



Eat Mindfully, Live Vibrantly

480-704-7811

P.O. Box 93686

Phoenix, AZ 85070-3686

References for a Non-Diet, Weight-Neutral, Mindfulness-Based Approach

This is a partial list of research, articles, and books that support the need for a new approach to eating and health. These references provide evidence for the ineffectiveness of diets and weight-focused programs, and the effectiveness of mindfulness, mindful eating, and weight-neutral interventions.

10-year follow-up of diabetes incidence and weight loss in the Diabetes Prevention Program Outcomes Study. (2009). *The Lancet*, 374(9702), 1677-1686. doi:10.1016/s0140-6736(09)61457-4

A Non-Diet Approach to a Sustainable Healthy Lifestyle. Retrieved July 14, 2014 from Am I Hungry? Website: <http://www.amihungry.com/pdf/Non-Diet-Approach-to-Sustainable-Healthy-Lifestyles.pdf>

Alberts, H., Thewissen, R., & Raes, L. (2012). Dealing with problematic eating behaviour. The effects of a mindfulness-based intervention on eating behaviour, food cravings, dichotomous thinking and body image concern. *Appetite*, 58, 847-851. doi: 10.1016/j.appet.2012.01.009

Alberts, H., et al. (2010). Coping with food cravings: Investigating the potential of a mindfulness-based intervention. *Appetite*, 55, 160-163. doi: 10.1016/j.appet.2012.01.009

Anderson, K. & May, M. (2012). *The Mindful Eating Cycle: Treatment for Binge Eating Disorder*. Doctoral Culminating Project. Arizona State University.

Aphramor, L. (2010). Validity of claims made in weight management research: a narrative review of dietetic articles. *Nutrition Journal*, 9, 30. doi: 10.1186/1475-2891-9-30

Bacon, L. & Aphramor, L. (2011). Weight science: Evaluating the evidence for a paradigm shift. *Nutrition Journal*, 10:9. doi: 10.1186/1475-2891-10-9

Bacon, L., Stern, J., Van Loan, M. & Keim, N. (2005). Size acceptance and intuitive eating improve health for obese, female chronic dieters. *Journal of American Dietetic Association*, 105, 929-936.

Bacon, L., & Aphramor, L. (2014). *Body respect: What conventional health books get wrong, leave out, and just plain fail to understand about weight*. Dallas, TX: BenBella Books.

Baer, R. (2003). Mindfulness training as a clinical intervention: A conceptual and empirical review. *Clinical Psychology: Science and Practice*, 10, 125-143.

Baer, R., Fischer, S. & Huss, D. (2005). Mindfulness-based cognitive therapy applied to binge eating: A case study. *Cognitive and Behavioral Practice*, 12(3), 351-358. doi: 10.1093/clipsy.bpg015

Barry, V. W., Baruth, M., Beets, M. W., Durstine, J. L., Liu, J., & Blair, S. N. (2014). Fitness vs. Fatness on All-Cause Mortality: A Meta-Analysis. *Progress in Cardiovascular Diseases*, 56(4), 382-390. doi:10.1016/j.pcad.2013.09.002



