

Change Is the only constant

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**Change Is the Only Constant:
The Dynamic Nature of Attentional Bias for Food**

1. There is no consistent scientific evidence that people with a high BMI or who score high on dietary restraint are characterized by an enhanced attentional bias for food. (This thesis)
2. People with a high BMI are characterized by increased variability of attentional bias for food. (This thesis)
3. There is no evidence to support that the variability of attentional bias for food is a reflection of less executive control or food-related conflicting goals (health vs hedonic). (This thesis)
4. There is no consistent scientific evidence that food stimuli are particularly salient for people in general. (This thesis)
5. The results presented in this dissertation suggest that biased attention to food does not play a crucial role in overweight and obesity. (This thesis)
6. Change is the only constant in life (Heraclitus) and also in science.
7. You'll come to learn a great deal if you accept and study the insignificant results. (Adapt from Odysseas Elytis)
8. Food is not just fuel. Food is about family, food is about community, food is about identity. (Michael Pollan)
9. Science isn't perfect, and that's why it's so compelling.
10. Nothing in life is to be feared, it is only to be understood. Now is the time to understand more, so that we may fear less. (Marie Curie)