**“Childhood Trauma and Food Addiction: The Role of Emotion Regulation Difficulties and Gender Differences”**

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**Description:** The data set supports a study investigating the mediating role of emotion dysregulation in the association between childhood trauma and food addiction. Participants (n=310) were recruited from Amazon Mechanical Turk for a study on how past experiences impact health behaviors. Participants were asked to complete self-report measures on childhood trauma, food addiction, and emotion regulation. Participants also completed demographic questions.

**Data Cleaning:** Analyses were conducted in IBM SPSS Statistics version 28 (IBM Corporation, Armonk, NY). Data were reviewed for quality assurance and 29 participants were excluded due to failure to meet quality control criteria (failed multiple check questions, completion in <10 minute, etc.). We also excluded any participants who did not indicate a gender identity (n=3), who indicated a non-binary gender identity (n=1), or who were missing data on primary variables of interest (i.e., childhood trauma, emotion dysregulation, food addiction; n=39) from all analyses. No participants identified as transgender. This resulted in a final sample of 310 participants included in analyses. Missing data were highest for BMI (n=17) and missing data on all other variables ranged from 0 to 3. Some additional BMI data (n=16) were excluded from analyses due to improbable values (e.g., BMI below 15 or greater than 50), which resulted in a total of 33 participants with missing BMI data. For these participants, only BMI was excluded. All other data were maintained. Individuals with missing data were removed using pairwise deletion.

**Methodology:** Pearson zero-order correlations were conducted between YFAS 2.0, CTQ, DERS, and demographic variables to identify potential covariates. Age, socioeconomic status, BMI and education were significantly associated with study variables and were included as covariates in analyses. Gender-stratified pearson zero-order correlations were also conducted to investigate associations between YFAS2.0, CTQ, and DERS for both men and women. Moderated mediational analyses were used to investigate whether DERS mediated the association between the CTQ and YFAS2.0 and to explore whether gender identity (men vs women) moderated this association. Moderated mediation analyses utilized Model 59 of the SPSS PROCESS macro (Hayes, 2017). We utilized 10,000 bootstrap samples to create 95% bias-corrected and accelerated (BCa) confidence intervals to test for significance of indirect effects and the index of moderated mediation. Indirect effects and the index of moderated mediation were significant at p < .05 if the 95% confidence interval did not include zero. For results indicating significant moderation by gender, we conducted gender-stratified hierarchical multiple regressions to further explore the strength of these associations.

**Conclusions:** Emotion dysregulation was found to partially mediate associations between food addiction and childhood trauma. Gender was also found to moderate associations between childhood trauma and emotion dysregulation as well as childhood trauma and food addiction. Both moderating pathways were significantly stronger for men compared to women. Results suggest that emotion dysregulation may be an important mediating factor in the association between childhood trauma and food addiction, particularly for men.

More information about the data and the study can be found in the following publication:

Hoover, L. V., Yu, H. P., Duval, E. R., & Gearhardt, A. N. (2022). Childhood trauma and

food addiction: The role of emotion regulation difficulties and gender differences. *Appetite*, *177*(1), 106137, https://doi.org/10.1016/j.appet.2022.106137

**Scoring Information:** The following self-report measures were administered to assess participant childhood trauma, food addiction, and emotion regulation.

1. The Childhood Trauma Questionnaire – short form (CTQ; Bernstein et al., 2003) is a 28-item retrospective measure of childhood trauma and maltreatment. The CTQ uses a 1-5 Likert scale ranging from Never True (1) to Very Often True (5). A composite score was calculated for the CTQ by summing all 28-items and this composite score was used in all analyses. Items #2, 5, 7, 13, 19, 26, and 28 were reverse coded prior to calculating the summary score.
2. The Yale Food Addiction Scale 2.0 (YFAS2.0; Gearhardt et al., 2016) is a 35-item self-report measure of food addiction which is based off DSM-5 criteria for substance use disorders. We scored the YFAS2.0 by summing the number of symptoms (0 to 11) to create one composite score.
3. The Difficulties in Emotion Regulation Scale (DERS; Hallion et al., 2018) is a 36-item self-report measure that assesses emotion regulation abilities. Items on the DERS are rated on a likert scale from almost never (1) to almost always (5). All 36-items were averaged to create a mean score for all participants. Items 1, 2, 6, 7, 8, 10, 17, 20, 22, 24, and 34 were reverse scored prior to calculating the mean score.

