

## IMPULSIVITY AND REWARD-RELATED EATING IN OBESITY: IS PREMEDITATION A DETERMINING FACTOR?

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**BACKGROUND AND AIM:** Obesity is a disease with increasing prevalence that negatively affects quality of life, shortens life expectancy, and poses a threat to public health. Previous studies have shown that increased impulsivity in individuals with obesity makes it harder to control eating behavior. However, studies evaluating impulsivity and reward-related eating together are limited. This study aims to examine the relationship between obesity, impulsivity, and reward-related eating.

**METHODS:** A total of 46 obese individuals evaluated before bariatric surgery at the Consultation- Liaison Psychiatry Clinic of Selçuk University Faculty of Medicine between January 1, 2024, and January 1, 2025, were included in the study. As part of the routine assessment battery for bariatric surgery candidates, participants completed the Sociodemographic Data Form, Reward-Related Eating Scale (RED-13), and UPPS-P Impulsive Behavior Scale. This study presents preliminary findings from an ongoing research project. Statistical analyses were performed using SPSS. The study was approved by the Ethics Committee (Approval number: 2025/56).

**RESULTS:** Among the participants, 73.9% were female (n = 34), with a mean age of 32.35±9.53 years and a mean BMI of 41.90±6.95. Of the participants, 58.7% (n=27) were morbidly obese, and 39.1% (n = 18) had a history of psychiatric disorders. The analyses revealed no significant relationship between the RED-13 and the total UPPS-P score (p=0.880); however, a significant positive correlation was found between the RED-13 and the UPPS-P premeditation subscale (r=0.29; p=0.049).

**CONCLUSIONS:** Findings suggest that impulsivity and reward-related eating levels may play a crucial role in the assessment of individuals with obesity. In particular, impairments in the “premeditation” dimension of impulsivity may lead to an increased tendency to engage in reward-related eating by disregarding long-term consequences, thereby elevating the risk of obesity. Further studies with larger sample sizes are needed to better elucidate these relationships.

**Keywords:** Obesity, impulsivity, reward-related eating