

‘Weight gain can cause personality changes’

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People are more likely to give into temptations and become more thoughtful after gaining a few kilos, a new study has found.

Angelina Sutin of the Florida State University College of Medicine and colleagues at the National Institutes of Health (NIH) examined data to understand the link between body weight and personality changes.

“We know a great deal about how personality traits contribute to weight gain,” said Sutin.

“What we don’t know is whether significant changes in weight are associated with changes in our core personality traits. Weight can be such an emotional issue; we thought that weight gain may lead to long-term changes in psychological functioning,” Sutin said.

Data about personality traits and body weight of more than 1,900 people of all ages and socioeconomic levels were collected twice, the timelines separated by a decade.

It was found that participants who had at least a 10 per cent increase in body weight showed a greater tendency to give in to temptations as compared to those with stable weights.

Although it wasn't revealed if the impulsiveness was caused or effected by gaining weight but a relationship was established between the two.

"If mind and body are intertwined, then if one changes the other should change too. That's what our findings suggest," Sutin said.

These findings suggest that even though people who gain weight are more conscious of their decision-making, they may still have difficulty resisting temptations.

The study was published in Psychological Science, a journal of the Association for Psychological Science.