Eat Mindfully, Live Vibrantly

480-704-7811

P.O. Box 93686
Phoenix, AZ 85070-3686

- Beshara, M., Hutchinson, D. & Wilson, C. (2013). Does mindfulness matter? Everyday mindfulness, mindful eating and self-reported serving size of energy dense foods among a sample of South Australian Adults. *Appetite*. doi: 10.1016/j.appet.2013.03.012
- Birch, L., Fisher, J. & Davison, K. (2003). Learning to overeat: Maternal use of restrictive feeding practices promotes girls' eating in the absence of hunger. *American Journal of Clinical Nutrition*, 78, 215-220.
- Bush, H., Mintz, L., Rossy, L. & Schopp, L. (2014). Eat for Life: A work site feasibility study of a novel mindfulness-based intuitive eating intervention. *American Journal of Health Promotion*, 28, 380-388.
- Butryn, M., et al. (2012). Mindfulness and its relationship with eating disorders symptomatology in women receiving residential treatment. *Journal of Eating Behaviors*, 10, 13-16.
doi: 10.1016/j.eatbeh.2012.10.005
- Byrne, S., Cooper, Z. & Fairburn, C. (2003). Weight maintenance and relapse in obesity: a qualitative study. *International Journal of Obesity Related Metabolic Disorders*, 27(8), 955-962.
doi: 10.1038/sj.ijo.0802305
- Cadena-Schlam, L. & Lopez-Guimera, G. (2015). Intuitive eating: An emerging approach to eating behavior. *Nutricion Hospitalaria*, 31(3), 995-1002.
- Caldwell, K., Bairne, M., & Wolever, R. (2012). Mindfulness based approaches to obesity and weight loss maintenance. *Journal of Mental Health Counseling*, 34, 269.
- Charoensukmongkol, P. (2013). The contributions of mindfulness meditation on burnout, coping strategy, and job satisfaction: Evidence from Thailand. *Journal of Management & Organization*, 19 (5), 544-558. doi: 10.1017/jmo.2014.8
- Clifford, D., et al. (2015). Impact of non-diet approaches on attitudes, behaviors, and health outcomes: A systematic review. *Journal of Nutrition Education and Behavior*, 47(2), 143–155.
doi: 10.1016/j.jneb.2014.12.002
- Dalen, J., Smith, B., Shelley, B., Sloan, A., Leahigh, L., & Begay, D. (2010). Pilot study: Mindful eating and living (MEAL): Weight, eating behavior and psychological outcomes associated with a mindfulness-based intervention for people with obesity. *Complementary Theories in Medicine*, 18(6), 260-264. doi: 10.1016/j.ctim.2010.09.008
- Dollar E, Berman M, Adachi-Mejia AM. Do No Harm: Moving Beyond Weight Loss to Emphasize Physical Activity at Every Size. *Prev Chronic Dis* 2017;14:170006.
DOI: <http://dx.doi.org/10.5888/pcd14.170006>
- Dwiggins, J. Testing the effects of a mindful-eating intervention delivered with health coaching techniques: A pilot study. (2012). M.S. thesis, University of Rhode Island.



Eat Mindfully, Live Vibrantly

480-704-7811

P.O. Box 93686

Phoenix, AZ 85070-3686

Elfhag, K. & Rossner, S. (2005). Who succeeds in maintaining weight loss? A conceptual review of factors associated with weight loss maintenance and weight regain. *Obesity Review: an official journal of the International Association for the Study of Obesity*, 6(1), 67-85. doi: 10.2147/dms0.s19197

Field, A., et al. (2003). Relation between dieting and weight change among preadolescents and adolescents. *Pediatrics*, 112, 900 – 906. doi: 10.3389/fpsyg.2013.00577

Forman, E., et al. (2007). A comparison of acceptance- and control-based strategies for coping with food cravings: An analog study. *Behaviour Research and Therapy*. doi: 10.1016/j.brat.2007.04.004

Forman, E., et al. (2013). The mind your health project: A randomized controlled trial of an innovative behavioral treatment for obesity. *Obesity*, 21, 1119–1126. doi: 10.1002/oby.20169

Franz, M., et al. (2007). Weight-loss outcomes: A systematic review and meta-analysis of weight-loss clinical trials with a minimum 1-year follow-up. *Journal of the American Dietetic Association*, 107, 1755–1767.

Franz, M. J., Boucher, J. L., Ruten-Ramos, S., & Vanwormer, J. J. (2015). Lifestyle Weight-Loss Intervention Outcomes in Overweight and Obese Adults with Type 2 Diabetes: A Systematic Review and Meta-Analysis of Randomized Clinical Trials. *Journal of the Academy of Nutrition and Dietetics*, 115(9), 1447-1463. doi:10.1016/j.jand.2015.02.031

Gilber, D. & Waltz, J. (2010). Mindfulness and health behaviors. *Mindfulness*, 1, 227-234. doi: 10.1007/s12671-010-0032-3

Grossman P, Niemann L, Schmidt S, & Walach, H. (2004). Mindfulness-based stress reduction and health benefits: a meta-analysis. *J Psychosom Res.*, 57, 35-43. doi: 10.1016/S0022-3999(03)00573-7

Hall, K. D., Heymsfield, S. B., Kemnitz, J. W., Klein, S., Schoeller, D. A., & Speakman, J. R. (2012). Energy balance and its components: Implications for body weight regulation. *The American Journal of Clinical Nutrition*, 95(4), 989-994. doi:10.3945/ajcn.112.036350

Harnett, P., et al. (2010). The short term impact of a brief group-based mindfulness therapy program on depression and life satisfaction. *Mindfulness*, 1.4, 183-188. doi: 10.1007/s12671-010-0024-3

Health at Every Size (HAES) Principles. (2014). Retrieved from <http://www.sizediversityandhealth.org/content.asp?id=76>

Heatherton, T., Herman, C., Polivy, J. (1992). Effects of distress on eating: The importance of ego-involvement. *Journal of Personality and Social Psychology*, 62, 801-803. doi: 10.1037//0022-3514.62.5.801

