



<b>Project title</b>	Study of the behavior « eating in the absence of hunger » in children and adolescents: validation of a French questionnaire and study of predictive factors		
<b>Study level(s)</b>	<input checked="" type="checkbox"/> MSc	<input type="checkbox"/> PhD	<input type="checkbox"/> Postdoctorate
<b>Principal investigator(s)</b>	Véronique Gingras		
<b>Project duration</b>	2 years		
<b>Start date</b>	Fall 2021		

Date of posting: 2021-03-26

### Research laboratory presentation

Véronique Gingras' research program at CHU Ste-Justine Research Center focuses on nutrition for the prevention and treatment of obesity and diabetes, with a special interest for pregnancy and infancy as key periods for the development of healthy dietary habits and behaviors. Her research program includes 1) prevention of gestational diabetes and optimization of its treatment, and 2) obesity and diabetes prevention in youth.

### Research project description

The prevalence of overweight among children and adolescents has markedly increased over the past decades. Lifestyle habits, including diet quality and dietary behaviors, represent key modifiable risk factors. In this project, we will be interested in the behavior "eating in the absence of hunger".

Eating in the absence of hunger is typically evaluated with a laboratory protocol where the consumption of food past satiety is quantified, thus providing a measure of eating in the absence of hunger. This behavior could be associated with an altered recognition of satiety signals or with dietary disinhibition. In children, eating in the absence of hunger has been prospectively associated with overweight and obesity, independently of traditional risk factors. The overall objective of this project is to better characterize eating in the absence of hunger in the pediatric population and to identify perinatal predictors of this behavior.

The proposed project includes three parts:

- 1) Validation of a French questionnaire to assess eating in the absence of hunger in the pediatric population. The student will have to recruit participants for the internal validation of the questionnaire, do the data entry, and then analyze internal and external validation data. The external validation data will come from another cohort and will be provided by a collaborator.
- 2) Conduct a literature review on eating in the absence of hunger predictors among children and adolescents.
- 3) Data analysis on associations of exposure to gestational diabetes and eating in the absence of hunger behavior in children during early adolescence.



### Required training and profile

The candidate must:

- Have training in nutrition, epidemiology, psychology, or any other relevant area of health sciences.
- Have a good academic profile.
- Be motivated and have good organizational skills.

### Conditions

The candidate will have to apply to external scholarship programs. In the absence of funding, the student will receive a yearly salary based on the prevailing wage at CHU Ste-Justine Research Center. A prior research internship during the summer of 2021 is also possible, and the candidate could also decide to begin the MSc in the summer.

### Submit your application

Candidates must send the required documents to **Véronique Gingras** at [veronique.gingras@umontreal.ca](mailto:veronique.gingras@umontreal.ca).

Please provide:

- ✓ *Curriculum vitæ*
- ✓ Most recent transcripts
- ✓ Cover letter
- ✓ References

### Equity, diversity and inclusion

The masculine gender is used without discrimination and for the sole purpose to facilitate reading. The CHU Sainte-Justine subscribes to the principle of equal access to opportunities and invites women, members of visible and ethnic minorities, persons with disabilities and Indigenous people to apply. We would appreciate it if you could inform us of any disabilities that would require technical and physical accommodation adapted to your situation during the selection process. Please be assured that we will treat this information as confidential.

### Studies at the CHU Sainte-Justine Research Center

Pursue your [graduate or postdoctoral studies](#) at the **CHU Sainte-Justine Research Center**, and be one of the 500 students, fellows and interns involved in accelerating the development of knowledge in the field of maternal, child and adolescent health, whether in basic or clinical research. Under the supervision of prominent scientists, especially in leukemia, rare pediatric diseases, genetics, perinatology, obesity, neuropsychology and cognition, scoliosis and rehabilitation, you will have the opportunity to work with multidisciplinary scientific teams and collaborators from all over the world.

### About the CHU Sainte-Justine Research Center

**CHU Sainte-Justine Research Center** is a leading mother-child research institution affiliated with Université de Montréal. It brings together more than 200 research investigators, including over 90 clinician-scientists, as well as 500 graduate and postgraduate students focused on finding innovative prevention means, faster and less invasive treatments, as well as personalized approaches to medicine. The Center is part of CHU Sainte-Justine, which is the largest mother-child center in Canada and the second most important pediatric center in North America. More on [research.chusj.org](http://research.chusj.org)

