an online questionnaire distributed through social media platforms, and emails sent to master's students at the United Arab Emirates University.

Key words: Binge eating behaviours, eating disorders, poor emotion regulation, low self-esteem.