

John Guest Phillips Memorial Travelling Scholarship 2018/2019 Report by Chris McLeod

This scholarship was used to spend time at the Nutrition and Eating Behaviour Unit at Bristol University to develop and support a collaborative research project. Having now completed the current stage of the project, for which the scholarship was attained to support, I am grateful to say that the collaboration was a great success.

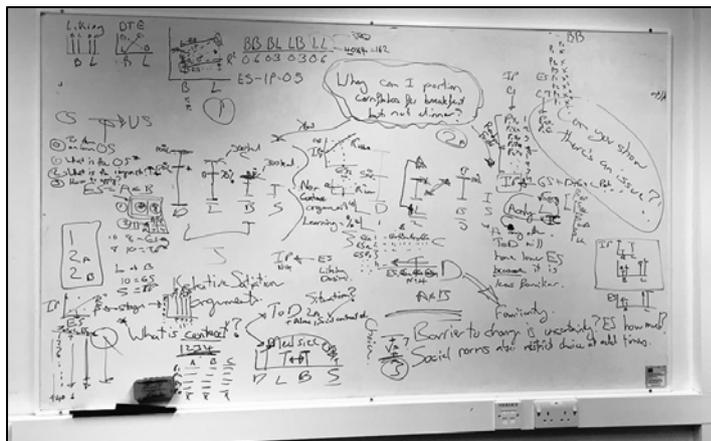
The research project on which I was collaborating surrounded the idea that context may influence our expectations about how much food is selected to stave off hunger. Previous work has shown that a wish to stave off hunger is an important factor people consider when selecting portion sizes at mealtimes. Moreover, once a food has been consumed more than once, an idea about the satiating abilities of a food and/or portion is formed. This learned information then influences our thoughts, food choices and portion selections upon subsequent deliberation over which food to select for a meal, and in what quantity. However, limited work had looked at how satiety expectations (coined 'expected satiety'), and its correspondence with portion size selection, are influenced by the context in which the food is presented. We questioned whether the expected satiety of a food would be different when a food is placed in an 'unusual' context. For example, when a lunch food (e.g., pasta) is presented to someone at breakfast time, would expected satiety play as influential a role in portion selection compared to when the same food is presented in a more usual context (e.g., pasta presented at lunch time)?

By collaborating with Professor Jeff Brunstrom (one of the top academics in the world for this area of research) at the Bristol Nutrition and Eating Behaviour Unit, a computer program was designed to test this research question. After study conceptualisation, methodological testing and data collection, our results suggested that expected satiety does not have as strong an influence on portion selection when food is presented in an unusual context. Furthermore, in such contexts, smaller portions were selected 1) to stave off hunger until the next meal and 2) as ideal portions compared to in more usual meal contexts.

With the collaborative research centres (Loughborough and Bristol) being relatively far apart in the UK, further travel and accommodation was necessary to ensure that the final manuscript write-up was

discussed and agreed by all parties. On my last visit to Bristol, I stayed for three days and completed 12-to-15-hour days, contemplating the results and future directions with Professor Brunstrom. After this final visit, the manuscript write-up was completed. To satisfy the intentions of this current stage of our collaboration, the manuscript write-up was sent to the journal 'Appetite' and, on 3rd December 2019, the paper was accepted for publication in the journal (<https://doi.org/10.1016/j.appet.2019.104550>).

This is my first publication as first author. Without the scholarship I would not have been able to collaborate with Professor Brunstrom in this way and, thus, I would not have been able to complete this paper as effectively. I am extremely grateful for being awarded this scholarship so that I could complete this stage of the project with such tangible fruition. Now we are currently working on a future research study together, after our discussions in Bristol brought to light other ideas to explore, and we will hopefully produce another publishable research paper in 2020.



Professor Brunstrom and my notes and contemplations at Bristol Nutrition and Eating Behaviour Unit.



The header for the published manuscript from the collaboration.