

The Mediating Role of Body Checking Behavior and Body Image in the Relationship Between Emotional Regulation and Coping Styles with Binge Eating Disorder in Women


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1. Round 1

1.1. Reviewer 1

Reviewer:

The introduction provides a comprehensive overview of eating disorders, but the first sentence could benefit from greater specificity regarding the distinction between physical and psychological symptoms. Consider specifying which symptoms pertain to physical health (e.g., malnutrition, metabolic disturbances) and which pertain to psychological health (e.g., body dissatisfaction, cognitive distortions). This could enhance clarity.

The statistic on the global prevalence of obesity (500 million in 2005) is outdated. A more recent reference or estimate would be beneficial, as obesity rates have likely changed in the past two decades.

The definition of binge-eating disorder could benefit from more detail regarding the clinical criteria beyond just frequency and duration. For instance, it would be useful to specify the relationship between binge eating episodes and psychological distress.

The paragraph includes a broad range of studies linking body dissatisfaction with psychological and emotional outcomes. However, more emphasis on recent studies in the context of modern understandings of body image would make this section more up-to-date.

The link between cognitive emotion regulation and binge eating disorder is introduced effectively, but the paragraph could benefit from greater specificity regarding which cognitive strategies are most maladaptive in BED.

The definition of emotion regulation in this paragraph is sound but could be expanded to better explain the role of emotional dysregulation in eating disorders.

The explanation of coping styles is somewhat brief. A more thorough examination of how problem-focused, emotion-focused, and avoidance coping strategies interact with binge eating behaviors would strengthen this section.

Response: Revised and uploaded the manuscript.

1.2. Reviewer 2

Reviewer:

The citation of Maher et al. (2022) is crucial for grounding the discussion in contemporary research. However, it would be helpful to elaborate on the specific contributions of this study to provide context for readers. For instance, what aspect of eating disorders does this study address? Is it related to treatment, diagnosis, or symptomatology?

While the paragraph correctly introduces DSM-5 classifications, the transition between anorexia nervosa, bulimia nervosa, and binge-eating disorder (BED) could be smoother. The abrupt shift to BED without an explanation of its distinguishing features from the other two disorders may confuse readers.

In discussing body-checking behaviors, the use of the phrase "essentially the beginning of cognitive distortions" is somewhat imprecise. Body-checking behaviors are better described as both a consequence and a reinforcing factor of cognitive distortions.

The sentence, "Body-checking behaviors resemble obsessive acts in which the individual avoids addressing the root cause of their distress through mental preoccupation with body shape and size," could be clearer. It is currently a bit difficult to parse the relationship between body-checking and avoidance.

The discussion of the relationship between body dissatisfaction and psychological disorders (e.g., depression, anxiety, eating disorders) is crucial, but it would benefit from further exploration of how body dissatisfaction contributes to the development or maintenance of these conditions.

The discussion on the conceptual framework of body image could include more detail on how the cognitive-affective and perceptual dimensions interact in individuals with eating disorders.

In discussing the role of coping strategies, the sentence, "Coping requires effort and planning, and the final outcome of coping responses is not always positive," could be expanded. The relationship between coping and binge eating is complex, and this sentence oversimplifies the dynamics at play.

The reference to "social life" overshadowing the use of emotions is somewhat unclear. It would be beneficial to explain the impact of modern societal expectations on emotional regulation and eating behaviors.

The statement regarding BMI as a predictive factor for eating disorders is relevant but needs clarification. The suggestion that BMI could "trigger the pathophysiology of anorexia nervosa" requires further elaboration to avoid confusion.

Response: Revised and uploaded the manuscript.

2. Revised

Editor's decision after revisions: Accepted.

Editor in Chief's decision: Accepted.