

# Examining the Moderation and Mediation of Socioeconomic Status Between Childhood Trauma and Emotion Dysregulation



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## Background

- Extensive body of literature has reported **college students with childhood maltreatment tend to avoid emotions** on a daily basis.
- Socioeconomic Status (SES)** indirectly affect **college students' well-being**, resulting in worse sleep quality and higher symptoms of depression.
- Literature has also found **an association between childhood maltreatment and eating disorder (ED) pathology**, including AN, Binge-eating disorder (BED), and BN.

### Primary Aim:

- Students from low-income backgrounds with childhood maltreatment will show greater emotion dysregulation compared to higher SES students.
- Childhood maltreatment and eating disorder symptoms will be mediated by emotion dysregulation.

## Methods

Participants ( $N = 472$ ) :

- Completed an eligibility screener. The criteria to participate in the study were 1) Primary language to be English; 2) Within the ages of 18-22 years old.
- Completed an online self-reported questionnaire, researchers asked questions relating to childhood maltreatment, demographics, eating behaviors, food insecurity, and emotion regulation.
- Researchers conducted a moderation and mediation regression analyses using data analytic software, SPSS.

## Results

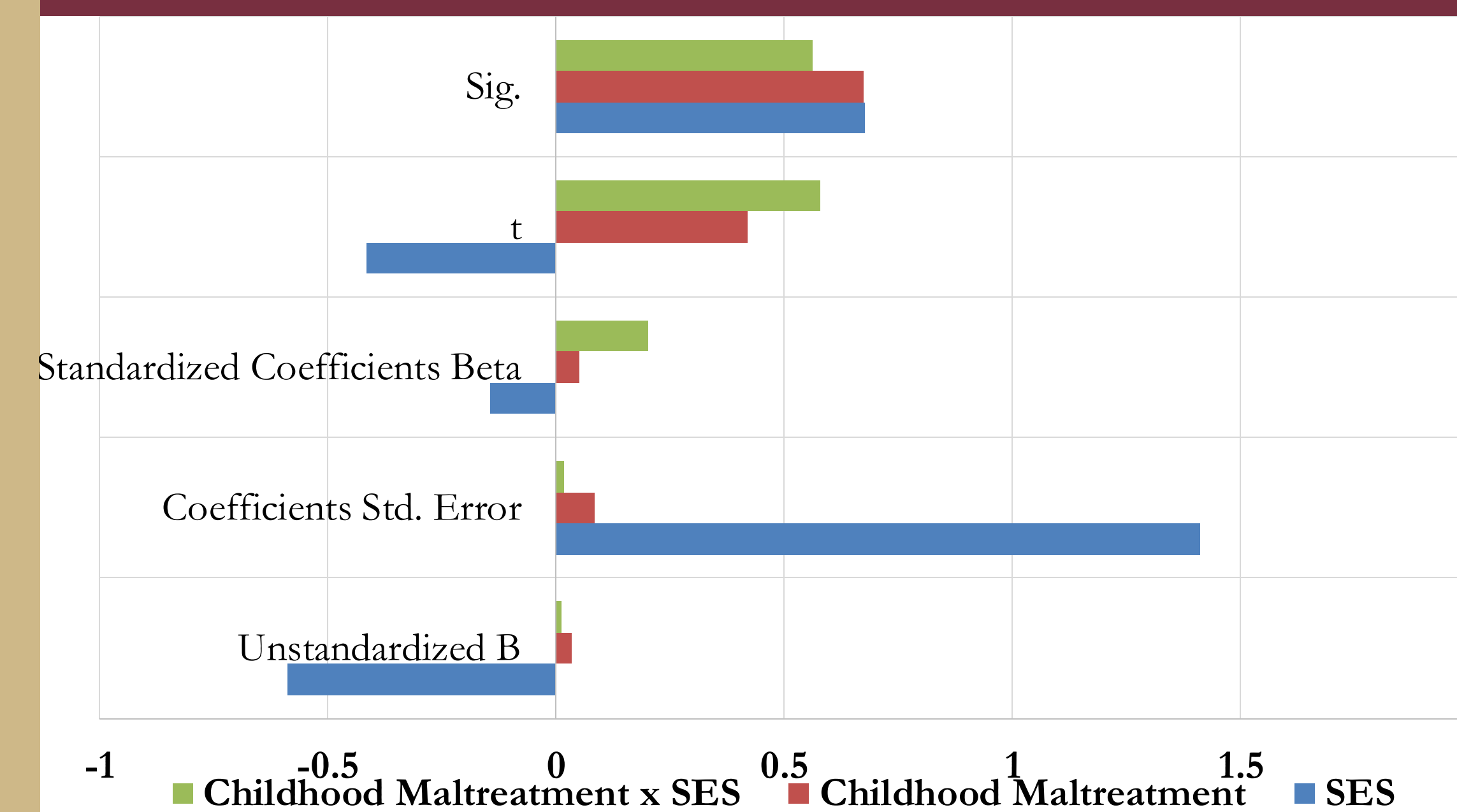
### Hypothesis 1:

