**Disgust**

This exercise aims to explore more about disgust generally and students’ propensity for food disgust.

1. *Disgust*

Dr. Jonathan Haidt’s webpage contains access to the Disgust Scale (DS) and a brief introduction to disgust as an emotion broadly: <http://people.stern.nyu.edu/jhaidt/disgustscale.html>. Its contents might help set the stage for a discussion of disgust as related to food:

1. *Disgust related to food*

* Students can measure their propensity for disgust, based on the Food Disgust Scale (FDS) related to food through the following link: <https://www.idrlabs.com/food-disgust/test.php>
* There now is a Food Disgust Picture Scale (FDPS):   
  Ammann, J., Hartmann, C., & Siegrist, M. (2018). Development and validation of the food disgust picture scale. *Appetite*, *125*, 367-379.

Recommended assignment/exercise:

* Discuss the concept of disgust with students. What does it involve? How do they know when they are experiencing disgust?
* Encourage them to take Haidt’s online version of the Disgust Scale (DS) to measure their tendency to become disgusted in various domains.
* Ask students to share their scores and whether their outcomes are unexpected. Ask more specifically about the domain of food or consumption.
* Then encourage students to complete the online Food Disgust Scale (FDS).
* Discuss with students the similarities of the two scales and ask them to compare and analyze their scores.
* Moderate a culminative discussion about food disgust, its origins, and whether they can do anything to alter their food disgusts. Use concepts from the learning chapter to address this latter question. Consider the following references in which the impact of cancer treatment and food deprivation increase and decrease food disgust, respectively:
  + Skolin, I., Wahlin, Y. B., Broman, D. A., Hursti, U. K. K., Larsson, M. V., & Hernell, O. (2006). Altered food intake and taste perception in children with cancer after start of chemotherapy: perspectives of children, parents and nurses. *Supportive care in cancer*, *14*(4), 369-378.
  + Hoefling, A., Likowski, K. U., Deutsch, R., Häfner, M., Seibt, B., Mühlberger, A., ... & Strack, F. (2009). When hunger finds no fault with moldy corn: Food deprivation reduces food-related disgust. *Emotion*, *9*(1), 50.

**Related references:**

Ammann, J., Hartmann, C., & Siegrist, M. (2018). Development and validation of the food disgust picture scale. *Appetite*, *125*, 367-379.

Ammann, J., Hartmann, C., & Siegrist, M. (2018). Does food disgust sensitivity influence eating behaviour? Experimental validation of the Food Disgust Scale. *Food Quality and Preference*, *68*, 411-414.

Anderson, L. M., Berg, H., Brown, T. A., Menzel, J., & Reilly, E. E. (2021). The Role of Disgust in Eating Disorders. *Current Psychiatry Reports*, *23*(2), 1-12.

Egolf, A., Siegrist, M., Ammann, J., Pacheco-López, G., Etale, A., & Hartmann, C. (2019). Cross-cultural validation of the short version of the Food Disgust Scale in ten countries. *Appetite*, *143*, 104420.

Haidt, J., McCauley, C., & Rozin, P. (1994). Individual differences in sensitivity to disgust: A scale sampling seven domains of disgust elicitors. *Personality and Individual differences*, *16*(5), 701-713.

Hartmann, C., & Siegrist, M. (2018). Development and validation of the Food Disgust Scale. *Food Quality and Preference*, *63*, 38-50.