

Links to various web sources

Related to Dec 2nd Fireside Chat presentation: *"Shifting the weight"*

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Children:

Body mass correlates inversely with inhibitory control in response to food among adolescent girls: an fMRI study :

<http://www.ncbi.nlm.nih.gov/pmc/articles/PMC2910204/pdf/nihms208951.pdf>

Low inhibitory control and restrictive feeding practices predict weight outcomes:

<http://www.ncbi.nlm.nih.gov/pmc/articles/PMC2764786/pdf/nihms115411.pdf>

Association between inhibitory control capacity and body weight in overweight and obese children and adolescents: dependence on age and inhibitory control component:

<http://www.tandfonline.com/doi/pdf/10.1080/09297049.2010.485980>

Behavioural and neural correlates of delay of gratification 40 years later:

<http://www.pnas.org/content/early/2011/08/19/1108561108.full.pdf+html>

'willpower' over the life span:

<http://scan.oxfordjournals.org/content/early/2010/09/18/scan.nsq081.full.pdf+html>

Adults:

The right brain hypothesis for obesity:

<http://www.ahealthymind.org/ans/library/Right%20Brain%20obesity%20Alonso-Alonso%2007.pdf>

Wait for it! A twin study of inhibitory control:

http://psych.colorado.edu/~carey/Courses/PSYC5112/Readings/inhibitions_gagne.pdf

The strength model of self-control:

<http://bama.ua.edu/~sprentic/101%20Baumeister%20et%20al.%202007-self%20control.pdf>

Control yourself or just eat what you like? Weight gain over a year is predicted by an interactive effect of response inhibition and implicit preference for snack foods:

http://faculty.chicagobooth.edu/wilhelm.hofmann/publications/Nederkoorn%20et%20al_2010_control%20yourself_health%20psychology.pdf

Evidence of gender differences in the ability to inhibit brain activation elicited by food stimulation: <http://www.pnas.org/content/early/2009/01/21/0807423106.full.pdf>

The behavioral economics and neuroeconomics of reinforcer pathologies: implications for etiology and treatment of addiction. (no online pdf available)

Cognitive neuroscience of self-regulation failure:

http://www.dartmouth.edu/~thlab/pubs/11_Heatherton_Wagner_TICS15.pdf

Resisting tempting foods and smoking behaviour: implications from a self-control theory perspective:

<http://www.ncbi.nlm.nih.gov/pmc/articles/PMC2736876/pdf/nihms122254.pdf>

Self-control relies on glucose as a limited energy source: willpower is more than a metaphor:

<http://www.fed.cuhk.edu.hk/~lchang/material/Evolutionary/Brain/Self-control%20relies%20on%20glucose%20as%20a%20limited%20energy%20source%20willpower%20is%20more%20than%20a%20metaphor.pdf>

The Physiology of Willpower: Linking Blood Glucose to Self-Control:

http://addictionintegratedrecovery.weebly.com/uploads/2/4/0/2/2402877/physiology_of_willpower.pdf

Self-regulation and depletion of limited resources: does self-control resemble a muscle

<http://www.ncbi.nlm.nih.gov/pubmed/10748642>

Inhibiting food reward: delay discounting, food reward sensitivity, and palatable food intake in overweight and obese women:

<http://www.lowelabs.com/publications/Appelhans%20Inhibition%20and%20Food%20Reward%20-%20Obesity%20-%202011%20-%20in%20press.pdf>

Differential functional magnetic resonance imaging response to food pictures in successful weight-loss maintainers relative to normal-weight and obese controls:

<http://www.ajcn.org/content/early/2009/08/12/ajcn.2009.27924.full.pdf+html>