

**Analyzing between-group differences in physiological arousal during in-session weighing for individuals with approach and avoidance weighing tendencies**

Chloe Nelson, Dr. Kyle De Young

Department of Psychology

University of Wyoming

Oral Presentation

*Honors Program*

*Casper, Wyoming*

Eating disorders (EDs) are psychological disorders marked by abnormal and unhealthy relationships with food and the body. These disorders typically cause psycho and physiological disturbances and can be quite distressing for the individual. Enhanced Cognitive Behavioral Therapy (CBT-E), a transdiagnostic treatment, will involve a weekly in-session weighing, either blind or open, by the clinician. In-session weighing can invoke a great deal of physiological arousal depending on the individual's weighing tendency. Weighing tendencies consist of two categories: approach and avoidance. In the parent study, an in-session weighing procedure was conducted using approach and avoidance weighers identified using the Approach/Avoidance Weighing Questionnaire (AAWQ; Kambanis et al., 2020). The data recorded is used for the current study. The desired finding of this study is a relationship, via data analysis, between the level of the physiological arousal, measured by electrodermal activity (EDA), and the weighing tendency of the participants.

*Keywords: Eating disorder, electrodermal activity (EDA), Enhanced Cognitive Behavioral Therapy (CBT-E), physiological arousal*