**Comfort Food and Stress (Dessert)**

The purpose of this activity is to further explore the role of stress in determining patterns of eating.

To prepare, students read a scholarly reference on the topic of stress and eating, for example:

Masih, T., J.A. Dimmock, E.S. Epel & K.J. Guelfi (2017), ‘Stress-induced eating and the relaxation response as a potential antidote: A review and hypothesis’ *Appetite,* 118: 136-143.

Next, students discuss ways that researchers should account for stress in the study of eating. Consider posing the following prompts:

* How is stress operationalized in differently with human participants versus animal subjects?
* Can researchers control the variable of stress in their participants?
* How might a clinical researcher incorporate the variable of stress into their researcher? Why might their perspective be different than a non-clinical researcher?
* Identify and describe the potential solutions to stress-induced eating. Who might benefit from these practices?