- The **interaction of SES with childhood maltreatment in predicting emotion dysregulation Cognitive Reappraisal (CR)** was **insignificant** ( $B = -0.58, p > .06$ ).
- The **interaction of SES with childhood maltreatment and emotion dysregulation Expressive Suppression (ES)** found to be **insignificant** ( $B = -0.52, p > .955$ ).
- Childhood Maltreatment x SES Interaction** is **not significant** ( $B = .011, p > .56$ )

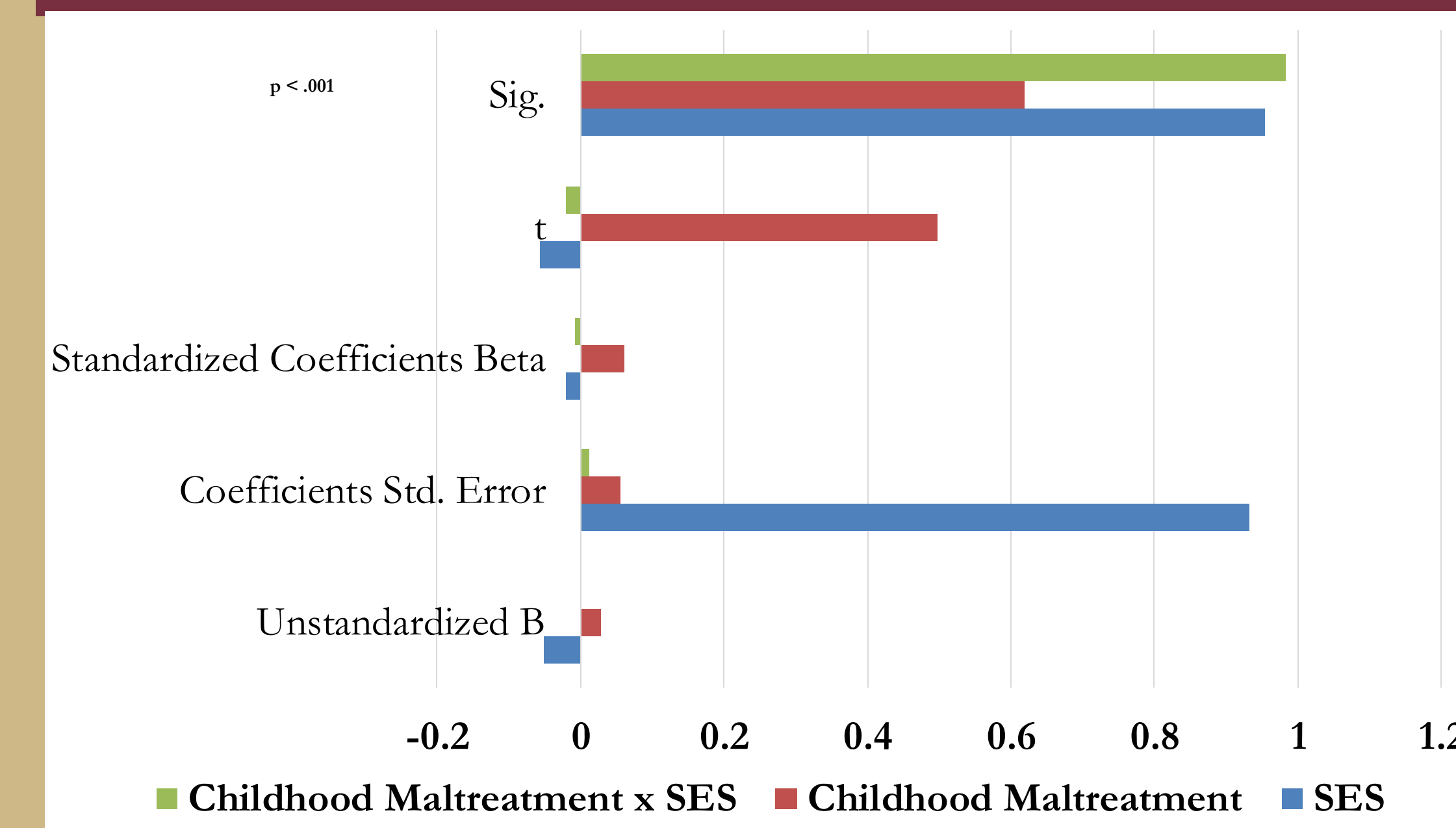
### Hypothesis 2:

