Title of Project
Balancing energy intake and expenditure: The role of compensatory health beliefs

Photo

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Brief outline of project (150 words max)
Young adults are at considerable risk of excess weight gain, overweight and obesity. As behaviours in young adulthood also lay the foundation for future health, there is a clear need to understand factors that contribute to overweight and obesity in young adults.

One under-researched psychological contributor to weight gain is compensatory beliefs: the proposition that a healthy behaviour, such as exercise, may counteract the negative effects of an unhealthy behaviour (e.g., snacking). These beliefs paradoxically result in poor weight-loss success due to lower adherence to dieting rules and exercise intentions not translating into actual behaviour.

This project will use an online questionnaire to examine how young Australians (aged 18-24 years) think about different types of food intake and the association between food consumption and energy expenditure (physical activity). It will also establish the relationships between different types of eating behaviour, physical activity, mindful eating, compensatory health beliefs and BMI.

Key references (up to 3)
Poelman, M. P., Vermeer, W. M., Vyth, E. L., & Steenhuis, I. H. (2013). 'I don't have to go to the gym because I ate very healthy today': the development of a scale to assess diet-related compensatory health beliefs. Public Health Nutr, 16(2), 267-273. doi: 10.1017/S1368980012002650


Location of Project
Sturt Buildings, Bedford Park Campus