

Race/Ethnicity and Longitudinal Relationships Between LOC Eating and Mood in Adolescents

Melissa Santos, PhD^{1,2}; Anna Vannucci¹; Christine McCauley Ohannessian^{1,2}; Tessa R. Fagle¹; Sonja Gagnon¹; Melissa Cotter Chapps¹ ¹Connecticut Children's, ²University of Connecticut School of Medicine

INTRODUCTION

- Loss of control (LOC) eating puts youth at greater risk of weight gain, poor health outcomes and is linked to markers of psychosocial distress.
- However, few studies have considered these relationships while examining the potential protective, or vulnerability role, of race/ethnicity.

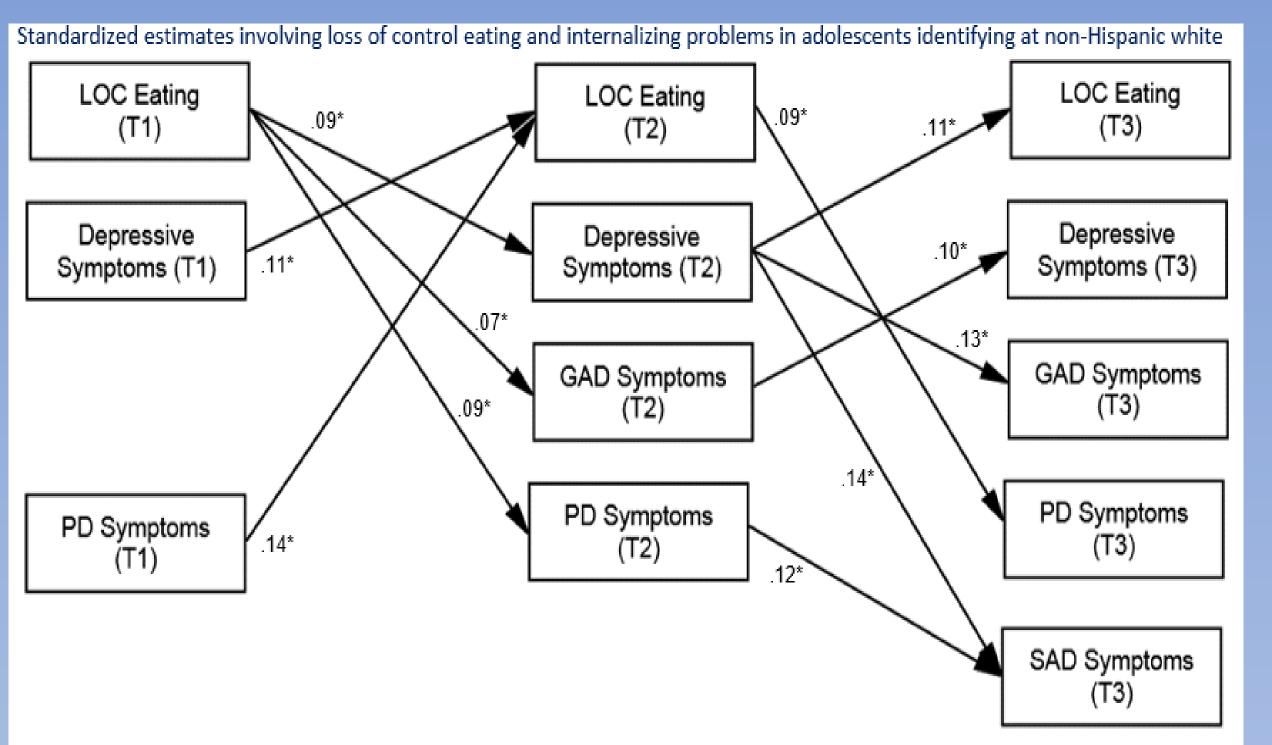
METHODS AND MATERIALS

- Participants were 1,285 U.S. adolescents (11-14 years; 51% girls) identifying as non-Hispanic White (54%), Hispanic/Latinx (21%), Black (10%), or Multi-Racial/Ethnic (15%)
- Validated questionnaires were administered during school in Fall 2016 (T1), Spring 2017 (T2), and Fall 2017 (T3)
- LOC eating (The Brief Loss of Control Eating Scale: $\alpha s = .93 - .94$)
- Anxiety (The Screen for Child Anxiety and Related Disorders: αs=.87-.91) and
- Depressive symptoms (The Center for Epidemiological Studies Depression Scale for Children: αs=.91-.93)

