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## Abstract

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**Contributions of Grit and Reward and Punishment Sensitivity to Dietary Restriction in  
Anorexia Nervosa**

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**Reward anard**

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**Punishment Sensitivity and Habit Strength**

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**Grit**

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**Participants**

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**Procedure**

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## Analyses

( (61) .03, .83), ( (61) -.09,  
 .88), ( (61) -.12, .83). ( (61)  
 .03, .37 . ( (61)  
 ( (61) -.61, .001) ( (61) -.54, .001)  
 ( (61) -.47, .001).  
 ( (61) .28, .03),  
 ( (61) .33,  
 .01), ( (61) .20, .11)  
 ( (61) .06, .67).

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(2017)



**Table 1**

N	%	M
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	1	1.60%		
	1	1.60%		
	1	1.60%		
	63	100%	17.68	7.24
<b>Body Mass Index</b>	63	100%	25.53	7.40
( < 18.5)	8	12.70%		
(18.5-24.9)	29	46.00%		
(25.0-29.9)	13	20.60%		
( >= 30)	13	20.60%		
<b>Other Reported Psychiatric Disorders</b>				
	34	53.97%		
	29	46.03%		
	6	9.52%		
	8	12.70%		
	5	7.94%		
	5	7.94%		
	2	3.17%		
	2	3.17%		

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**Table 2**

<b>Measures</b>	<b>M</b>	<b>SD</b>	<b>Cronbach's Alpha</b>
-	3.60	.93	.88
-	3.22	.76	.73
	25.62	7.96	.85
	39.06	7.10	.87
	11.38	2.94	.78
	44.51	9.61	.93
	18.75	5.65	.86
-	15.22	3.74	.88
-	14.78	4.02	.84

**Table 3**

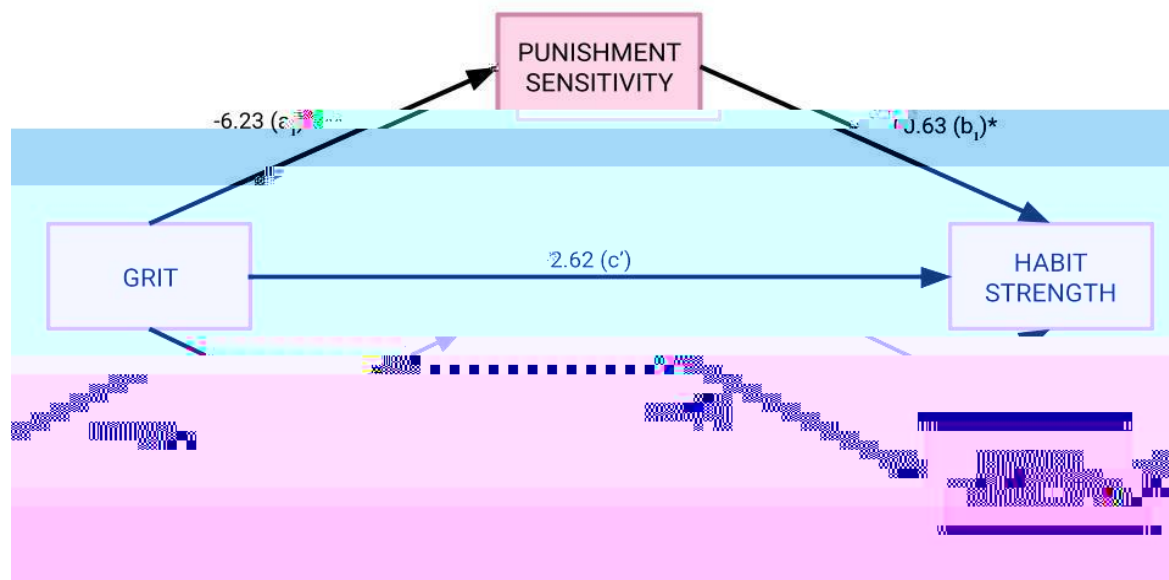
	1	2	3	4	5	6	7	8
<b>1. Grit (Full)</b>								
<b>2. Grit Effort</b>	.778**							
<b>3. Grit Interest</b>	.856**	.341**						
<b>4. Punishment Sensitivity</b>	-.610**	-.544**	-.465**					
<b>5. Reward Sensitivity</b>	0.208	.275*	0.09	-0.191				
<b>6. Cognitive Restraint</b>	.011	-0.02	0.03	0.202	.256*			
<b>7. Habit Strength</b>	-.075	-0.03	-0.09	.332**	0.042	.479**		
<b>8. Dietary Restriction</b>	.028	0.03	0.02	0.055	.274*	.376**	.283*	
<b>9. Eating Disorder Questionnaire</b>	-.116	-0.10	-0.09	.348**	0.091	.549**	.422**	.258*



