Eating behaviors
- unhealthy versus healthy eating behaviors
- disinhibited or bulimic eating behaviors versus high perceived self-efficacy
- unsuccessful versus successful weight control
- more drop-out versus greater engagement and persistence in treatment

Approach to eating regulation
- rigid versus flexible approach
- avoidance versus approach orientation
- quantity versus quality

Need-thwarting versus satisfying experiences during eating regulation
- feeling pressure versus volition or choice to regulate eating behaviors
- feeling unable versus able to regulate eating behaviors
- feeling unsupported or competition versus supported in eating regulation

WHY
Controlled versus autonomous eating regulation

WHAT
Appearance-focused versus health and well-being-focused eating regulation

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