- Mediation analysis between **CR and eating disorders** found to be **statistically insignificant** ( $p > .038$ ).
- Mediation analysis between **ES and eating disorders** found to be **statistically significant** ( $p < .021$ ).

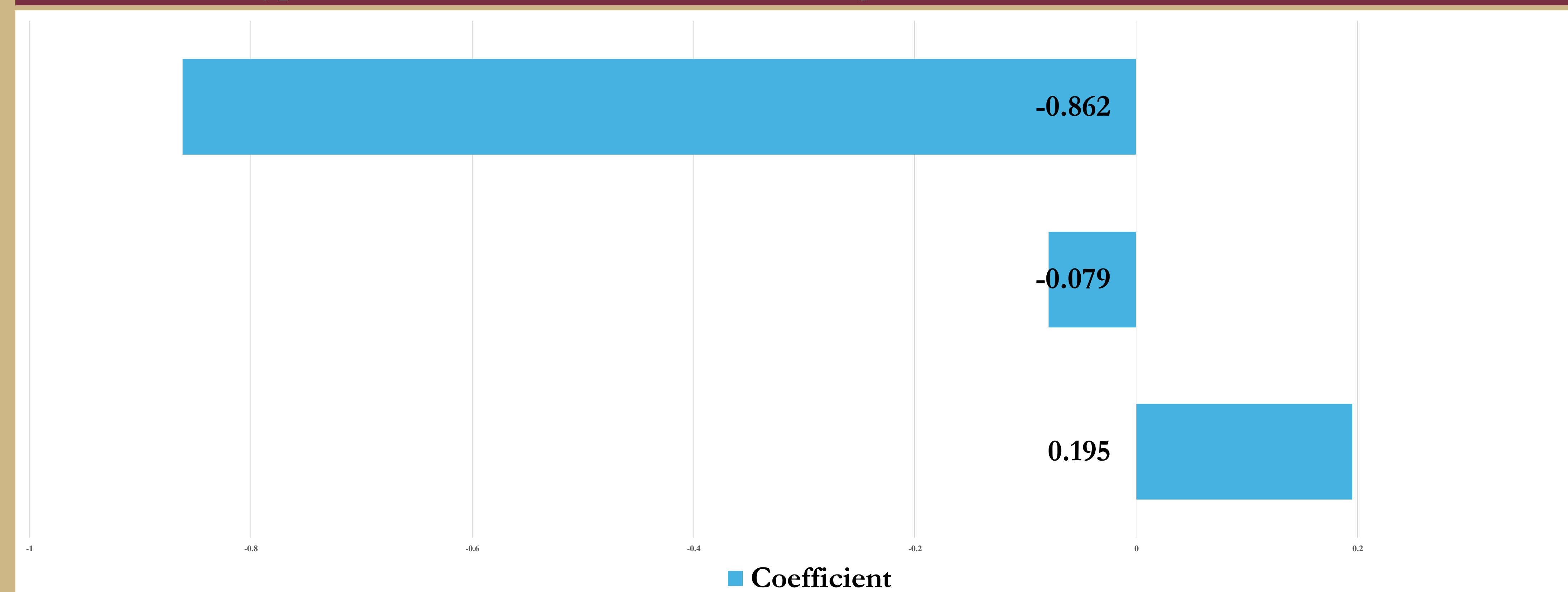
## Hypothesis One: The Role of SES as a Moderator Between CR and Childhood Maltreatment



