

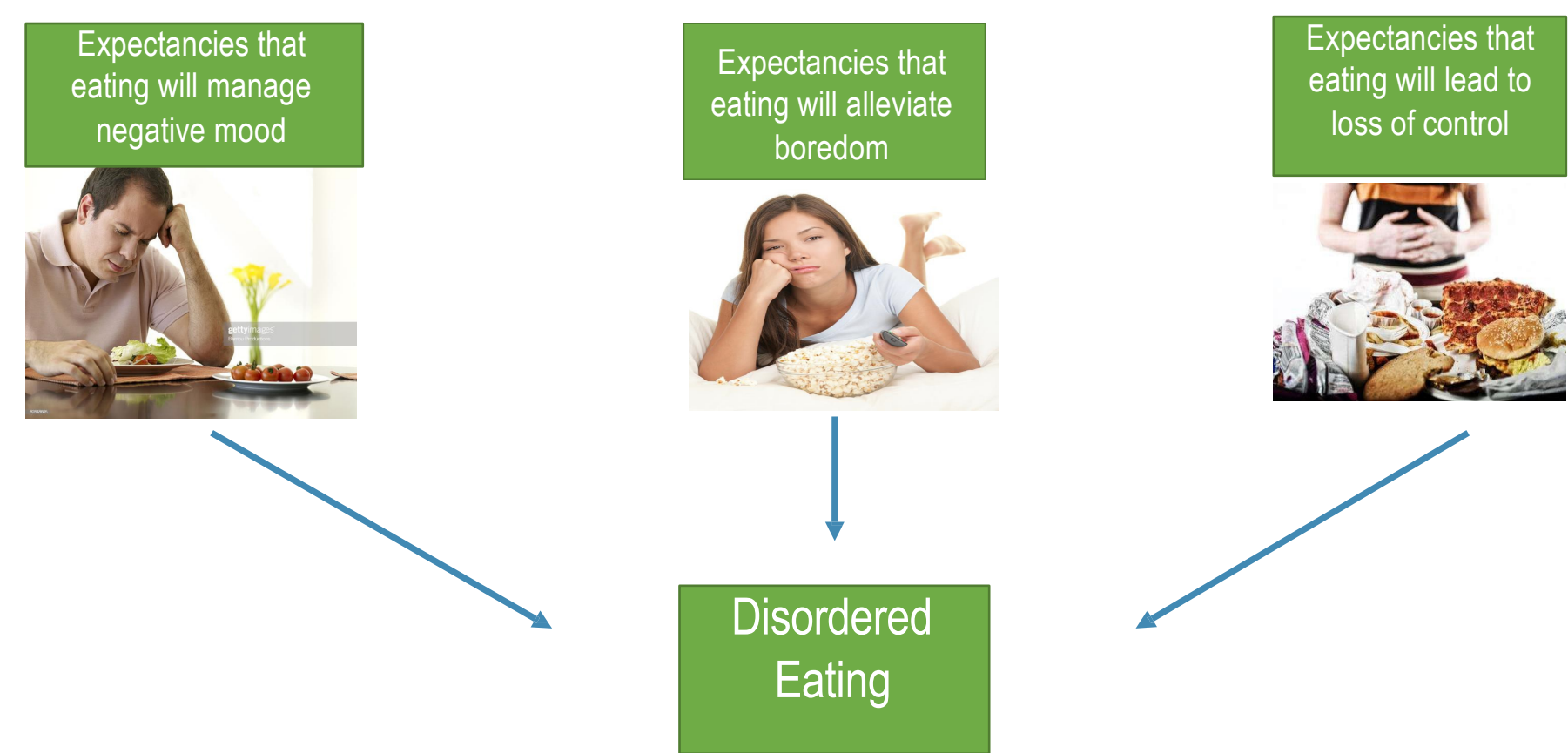
Mindful Attention and Eating Expectancies Among Trauma-Exposed Latinx College Students

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Background

Trauma exposure is highly prevalent among college students, particularly among Latinx individuals. Additionally, unhealthy eating behaviors are common among college students, Latino individuals, and trauma-exposed individuals. These individuals may be at increased risk for problematic eating as a result of the combined effects of these experiences

Eating Expectancies: Risk-Factor for Maladaptive Eating



Mindful Attention: Potential Factor Related to Eating Expectancies

Latinx college students may respond to their emotions in a non-adaptive way as a result of their inability to identify and therefore adaptively cope with their maladaptive patterns of thoughts, emotions, and behaviors.

