STUDY 2

- **Participants:** N = 69 men (n = 16) & women (n = 53) undergraduates ages 18-30
- **Measures:**
  - Unpredictability Schema (α = .78)
  - BAQ (α = .69)
  - Mindful Eating (α = .78; Framson, Kristal, Schenk, Littman, Zeliadt, & Benitez, 2009)
  - Eating in the Absence of Hunger (α = .91; Tankofsky-Kraff et al., 2008).

STUDY 3 CONTINUED

- **Participants:** N = 353 men (n = 154) & women (n = 199) undergraduates ages 18-30
- **Measures:**
  - Childhood SES (α = .80; Griskevicius et al., 2011)
  - Childhood Household Unpredictability (α = .74; Mittal et al., 2015)
  - Parenting Inconsistency (α = .68)
  - Neighborhood Quality (α = .72)
  - Unpredictability Schema (α = .79; Cabeza de Baca et al., 2016)
  - Body Awareness Questionnaire [BAQ] (α = .85; Shields, Mallory, & Simon, 1989).

- **Measures:**
  - Processed individually under consumer taste test ruse
  - Measured blood glucose
  - Engaged in consumer taste test and rating paradigm
  - Measured weight of foods (mini chocolate-chip cookies & pretzels)
  - Converted grams consumed to total calories consumed

- **Measures:**
  - Biometrics (height, weight, calculated BMI) (α = .80; Griskevicius et al., 2011)
  - Unpredictability Schema (α = .79; Cabeza de Baca et al., 2016)
  - Body Awareness Questionnaire [BAQ] (α = .85; Shields, Mallory, & Simon, 1989)
  - Product Liking

DISCUSSION

- Findings lend support for the adaptive calibration model of life history theory, indicating that predictability of childhood environment is important for:
  - Development of unpredictability schema
  - Body Awareness
  - Energy regulation

- Unpredictability schema may be novel risk factor for lowered body awareness and dysregulated eating behavior