



# A Scoping Review of Methods to Assess Ambivalence Towards Food and Diet

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## Background

Attitudes towards food and diet-related objects are often ambivalent (i.e., simultaneously positive and negative), which can lead to behavioral inertia. Thus, the assessment of ambivalence towards food and diet-related objects can be important when studying determinants of eating behaviors or planning behavioral interventions.

## Objective

Mapping and describing the different methods and tools available to assess, measure, or classify the ambivalence of participants towards food and diet-related attitude objects.



## Methods

JBI Methodology for Scoping Reviews

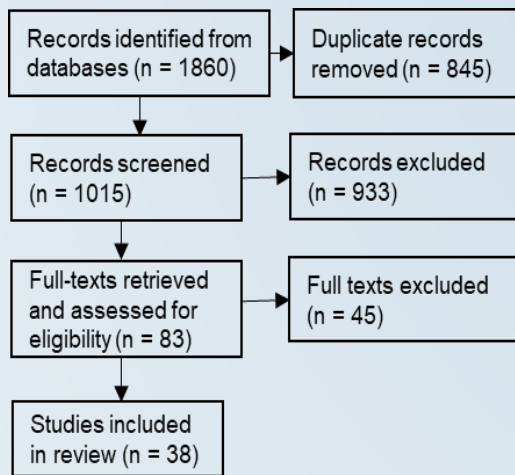
6 electronic databases

Inclusion: Peer-reviewed studies that assessed, measured or classified ambivalence towards:



- A specific food or beverage;
- Eating behavior or dietary pattern;
- Changing dietary behaviors;
- Receiving nutrition counseling.

## Identification of studies



Most studies included participants from Europe (n = 32) or North America (n = 5).

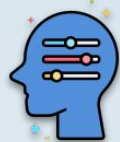
## Main findings

Authors differentiate between three types of ambivalence:



- Potential ambivalence (objective, structural): simultaneous presence of positive and negative attitudes;
- Felt ambivalence (subjective, experienced): feelings of conflict, indecisiveness, feeling torn or divided;
- Cognitive-affective ambivalence: mismatch between cognitive beliefs and emotions.

16 methods to assess ambivalence identified, three of which were most frequently employed across studies:



- Griffin Index (Thompson et al., 1995) (n = 16);
- Subjective Ambivalence Questionnaire (Priester & Petty, 1996) (n = 4);
- Orientation to Chocolate Questionnaire - OCQ (Cartwright et al., 2007) (n = 3).

## Conclusion

This Scoping Review mapped and described different methods available in the literature to assess, measure, or classify different types of ambivalence that are applicable to food and diet-related objects, providing researchers with an array of options to choose from.

## Acknowledgements

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