More information about these measures can be found in the following articles:

Bernstein, D. P., Stein, J. A., Newcomb, M. D., Walker, E., Pogge, D., Ahluvalia, T., . . . Zule, W. (2003). Development and validation of a brief screening version of the Childhood Trauma Questionnaire. *Child Abuse Negl*,*27*(2), 169-190. [https://doi.org/10.1016/s0145-2134(02)00541-0](https://doi.org/10.1016/s0145-2134%2802%2900541-0)

Gearhardt, A. N., Corbin, W. R., & Brownell, K. D. (2016). Development of the Yale Food Addiction Scale Version 2.0. *Psychol Addict Behav*,*30*(1), 113-121. <https://doi.org/10.1037/adb0000136>

Hallion, L. S., Steinman, S. A., Tolin, D. F., & Diefenbach, G. J. (2018). Psychometric Properties of the Difficulties in Emotion Regulation Scale (DERS) and Its Short Forms in Adults With Emotional Disorders. *Front Psychol*,*9*, 539. <https://doi.org/10.3389/fpsyg.2018.00539>

Demographics:

1. Age (Put 999 if you prefer not to answer): [text box]
2. Sex at birth
	1. Male (0)
	2. Female (1)
	3. Other (2)
	4. Prefer not to answer (-888)
3. Gender identity
4. Male (0)
5. Female (1)
6. Transgender Female (2)
7. Transgender Male (3)
8. Non-binary (4)
9. Not listed: text box (5)
10. Prefer not to answer (-888)
11. Sexual orientation
12. Heterosexual (1)
13. Gay or lesbian (or homosexual if you identify with this term) (2)
14. Bisexual (3)
15. Pansexual (4)
16. Asexual (5)
17. Queer (6)
18. Other: text box (7)
19. Prefer not to answer (-888)
20. What race / ethnicity do you consider yourself to be? Select one or more of the following.
21. American Indian or Alaska Native
22. Hispanic / Latino
23. Asian
24. Native Hawaiian or Other Pacific Islander
25. Black or African American
26. White
27. Other: [Text Box]

\*RaceEthn\_# are coded 0 = not endorsed 1 = endorsed

 \_1 = American Indian or Alaska Native

 \_2 = Hispanic/Latinx

 \_3 = Asian

 \_4 = Native Hawaiian or Other Pacific Islander

 \_5 = Black or African American

 \_6 = White

 \_7 = Other

 \_8 = prefer not to answer

1. What is the highest level of education you’ve obtained?
2. Less than High School (1)
3. High School Degree (2)
4. Some college (3)
5. Associates Degree (4)
6. Bachelor’s Degree (5)
7. Advanced Degree (e.g. Masters, Ph.D, M.D., J.D.) (6)
8. Prefer not to answer (-888)
9. What is your height in feet?
10. 3 (3)
11. 4 (4)
12. 5 (5)
13. 6 (6)
14. 7 (7)
15. Prefer not to answer (-888)
16. What is your height in inches
17. 0 (0)
18. 1 (1)
19. 2 (2)
20. 3 (3)
21. 4 (4)
22. 5 (5)
23. 6 (6)
24. 7 (7)
25. 8 (8)
26. 9 (9)
27. 10 (10)
28. 11 (11)
29. Prefer not to answer (-888)
30. What is your weight in **pounds** (enter 999 for prefer not to answer)
31. [Text box]
32. What is your household income? Household is defined by your permanent residence
	* 1. Less than $10,000 (1)
		2. $10,000 - $19,999 (2)
		3. $20,000 - $29,999 (3)
		4. $30,000 - $39,999 (4)
		5. $40,000 - $49,999 (5)
		6. $50,000 - $59,999 (6)
		7. $60,000 - $69,999 (7)
		8. $70,000 - $79,999 (8)
		9. $80,000 - $89,999 (9)
		10. $90,000 - $99,999 (10)
		11. $100,000 - $149,999 (11)
		12. More than $150,000 (12)
		13. Prefer not to answer (-888)
33. Socioeconomic status was measured using the MacArthur Scale of Subjective Social Status (Adler et al., 2000) which is a single-item measure that represents perception of rank relative to others.

