Do you (or have you ever) engaged in Chew and Spit (CHSP)?

Researchers from The University of Sydney are seeking participants for a phenomenological (‘lived experience’) study on CHSP.

Participants must be 18 years or older and must have (or currently be) engaged in CHSP. The study will involve a series of recorded interviews as well as keeping a journal/diary surrounding your experiences and feelings of chewing and spitting.

Participation is voluntary and you may withdraw at any time without consequence. The aim of the study is to understand the functions of the behavior and what it means to you. Your input and experiences may help future research in tailoring treatments for those who CHSP.

Please keep in mind that this study is not intended as treatment and is purely exploratory. If you are interested you are encouraged to contact the researchers either via phone (+614 22146295) or email phillip.aouad@sydney.edu.au.

This research project has been approved by The University of Sydney HREC - approval #: 2016/544

Thank you for taking the time to view this message

- Background Information -

As the name suggests Chew and Spit (CHSP) is the compulsive behavior of chewing food then spitting it out before swallowing, as a means to avoid the intake of nutrients and unwanted calories. Regardless of an individual’s eating disorder (ED) diagnosis, the basis for associated behavior is usually weight management, characteristically with the intention of modifying ones appearance. CHSP is one approach being used by some to achieve this.

A recent systematic review (dated January 2016) was conducted to empirically evaluate literature related to the behaviour of Chew and Spit (CHSP). Clinicians originally thought CHSP was a symptom exhibited by those suffering from compensatory type eating disorders, such as Bulimia Nervosa. The review critically evaluated studies that had examined the distribution of CHSP behaviour, the relationship between CHSP and EDs, as well as physiological and social ramifications. Database searches revealed only nine studies that met eligibility criteria. With key findings highlighting that CHSP was more akin to restrictive type eating disorders, such as Anorexia Nervosa. Furthermore, the extant literature revealed that CHSP might be an indicator of overall ED severity and more frequently presents in younger suffers. Additional investigation into CHSP is needed in order to better understand the biological, psychosomatic, and psychosocial impact on those engaging in the behaviour.