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Hunger is widely regarded as a biological mechanism that allows us to maintain a steady energy balance (homeostasis). The remarkable prevalence of obesity and disordered eating around the world, however, suggests that there may be more to appetite regulation than simply eating when hungry and stopping when full. The overarching objective of this project is to explore the biological, psychological, and social factors that contribute to this discrepancy. It will primarily focus on the interfering role that higher order cognitive functions, specifically episodic memory, may have in overriding homeostatic appetite regulation in populations who either over or under-eat.