13.1 Explanations for the Success and Failure of Dieting: Test Pack

AQA 7182 · about 15 minutes

Total Marks

Name: _____ Date: ____ / ____ / _____

Answer ALL questions.

1 Define dietary restraint

(Total for Question 1 is 1 mark)

2 Explain briefly how social and situational cues in everyday environments can prompt lapses in dieting behaviour, using a short example such as a workplace party.

(Total for Question 2 is 2 marks)

3 Outline Herman and Polivy's restraint theory as it applies to dieting and overeating, naming the researchers and giving the key idea.

(Total for Question 3 is 2 marks)

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4 Identify one ethical consideration when conducting laboratory research on dieting and food intake, and explain how a researcher should address it when studying dieting lapses.

(Total for Question 4 is 3 marks)

5 A young woman, Erin, is on a low calorie diet. One evening she has one glass of wine and later tells herself she has already ruined the day, so she eats a large packet of crisps and chocolate. Using restraint theory, the boundary model and ironic processes theory, explain why Erin's single drink led to a large lapse. Refer directly to the scenario.

(Total for Question 5 is 4 marks)

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Mark scheme · 13.1 Explanations for the Success and Failure of Dieting: Test Pack

Question 1

a brief definition: deliberate cognitive restriction of food intake to control weight or lose weight oe **B1**

Answer: Dietary restraint is the deliberate cognitive restriction of food intake to control or lose weight.

Question 2

identifies a social cue or situation, e.g. peer modelling at a workplace party or abundant free food oe **M1**

explains how it prompts lapse, e.g. normative pressure or increased accessibility encourages eating and weakens restraint oe **A1**

Answer: At a workplace party, peer modelling and abundant free food create normative pressure and easy access; this social situation can make a dieter more likely to eat and weaken their cognitive restraint.

Question 3

identifies Herman and Polivy as the researchers associated with restraint theory oe **M1**

states the key idea that chronic dieting involves cognitive restraint which can lead to disinhibited overeating when the restraint is breached oe **A1**

Answer: Herman and Polivy proposed restraint theory: chronic dieters use cognitive restraint to limit intake, but this restraint makes them vulnerable to periods of disinhibited overeating when the diet is breached.

Question 4

identifies a genuine ethical issue, e.g. risk of causing distress or encouraging disordered eating behaviours oe **M1**

explains why it matters in dieting research, e.g. exposing dieters to tempting food might trigger guilt or loss of control oe **A1**

states how to address it, e.g. careful screening, full debrief, offering support information and ensuring participants can withdraw, anonymisation of data oe **A1**

Answer: An ethical issue is the risk of causing distress or triggering disordered eating by exposing dieters to tempting foods. Researchers should screen participants, gain informed consent, allow withdrawal, debrief fully and offer support or signposting to services, and anonymise data.

Question 5

applies restraint theory: Erin's cognitive restraint makes her vulnerable so a perceived breach (the wine) can trigger overeating oe **M1**

applies boundary model: the wine is interpreted as crossing the allowed intake boundary, producing disinhibition and a larger eating episode oe **M1**

applies ironic processes: trying not to think about the forbidden foods, and then the wine, may increase accessibility of food thoughts and craving oe **M1**

integration: together these explanations account for why a small lapse escalated into a large packet of crisps and chocolate in Erin's situation oe **A1**

Answer: Erin's single drink undermined her restraint: restraint theory predicts dieters are vulnerable so the wine acted as a breach; the boundary model explains that she perceived the boundary as broken so disinhibition followed and she overate; ironic processes made thoughts of crisps and chocolate more salient after suppression, increasing craving. Combined, these mechanisms explain the escalation from one glass to a large lapse.

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