

## Who may participate?

- Women
- At least 18 years old
- Good knowledge of French, German, or English
- With or without bulimic eating behaviour

## How much time does it take?

- University of Luxembourg, Campus Belval (2 appointments):
  1. Diagnostic session (4 hrs)
  2. Laboratory session (4 hrs)
- Everyday life: 9 days eating and mood record on a smartphone

## Benefits from participation

- Individual feedback on eating behaviour
- Reimbursement: Sodexo gift vouchers worth € 150
- Your participation is an important contribution to research on eating disorders

## Contact

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Fonds National de la  
Recherche Luxembourg



# Female Study Participants Wanted!

## How does mood influence our eating habits?

Project: EMO-EAT, a cooperation of the Universities of Luxembourg and Salzburg  
Supported by the National Research Fund Luxembourg (FNR)

Project management:  
Prof. Dr Claus Vögele  
Dr. Annika Lutz



UNIVERSITY OF LUXEMBOURG  
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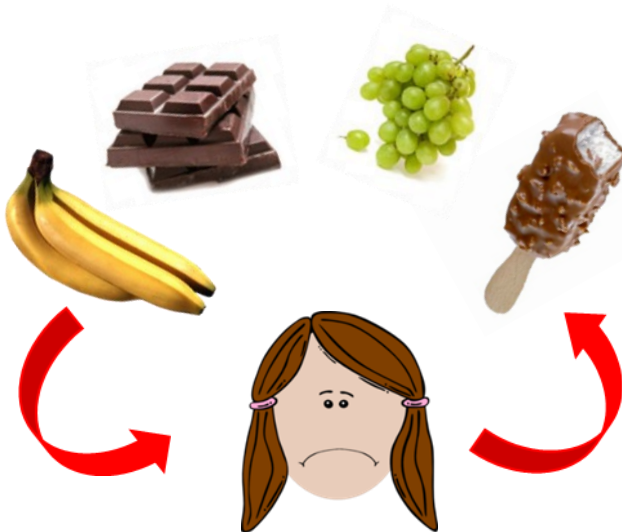
## General Information

### Bulimic Eating Behaviour

Is characterised by binge eating, i.e., eating a large amount of food in a short period of time while experiencing a loss of control over eating. To avoid gaining weight, binges are followed by compensatory behaviours, such as fasting, excessive exercising, or self-induced vomiting.

### How does this vicious circle evolve?

In addition to hunger, mood also has an influence on eating behaviour. Especially in bulimia nervosa, stress and negative mood have a strong influence and may elicit binge eating.



### Overview of the symptoms of bulimia nervosa:

#### Recurrent episodes of binge eating

- Eating a large amount of food in a discrete period of time
- Sense of lack of control over eating

#### Compensatory behaviours to prevent weight gain

- Fasting or
- Excessive exercising or
- Self-induced vomiting or
- Dieting pills, laxatives, or diuretics

#### Binge eating and compensatory behaviours at least once a week for at least three months

#### Undue influence of body weight or shape on self-evaluation

#### No current anorexia nervosa or marked underweight

## The Project

### Goal

We are seeking to better understand the connection between mood and binge eating. To these ends, we are looking for women with bulimia nervosa, as well as women without eating-related issues, for comparison.

### Content

First, we will assess if you fulfil the criteria for participation during a diagnostic session. Second, you will keep a record of your mood and eating behaviour in daily life with the help of a smartphone app. This diary consists of several short questions presented repeatedly throughout the day over 9 days.

Third, we will again invite you to our institution (University of Luxembourg in Esch/Belval), to record your brain activity while you are looking at food, and to assess your emotion regulation and food/taste preferences.

### Data Protection

All data collected as part of the study are subject to professional discretion and will be stored anonymously and treated as strictly confidential.