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Título	Reinforcement Sensitivity Personality Factors, BMI, and Lack of Inhibitory Control as Predictors of Trait Food Craving
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Resumo	The present work aimed to test how reinforcement sensitivity theory (RST) personality factors predict the intense desire to eat known as trait food craving (FC). A nonclinical sample
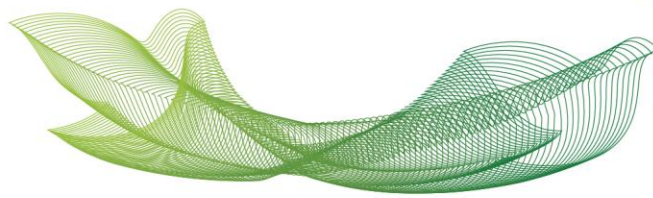
of 208 adults (18–30 years old) of both sexes participated in the study. Participants answered online questionnaires assessing sociodemographic data (BMI), RST personality factors (BIS/BAS scales), impulsivity (BIS-11), and distress symptoms (DASS-21). We tested a path analysis model with RST factors as the main predictors, impulsivity (Barratt-11) and distress (DASS-21) as mediators, and sex and body mass index (BMI) as covariates. The path analysis model explained 22.3% of the trait FC variance. BMI and BIS factor (punishment sensitivity) predicted trait FC directly. Mediation effects were also observed. Lack of inhibitory control mediated the effects of BMI, BAS-Fun Seeking, and BIS on trait FC variance. The findings suggest trait FC is influenced mainly by BMI, BIS, and lack of inhibitory control. RST factors and BMI were unrelated in this study, but both seem to predict trait FC. We discuss how reward and punishment sensitivity, BMI, and impaired
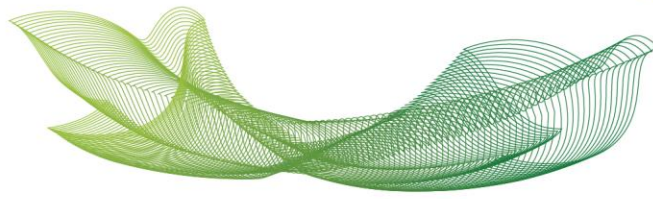
inhibitory control might
influence the learning of
craving reactions to food.

Fomento