



Exploring the Relationship Between Restrictive Diets and Post-Diet Factors in Adults: Weight Regain, Stress, and Body Dissatisfaction

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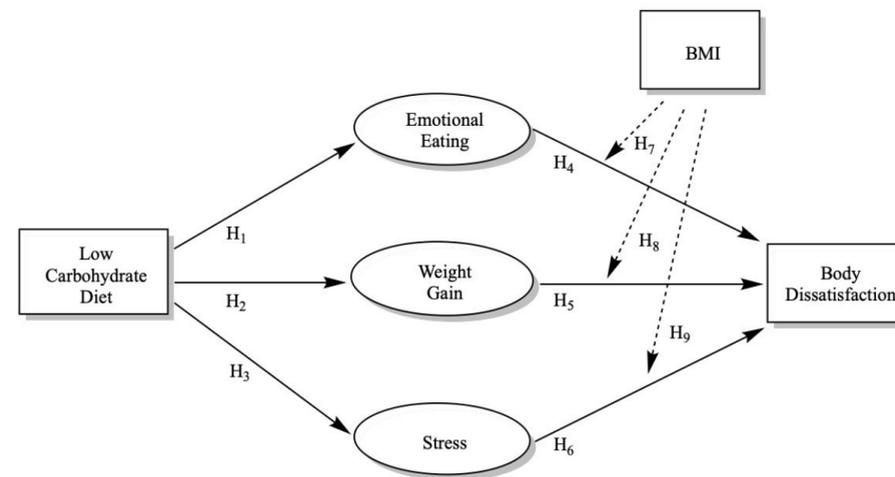
Introduction

Nearly one third of all U.S. adults were considered obese in 2021 (United Health Rankings). This number is over three times greater than the 13% obesity rate in adults around the globe (Ritchie & Roser, 2017). Moreover, an individual's diet plays an immense role on their health, as poor diet is the number one cause of death in the United States (Shan et al., 2019) Despite these numbers, the desire for weight loss in the U.S. is abundantly clear, as a total of 33 billion dollars are spent on weight loss products by Americans every year (Jailen, 2018). Among many, in their 1975 study, Herman and Mack were the first researchers to present the notion of restrained eating, and defined it as the avoidance of certain foods in order to manage one's weight (Herman and Mack, 1975). Following this, the consumption of a low-fat, high-carbohydrate diet has been recommended in order to maintain one's weight healthily; however, high-fat diets, such as keto, have remained popular choices in society regarding weight loss attempts (Halton, 2008). This popularity is influenced by controversial studies which advocate that individuals who partake in these diet fads can consume more calories and lose more weight than those who are consuming carbohydrates on a daily basis (Boden et al., 2005).

Research Objectives

The objectives of this study are to :
Theoretically, the completion of the proposed study will add novel literature to the nutrition research field. Practically, at the completion of this study, we will propose strategies and approaches about restrictive diets, post-diet weight gain, stress, and body dissatisfaction. Furthermore, we also hope that the research findings will give nutrition literature an area to touch on regarding the education, training, and research.

Conceptual Framework



Hypotheses

- H1: Low carbohydrate diet influences individual's emotional eating after the diet ends.
- H2: Low carbohydrate diet influences individual's weight gain after the diet ends.
- H3: Low carbohydrate diet influences individual's stress after the diet ends.
- H4: Post diet emotional eating influences individual's body dissatisfaction.
- H5: Post diet weight gain influence individual's body dissatisfaction.
- H6: Post diet stress influence individual's body dissatisfaction.
- H7: BMI moderates the relationship between post diet emotional eating and individual's body dissatisfaction such that the higher the extent of BMI, the stronger is the relationship between post diet emotional eating and individual's body dissatisfaction.
- H8: BMI moderates the relationship between post diet weight gain and individual's body dissatisfaction such that the higher the extent of BMI, the stronger is the relationship between post diet weight gain and individual's body dissatisfaction.
- H9: BMI significantly moderate the relationship between post diet stress and individual's body dissatisfaction such that the higher the extent of BMI, the stronger is the relationship between post diet stress and individual's body dissatisfaction.

Proposed Method

The target population for this study is the general public above 19 years old in the U.S. who had a carbohydrate restrictive diet for at least two weeks in the last year, recruited through Amazon Mechanical Turk (AMT). AMT is a crowdsourcing internet marketplace enabling individuals and business to coordinate the use of human intelligence (Paolacci, Chandler & Ipeirotis, 2010). AMT is strategically chosen for this study because of its ability to recruit large number of subjects that is more representative of the U.S. population than in-person convenience samples (Berinsky, Huber, & Lenz, 2012). The target sample size is 500 (Level of confidence=99%; Margin error =5% and Standard deviation=5%). With an additional payment AMT can offer the surveys to only our target population.

Selected References

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