

# Weight Gain Tied To Personality Changes, Impulsivity: Study

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Your weight may be linked with your personality, according to a new study published in the [journal Psychological Science](#).

Researchers from the Florida State University College of Medicine and the National Institutes of Health found that people who have [experienced weight gain](#) were more likely to be both impulsive *and* deliberate in their actions.

"If [mind and body are intertwined](#), then if one changes the other should change too," study researcher Angelina Sutin, of the Florida State University College of Medicine, said in a statement. "That's what our findings suggest."

The study included data from the Baltimore Longitudinal Study of Aging and the Baltimore Epidemiologic Catchment Area study, which together included more than 1,900 study participants. Researchers analyzed their body weight and personality traits at the beginning and end of a decade-long period.

They found an association between having a 10 percent weight increase and an increase in the personality trait of impulsiveness (meaning they are likely to give in to temptations), as well as an increase in the personality trait of deliberation (meaning they are likely to think about what they are doing before they do it).

Similarly, a 2011 study in the Journal of Personality and Social Psychology showed that [Type A personalities](#) are at greater risk of having a high BMI, while people who are impulsive shoppers are more likely to be weight cyclers (going through continual periods of weight gain and loss).