

Effects of implementation intentions on binge eating

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Propositions Accompanying the Dissertation

Effects of Implementation Intentions on Binge Eating

- 1) Forming implementation intentions results in a significant and enduring reduction in binge eating.
- 2) Forming implementation intentions is an effective strategy for mitigating binge eating in individuals with subthreshold binge eating, as well as in individuals diagnosed with binge eating disorder (BED) or bulimia nervosa (BN).
- 3) The impact of implementation intentions on reducing binge eating is so pronounced that nonspecific moderating factors do not exert a significant influence on this outcome.
- 4) Personalization is paramount for optimizing the effectiveness of implementation intentions in reducing binge eating.
- 5) The effectiveness and dropout in the most advanced psychological and pharmacological treatments for eating disorders indicate significant scope for enhancing treatment outcomes. Conversely, there is a noticeable dearth of innovation in the realm of eating disorder treatment strategies.
- 6) The profound suffering caused by eating disorders is exacerbated by excessively long treatment waiting lists. Consequently, integrating e-therapy interventions as standard during these waiting periods is imperative to alleviate patient distress.
- 7) In the study of medicine, too little attention is paid to mental health care. An internship in psychiatry should therefore become a mandatory component of the curriculum.
- 8) Implementation intentions are a valuable additional strategy in the treatment of BED and BN, due to their high effectiveness, ease of learning, patient acceptability, and cost-effectiveness.
- 9) In psychiatry residency training programs, scientific education and participation in research projects are notably limited. To effectively bridge the potential gap between recently acquired scientific knowledge and its application in clinical settings, it is crucial to allocate more time within the curriculum for comprehensive scientific education.
- 10) The curious paradox is that when I accept myself just as I am, then I can change. *Carl R. Rogers*