Hedebrand, J., et al. (2014). "Eating addiction", rather than "food addiction", better captures addictive-like eating behavior. *Neuroscience and Biobehavioral Reviews*, 47, 295-306. doi: 10.1016/j.neubiorev.2014.08.016

Hill, A., Weaver, C. & Blundell, J. (1991). Food craving, dietary restraint and mood. *Appetite*, 17, 187-197. doi: 10.1016/0195-6663(91)90021-J

Jordan, C., Wang, W., Donatoni, L., & Meier, B. (2014). Mindful eating: Trait and state mindfulness predict healthier behavior. *Personality and Individual Differences*, 68, 107-111. doi: 10.1016/j.paid.2014.04.013

Katterman, S., Kleinman, B., Hood, M., Nackers, L. & Corsica, J. (2014). Mindfulness meditation as an intervention for binge eating, emotional eating, and weight loss: A systematic review. *Eating Behaviors*, 15, 197-204. doi: 10.1016/j.eatbeh.2014.01.005

Kayman, S., Bruvold, W. & Stern, J.S. (1990). Maintenance and relapse after weight loss in women: behavior aspects. *American Journal of Clinical Nutrition*, 52, 800-807. doi: 10.1038/sj.ijo.0802305

Keys, A. B. (1950). *The Biology of Human Starvation*. Minneapolis, MN: University of Minnesota Press.

Keyworth, C. Knopp, J. & Roughley, K. (2014). A mixed-method pilot study of the acceptability and effectiveness of a brief meditation and mindfulness intervention for people with diabetes and coronary heart disease. *Behavioral Medicine*, 40, 53-64. doi: 10.1080/08964289.2013.834865

Koster-Rasmussen, R., Kildevaeld Simonsen, M., Siersma, V., Henriksen, J., Lilienthal Heitmann, B. & de Fine Olivarius, N. (2016). Intentional weight loss and longevity in overweight patients with Type 2 Diabetes: A population-based cohort study. *PLoS One*, 11(1). doi:10.1371/journal.pone.0146889

Kristeller, J. & Hallet, C. (1999). An exploratory study of a meditation-based intervention for binge eating disorder. *Journal of Health Psychology*, 4, 357-363. doi: 10.1016/S1077-7229(04)80060-9

Lan, H., Subramanian, P., Rahmat, N., & Kar, P. (2014). The effects of mindfulness training program on reducing stress and promoting well-being among nurses in critical care units. *The Australian Journal of Advanced Nursing*, 31(3), 22-31.

Linardon, J. & Mitchell, S. (2017). Rigid dietary control, flexible dietary control, and intuitive eating: Evidence for their differential relationship to disordered eating and body image concerns. *Eating Behaviors*, 26, 16-22.

Lowe, M., Foster, G., Kerzhnerman, I., Swain, R., & Wadden, T. (2001). Restrictive dieting vs. "undieting": effects on eating regulation in obese clinic attenders. *Addictive Behaviors*, 26(2), 253-266.



Am I
Hungry?[®]

Eat Mindfully, Live Vibrantly

480-704-7811

P.O. Box 93686

Phoenix, AZ 85070-3686

Mackie, G. M., Samocha-Bonet, D., & Tam, C. S. (2017). Does weight cycling promote obesity and metabolic risk factors? *Obesity Research & Clinical Practice*, 11(2), 131-139. doi:10.1016/j.orcp.2016.10.284

Mann, T., Tomiyama, A. J., Westling, E., Lew, A., Samuels, B., & Chatman, J. (2007). Medicare search for effective obesity treatments: Diets are not the answer. *American Psychologist*, 62(3), 220-233. doi:10.1037/0003-066x.62.3.220

May, M., Furtado, M., & Ornstein, L. (2014). The mindful eating cycle: Preventing and resolving maladaptive eating after bariatric surgery. *Bariatric Times*, 11(2), 8-12.

May, M. (2017). *Eat what you love, love what you eat: A mindful eating program to break your eat-repent-repeat cycle*. Phoenix, AZ: Am I Hungry? Publishing.

May, M. & Anderson, K. (2014). *Eat what you love, love what you eat for binge eating: A mindful eating program for healing your relationship with food and your body*. Phoenix, AZ: Am I Hungry? Publishing.

May, M. & Fletcher, M. (2017). *Eat what you love, love what you eat with diabetes: A mindful eating program for thriving with prediabetes or diabetes*. Phoenix, AZ: Am I Hungry? Publishing.

