

A Longitudinal Examination of the Interpersonal Model of Binge Eating in Australian Adolescents

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**Background:** The interpersonal model of binge eating proposes that interpersonal problems lead to depression, which in turn results in bulimic behaviour. Few studies, however, have examined the model empirically.

**Objective:** To test the original interpersonal model of binge eating longitudinally and a revised version of the model in which depression mediates the relationship between bulimic behaviour and interpersonal problems.

**Method:** 1453 (702 females) participants from the Australian Temperament Project (ATP) were assessed across five time points (T1-T5). Interpersonal problems were drawn from parent and self-reported questionnaires at T1 and T5. Data on depression was taken from self-reports at T2 and T4 and data on bulimic behaviour was taken from self-report at T3.

**Results:** An acceptable fit for both models was obtained through Structural equation modelling (SEM). Depression mediated the relationship between interpersonal problems and bulimic behaviour in both models. [See Figure 1 (original model) and Figure 2 (revised model)].

**Conclusions:** The results provide longitudinal support for the interpersonal model of binge eating and initial evidence for a new version of the model, offering important insights into the role of interpersonal problems in the development and maintenance of bulimic pathology.

Figure 1: Mediation model for the original interpersonal model with standardised regression coefficients

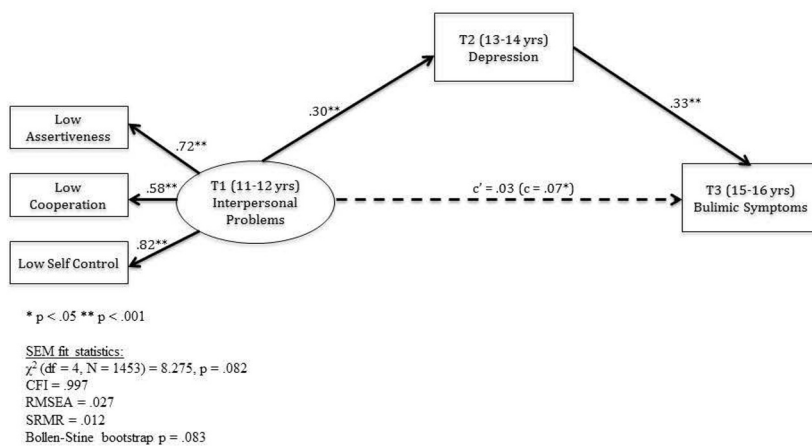


Figure 2: Mediation model for revised version of interpersonal model with standardised regression coefficients