Think of this ladder as representing where people stand in the United States. At the top of the ladder are the people who are the best off – those who have the most money, the most education, and the most respected jobs. At the bottom are the people who are the worst off – those who have the least money, least education, and the least respected jobs or no job. The higher up you are on this ladder, the closer you are to the people who are best off. Where would you place yourself on this ladder?

* + 1. 1 (1)
		2. 2 (2)
		3. 3 (3)
		4. 4 (4)
		5. 5 (5)
		6. 6 (6)
		7. 7 (7)
		8. 8 (8)
		9. 9 (9)
		10. 10 (10)
		11. Prefer not to answer (-888)

More information about this measure can be found in the following article:

Adler, N. E., Epel, E. S., Castellazzo, G., & Ickovics, J. R. (2000). Relationship of

subjective and objective social status with psychological and physiological functioning: Preliminary data in healthy, White women., Health Psychology, 19(6), 586. <https://doi-org.proxy.lib.umich.edu/10.1037/0278-6133.19.6.586>

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| **Variable Key** |
| **Variable Name** | **Description** | **Code Key** |
| PID | Participant ID number | N/A |
| Age | Age at time of participation | 999 = prefer not to answer  |
| Sx\_B | Sex assigned at birth | 0 = male; 1 = female; 2 = Other; -888 = prefer not to answer |
| Gen\_Id | Gender identity  | 0 = male; 1 = female; 2 = Transgender female 3 = Transgender male; 4 = Non-binary; 5 = not listed; -888 = prefer not to answer |
| Sx\_Orien | Sexual Orientation | 1 = Heterosexual; 2 = Gay or Lesbian; 3 = Bisexual; 4 = Pansexual; 5 = Asexual; 6 = Queer; 7 = Other; -888 = prefer not to answer |
| RaceEthn\_# | Race/Ethnicity\_1= American Indian or Alaska Native\_2=Hispanic/Latinx\_3=Asian \_4=Native Hawaiian or Other Pacific Islander \_5=Black or African American\_6=White \_7=Other \_8 = prefer not to answer) | 0 = not endorsed; 1 = endorsed  |
| Educa | Education | 1=less than high school; 2 = high school degree; 3 = some college; 4 = associates degree; 5 = bachelors; 6 = advanced degree; -888 = prefer not to answer |
| Income | Income | 1 = less than $10,000; 2 = $10,000-$19,999; 3 = $20,000-$29,000; 4 = $30,000-$39,000; 5 = $40,000-$49,000; 6 = $50,000-$59,000; 7 = $60,000-$69,000; 8 = $70,000-$79,000; 9 = $80,000-$89,000; 10 = $90,000-$99,000; 11 = $100,000-$149,000; 12 = More than $150,000; -888 = prefer not to answer |
| Standing | Socioeconomic status (ladder measure) | 1=1, 2=2, 3=3, 4=4, 5=5, 6=6, 7=7, 8=8, 9=9, 10=10, -888 = prefer not to answer |
| BMI\_WC\_Exclude | BMI by weight class using BMI\_Ex variable | -666 = removed due to improbable value (<15 or >50)-888 = prefer not to answer on height and/or weight question |
| BMI\_Ex | BMI excluding outlier participants  | -666 = removed due to improbable value (<15 or >50)-888 = prefer not to answer on height and/or weight question |
| DERSCOMP | DERS mean score | N/A |
| YFAS\_Sym | YFAS Symptom composite score | N/A |
| CTQTotal | CTQ composite score | N/A |
| Filter\_real\_Xonly | Filters for men only or women only for gender stratified analyses | N/A |

**Analyses:** Data and Syntax are publicly available for verifying data analyses (please see Deep Blue Code Childhood Trauma Paper 6.23.22). Note: The provided PROCESS Macro syntax must be launched prior to running code for moderated mediation analyses (please see Launch Process).

**File Uploaded:**

* Deep Blue Code Childhood Trauma Paper (SPSS code for verifying data analysis of published work)
* Deep Blue Childhood Trauma.sav (SPSS dataset for verifying data analysis of published work)
* Deep Blue Childhood Trauma.csv (.csv file of dataset for verifying data analysis of published work)
* Launch Process (code for launching the PROCESS MACRO in SPSS)

Note:Dataset only includes those participants (n=310) included in final analyses for the publication.

Questions may be sent to the corresponding author Lindzey V. Hoover (lindzeyh@umich.edu).