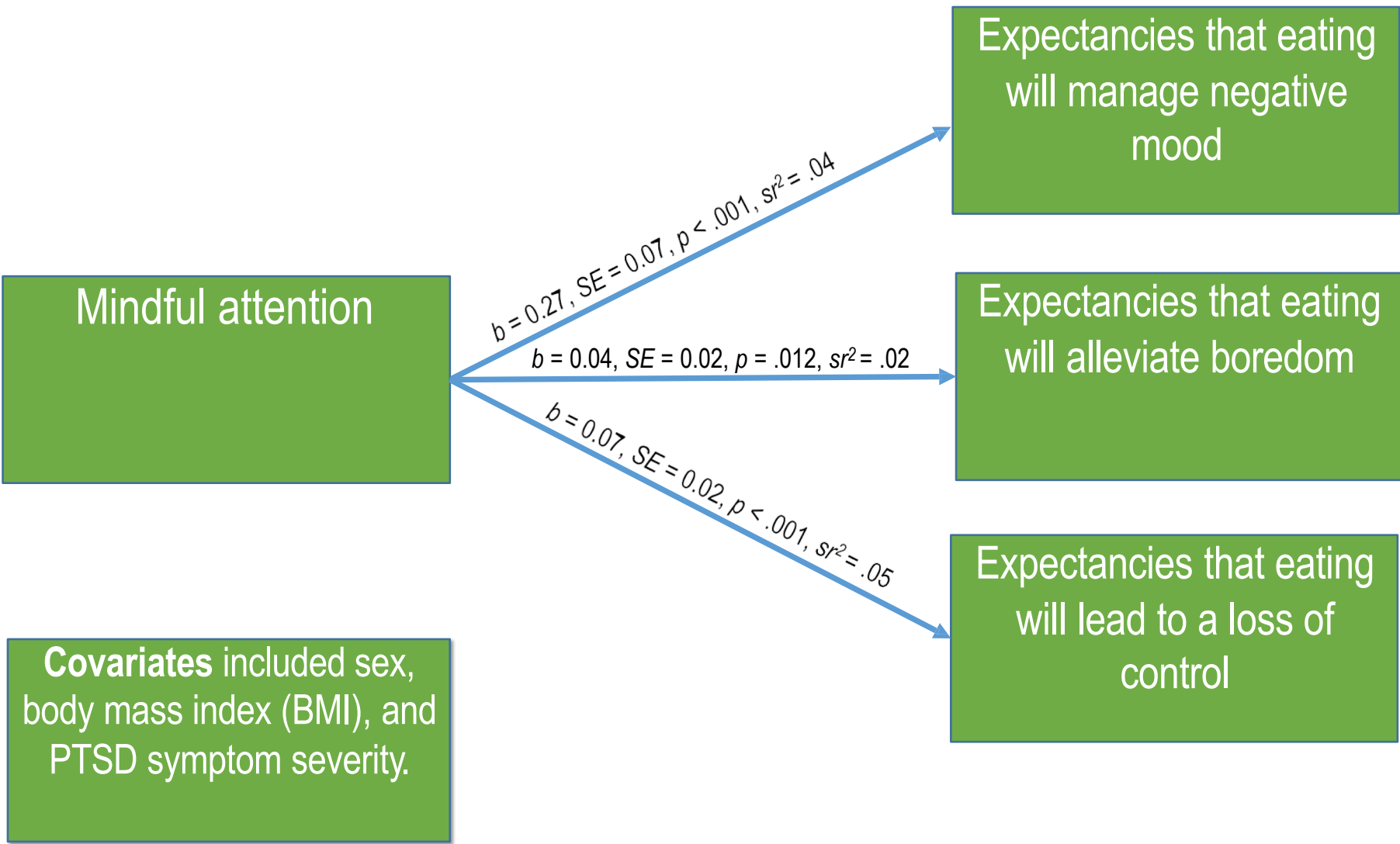


Current Study

Theoretically, Latinx college students with lower mindful attention may be more likely to eat in response to unpleasant feelings such as stress or boredom. Further, Latinx college students with lower mindful attention may be more likely to experience a loss of control once they start eating. Therefore, Latinx college students may hold certain beliefs about eating based on these experiences (i.e., eating expectancies).

We hypothesized that Latinx students with low mindful attention may hold stronger expectancies that eating will manage their negative affect, alleviate boredom, and lead to a loss of control.

Results



Future Directions

The present investigation may serve to inform the development of specialized interventions including eating education, weight management, and mindful attention-based programs for Latinx college students who have been exposed to trauma.