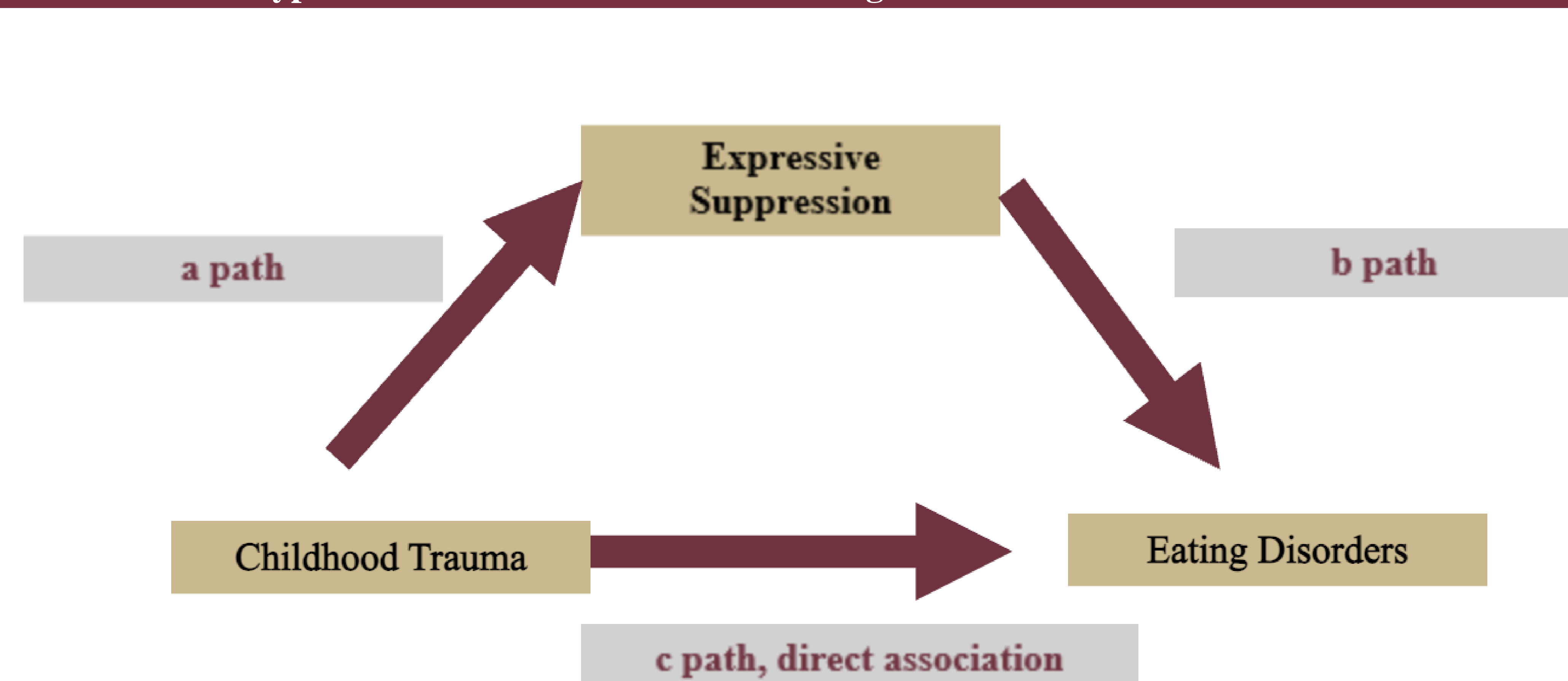
## Hypothesis One: The Role of SES as a Moderator Between ES and Childhood Maltreatment



## Hypothesis Two: The Role of CR Mediating Childhood Maltreatment and ED.



## Hypothesis 2 – The Role of ES Mediating Childhood Maltreatment and ED.



## Conclusion

- SES is not a moderating factor** when accounting for childhood maltreatment and emotion dysregulation.
- Emotion dysregulation is indirectly associated with eating disorder symptoms** when considering an individual's childhood maltreatment.
- Cognitive Reappraisal** as emotion regulation is **not associated with eating disorder symptoms** within the college population.
- Expressive suppression** as emotion regulation is **strongly correlated with eating disorder symptoms** within the college population, especially **when accounting for childhood maltreatment**.

## Future Directions

- Critical to examine specific factors that may be causing a link between childhood maltreatment and eating disorders, such as emotion dysregulation.
- Conducting a behavioral study to examine these findings more closely will help identify the patterns of emotion dysregulation that impact eating disorders.**
- Answering gaps in literature relating to emotion dysregulation and eating disorders can improve eating disorder treatment for future patients.

## Acknowledgments

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## References

