**Intuitive Eating Studies**

*2011 Studies*

Augustus-Horvath CL and Tylka T. The Acceptance Model of Intuitive Eating: A Comparison of Women in Emerging Adulthood, Early Adulthood, and Middle Adulthood. J Counseling Psychology 2011 (Jan ) 58:110-125.

The acceptance model of intuitive eating posits that body acceptance by others helps women appreciate their body and resist adopting an observer's perspective of their body, which contribute to their eating intuitively/adaptively. We extended this model by integrating body mass index (BMI) into its structure and investigating it with emerging age, in adult women from ages 18–65 years old.

Young, S. Promoting healthy eating among college women: Effectiveness of an intuitive eating intervention. Iowa State University, 2011, Dissertation 147 pages; AAT 3418683.

This is the first experimental study to test the effectiveness of an intuitive eating intervention designed to increase adaptive eating practices and reduce eating disorder risk factors. Overall these results present empirical evidence that the intuitive eating model can be a promising approach to disordered eating prevention in a variety of service delivery modalities.

*2010 Studies*

Cole RE and Horacek T. Effectiveness of the “My Body Knows When” Intuitive-eating Pilot Program. Am J Health Behavior 2010; (May-June):286-297.

The objective of this study was to evaluate the effectiveness of the “My Body Knows When” Intuitive Eating program tailored to assist Fort Drum military spouses in rejecting the dieting mentality.The intuitive-eating program was able to significantly transition participants away from a dieting mentality towards intuitive-eating lifestyle behaviors. Overall, Intuitive Eating is a holist approach to long-term healthy behavior change and would benefit from an extended support system to improve effectiveness.

MacDougall EC. An Examination of a Culturally Relevant Model of Intuitive Eating with African American College Women. University of Akron, 2010. Dissertation 218 pages.

The present study explores the model intuitive eating with African American college women. Results of the present study provide empirical support for several propositions underlying a model of intuitive eating that suggests several, but not all, model paths may extend and generalize to more diverse samples of women.

*2008-2009 Studies*

Mathieu J. What Should You Know about Mindful and Intuitive Eating? J Am Dietetic Assoc 2009;109(Dec):1982-1987.

Weigenberg, MJ. Intuitive Eating Is Associated with Decreased Adiposity (2009, Abstract).

Cole R & Horacek T. Applying PRECEDE-PROCEED to Develop an Intuitive Eating Nondieting Approach to Weight Management Pilot Program. J Nutrition Educ & Behavior.2009;41(Mar-Apr):120-126.

Mensinger JL. Intuitive eating: A novel health promotion strategy for obese women.[abstract] Nov 2009 Am Publ Health Assoc Conference.

Smitham LA. Evaluating an Intuitive Eating Program for Binge Eating Disorder: A Benchmarking Study. Univ Notre Dame Nov 2008.

2006-2007 Studies

Cole R & Horacek T. Effectiveness of the “My Body Knows When” Intuitive Eating Non-Dieting Weight Management Pilot Program.J Am Dietetic Assoc 2007;107(August Suppl):A90.

Tylka, Tracy L. Development and psychometric evaluation of a measure of intuitive eating.J Counseling Psych;2006. 53(2), Apr:226-240.

Avalos LC and Tylka T. Exploring an acceptance model of intuitive eating with college women.J Counseling Psych. Vol 53(4), Oct 2006, 486-497.

Hawks, ST et al. The relationship between intuitive eating and health indicators among college women. Am. J. Health Educ. 2006;26:322-324.

Tylka, T.L., & Wilcox, J.A. Are intuitive eating and eating disorder symptomatology opposite poles of the same construct? J of Counseling Psychology, 2006;53, 474-485.

Smith T and Hawks SR. Intuitive Eating, Diet Composition, and the Meaning of Food in Healthy Weight Promotion. Am J Health Educ 2006;May-June;37(3):130-136..

Intuitive Eating and Healthy Weight Promotion. AJHE, 2006

*2004-2005 Studies*

Bacon L. Size Acceptance and Intuitive Eating Improve Health in Obese Female Chronic Dieters. J Am Dietetic Assoc.2005;105:929-936.

Hawks S et al. Relationship Between Intuitive Eating and Health Indicators Among College Women. Am J Health Ed 2005:Nov-Dec;36(6):331-336

Hawks, SR. The Intuitive Eating Validation Scale: preliminary validation. Am. J. Health Educ. 2004;35:26-35.

Hawks, SR e. Intuitive eating and the nutrition transition in Asia. Asia Pac J Clin Nutr. 2004;13(2):194-203.

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*Studies Related to Intuitive Eating*

Bacon L and Aphramor L.Weight Science:Evaluating the Evidence for a Paradigm Shift. [2011]. Nutrition Journal, January. 10:9. [Free full text]. http://bit.ly/f4CKOK .

Ciampolini M et al., Sustained Self-Regulation of Energy Intake: Initial Hunger Improves Insulin Sensitivity, Journal of Nutrition and Metabolism, vol. 7 2010. [Free full text]

Ciampolini M et al. Sustained self-regulation of energy intake. Loss of weight in overweight subjects. Maintenance of weight in normal-weight subjects, Nutrition and Metabolism, vol. 7, article 4, 2010. [ Free full text.]

Stice E et al. An Effectiveness Trial of a Dissonance-Based Eating Disorder

Prevention Program for High-Risk Adolescents Girls J Consult Clin Psychol. 2009.October;77(5): 825–834. [Free Full Text.]

Ciampolini Mand R. Bianchi, Training to estimate blood glucose and to form associations with initial hunger, Nutrition and Metabolism, vol. 3, article 42, 2006. [ Free full text.]

Shift from dieting decreases risk of obesity and eating disorders. JADA;2006 Apr;106:559-68.