RESULTS

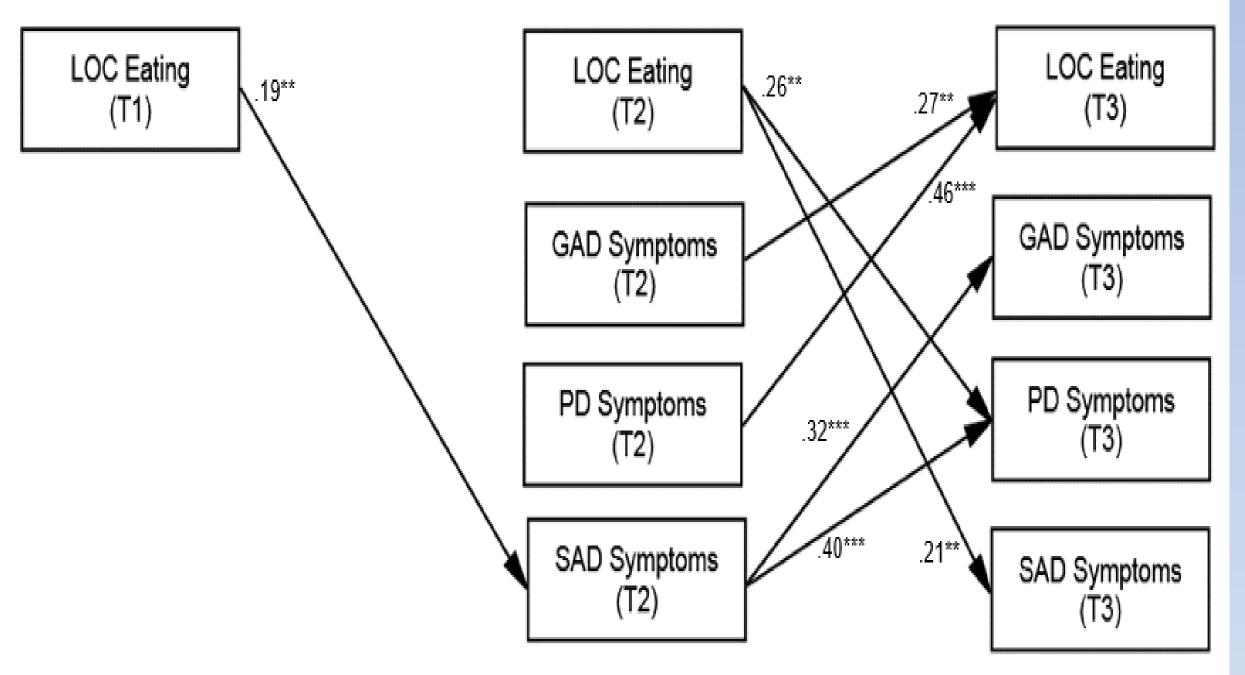
- Multiple group analyses of autoregressive cross-lagged path models indicated the presence of differences in all parameters for White, Black, and Multi-Racial/Ethnic adolescents (ps<.01), with no differences between White and Hispanic/Latinx adolescents (ps>.05).
- Models fit the data well (CFIs=.96-.98; RMSEAs=.04-.06), and adjusted for age, gender, socioeconomic status, and BMI-z.
- Among White and Hispanic/Latinx adolescents, positive, longitudinal associations were found between LOC and depressive symptoms (β s=.09-.11, ps<.05), as well as LOC and panic disorder symptoms (β s=.09-.14, ps<.05), from T1 to T2 and T2 to T3.
- The bidirectional associations between LOC and panic disorder symptoms also were found among multi-racial/ethnic adolescents, but with more robust effects $(\beta s=.17-.26, ps<.01).$
- Among Black adolescents, more frequent LOC at T1 and T2 predicted greater increases in social anxiety disorder symptoms at T2 and T3, respectively $(\beta s=.19-.21, ps<.01).$

RESULTS



Notes: LOC = loss of control; GAD = generalized anxiety disorder; PD = panic disorder; SAD = social anxiety disorder. Covariates not shown, which include T1 age, T1 gender, time-varying T1-T3 perceived socioeconomic status, and time-varying T1-T3 body mass index standard scores adjusted for age and gender (BMI z-scores). Covariances, residual variances, stability paths, and significant cross-lagged paths uninvolved in loss of control eating not shown.

Standardized estimates for loss of control eating and internalizing problems in adolescents identifying at Black of African American



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Standardized estimates for loss of control eating and internalizing problems in adolescents identifying at multi-racial/ethnic LOC Eating LOC Eating Depressive SAD Symptoms

PD Symptoms

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PD Symptoms

CONCLUSIONS

 These findings stress that the relationships between LOC eating and internalizing symptoms are distinct among most racial/ethnic subgroups. While some research has suggested a protective role that racial/ethnic minority status could have against LOC eating, these finding show no such protection.

FUTURE RESEARCH

- Future research should examine further aspects of race and ethnicity including:
- Years in the United States/acculturation
- Other minority groups including Asian, Hawaiian or Pacific Islander and Native American/indigenous groups

Contact: Melissa Santos, PhD; msantos@connecticutchildrens.org; www.connecticutchildrens.org/obesity This research was supported by The Alvord Foundation.

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