Mcevedy, S. M., Sullivan-Mort, G., Mclean, S. A., Pascoe, M. C., & Paxton, S. J. (2017). Ineffectiveness of commercial weight-loss programs for achieving modest but meaningful weight loss: Systematic review and meta-analysis. *Journal of Health Psychology*, 22(12), 1614-1627. doi:10.1177/1359105317705983

Miller, C., Kristeller, J., Headings, A., Nagaraja, H., & Miser, W. (2012). Comparative effectiveness of a mindful eating intervention to a diabetes self-management intervention among adults with type 2 diabetes: a pilot study. *J Acad Nutr Diet*, 112(11), 1835-42. doi: 10.1007/s12020-014-0195-0

O'Hara, L., & Taylor, J. (2018). What's Wrong With the 'War on Obesity?' A Narrative Review of the Weight-Centered Health Paradigm and Development of the 3C Framework to Build Critical Competency for a Paradigm Shift. *SAGE Open*, 8(2), 215824401877288. doi:10.1177/2158244018772888

Polivy, J. (1996). Psychological consequences of food restriction. *Journal of the American Dietetic Association*, 96(6), 589-92. doi: 1016/S0002-8223(96)00161-7

Reichard, G., May, M., Krepcho, M., & Kohlerman, N. (2006). *Am I Hungry? A preliminary investigation of an innovating and promising non-diet weight loss program*. Poster session presented at the annual conference of the Society of Teachers of Family Medicine, San Francisco, CA.

Salvia, M. G. (2017). The Look AHEAD Trial: Translating Lessons Learned Into Clinical Practice and Further Study. *Diabetes Spectrum*, 30(3), 166-170. doi:10.2337/ds17-0016



Eat Mindfully, Live Vibrantly

480-704-7811

P.O. Box 93686

Phoenix, AZ 85070-3686

Smith, B., Shelley, B., Leahigh L., & Vanleit, B. (2006). Preliminary study of the effects of a modified mindfulness intervention on binge eating. *Complimentary Health Practice Review*, 11, 133.

Smith, T. & Hawks, S. (2006). Intuitive eating, diet composition and the meaning of food in healthy weight promotion. *American Journal of Healthy Education*, 37, 130-136.

Sumithran, P., Prendergast, L. A., Delbridge, E., Purcell, K., Shulkes, A., Kriketos, A., & Proietto, J. (2011). Long-Term Persistence of Hormonal Adaptations to Weight Loss. *New England Journal of Medicine*, 365(17), 1597-1604. doi:10.1056/nejmoa1105816

The first Law of Thermodynamics in real life. (n.d.). Retrieved from <http://junkfoodscience.blogspot.com/2008/10/first-law-of-thermodynamics-in-real.html>

The Mindfulness Nation UK. Retrieved October 29, 2015 from http://www.themindfulnessinitiative.org.uk/images/reports/Mindfulness-APPG-Report_Mindful-Nation-UK_Oct2015.pdf.

Tomiyama, A. J., Hunger, J. M., Nguyen-Cuu, J., & Wells, C. (2016). Misclassification of cardiometabolic health when using body mass index categories in NHANES 2005–2012. *International Journal of Obesity*, 40(5), 883-886. doi:10.1038/ijo.2016.17

Tomiyama, A. J., Ahlstrom, B., & Mann, T. (2013). Long-term Effects of Dieting: Is Weight Loss Related to Health? *Social and Personality Psychology Compass*, 7(12), 861-877. doi:10.1111/spc3.12076

Tylka, T. L., Annunziato, R. A., Burgard, D., Daniélsdóttir, S., Shuman, E., Davis, C., & Calogero, R. M. (2014). The Weight-Inclusive versus Weight-Normative Approach to Health: Evaluating the Evidence for Prioritizing Well-Being over Weight Loss. *Journal of Obesity*, 2014, 1-18. doi:10.1155/2014/983495

Tomiyama, A., Hunger, J., Nguyen-Cuu, J. & Wells, C. (2016). Misclassification of cardiometabolic health when using body mass index categories in NHANES 2005-2012. *International Journal of Obesity*. doi: 10.1038/ijo.2016.17

Wing, R., et al. (2013). Cardiovascular effects of intensive lifestyle intervention in Type 2 Diabetes. *The New England Journal of Medicine*, 369 (2), 145-154. doi: 10.1056/NEJMoa1212914

Wolever, R., et al. (2012). Effective and viable mind-body stress reduction in the workplace: A randomized controlled trial. *Journal of Occupational Health Psychology*, 17, 246-258. doi: 10.1037/a0027278

This document was last updated on 04/14/2019.

www.AmIHungry.com