**Table 5**

<b>Model 6</b>				.360
	.22	.11	.21	
	.11	.09	.14	
	1.08	.29	.44	

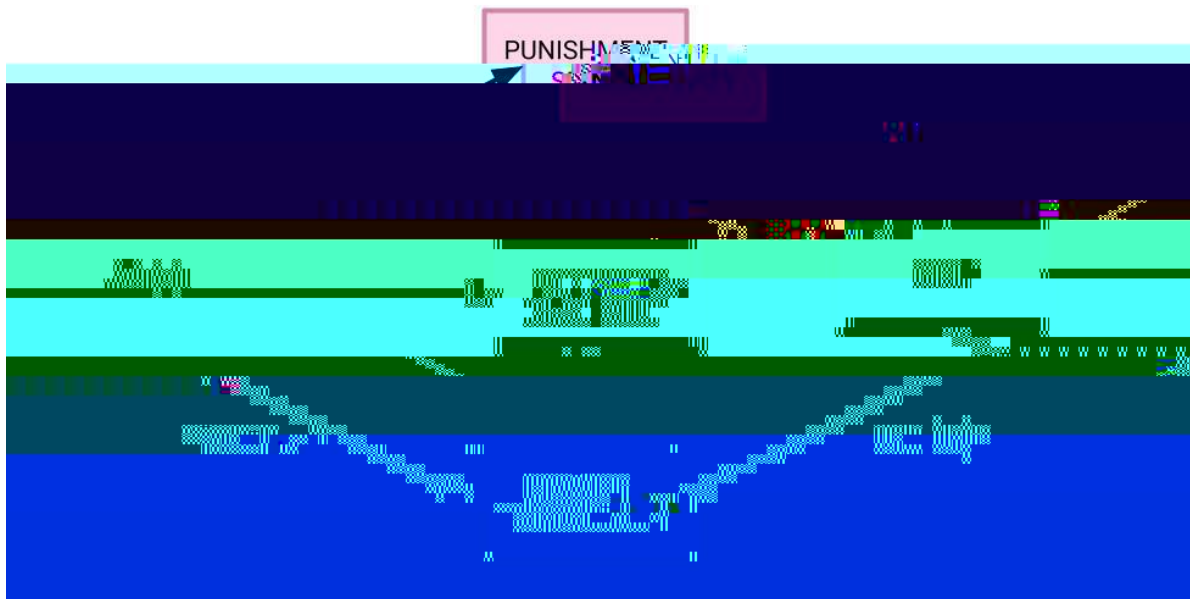
Figure 1



\*\* .001

\* .05

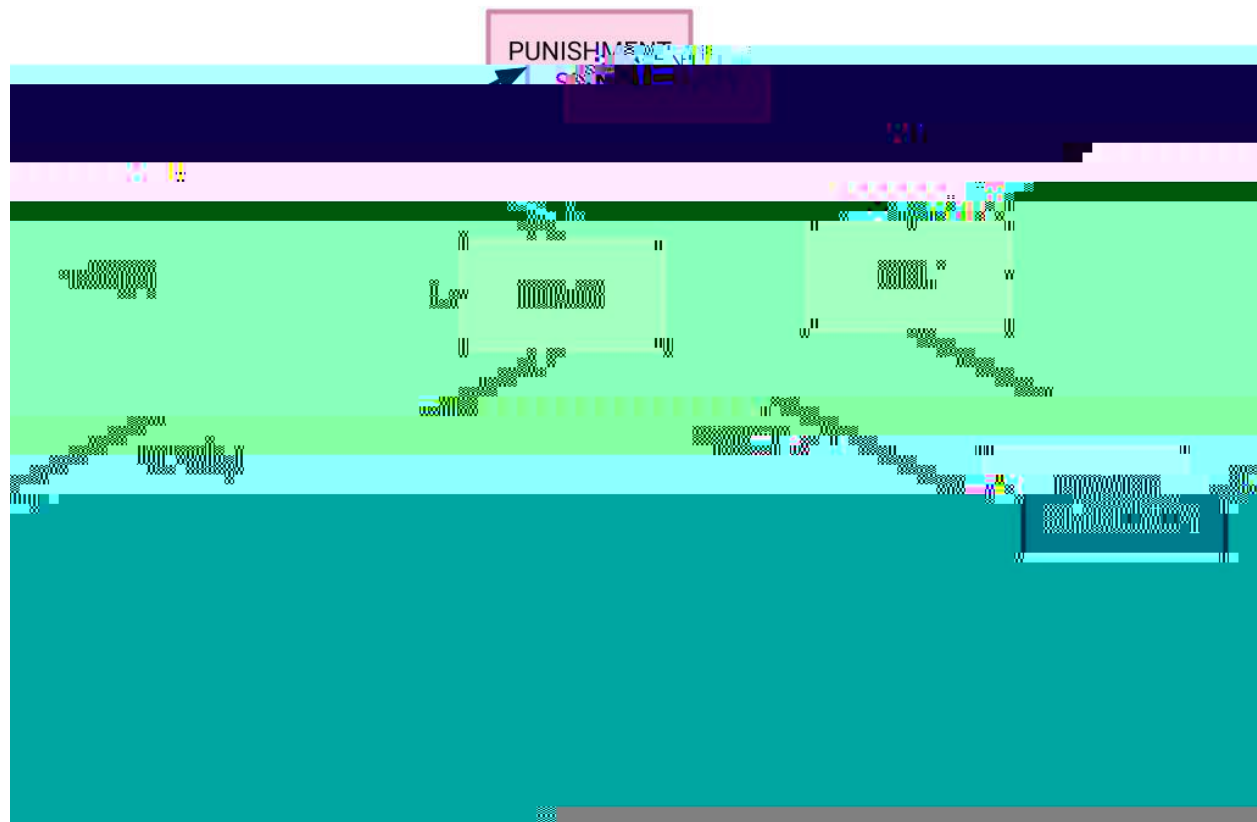
Figure 2



\*\* .001

\* .05

Figure 3



\*\* .001

\* .05

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**Appendix B - Eating Pathology Symptom Index (CR and DR**

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- 37.
- 38.
- 39.
- 40.
- 41.
- 42.

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### Appendix C - Self Report Habit Index

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( , ) ,

- 1.
- 2.
- 3.
- 4.

**Appendix D - Eating Disorder Examination Questionnaire**  
**EATING DISORDER EXAMINATION QUESTIONNAIRE - SHORT (EDE-QS)**

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0	1-2	3-5	6-7

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2. ( . ., 8 )



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**Scoring:**

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              4  
              3  
              2  
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2.           1, 3, 5     6,  
              1           .  
              2  
              3  
              4  
              5

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**Appendix F - Frost Multidimensional Perfectionism Scale – Brief (FMPS; Frost et al., 1990; Burgess et al., 2016).**

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2, 4, 5, 7

1, 3, 6, 8

**Appendix G - Consent**

**Appendix H - Demographic Form**

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**Appendix I - Feedback Form**

1 (888) 375-7767  
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1 (866) 662-1235

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**If you are in crisis, please call or text Suicide and Crisis Lifeline: 988  
&  
741-741.**

