The relationship between attention and avoidance coping in anorexia nervosa: functional magnetic resonance imaging study

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Background
Numerous studies have demonstrated attentional control difficulties and high avoidance coping in patients with anorexia nervosa. Attention is a critical coping resource because it enables individuals to demonstrate self-control and complete goal-directed behaviours.

Aims
We aimed to examine whether attentional control difficulty is related to high avoidance coping, and investigate the neural underpinnings of attentional control difficulties in individuals with anorexia nervosa.

Method
Twenty-three patients with anorexia nervosa and 17 healthy controls completed questionnaires that assessed attention and coping, and underwent functional magnetic resonance imaging while performing a go/no-go task.

Results
Patients with anorexia nervosa showed weaker attentional control, higher omission error rates and higher avoidance coping compared with healthy controls. Attentional control difficulty was associated with higher avoidance coping in both groups. Functional magnetic resonance imaging analysis showed less deactivation in regions representing internal mental processing, such as the praeuncus, cuneus and left lingual gyrus, during the no-go condition. Moreover, weakened deactivation of the left lingual gyrus was associated with higher commission error rate in the anorexia nervosa group.

Conclusions
Our results suggest that patients with anorexia nervosa may have difficulty in maintaining attention to external ongoing events because of disturbance from internal self-related thought, and support the notion that attentional control difficulties underlie the frequent use of avoidance coping in anorexia nervosa.

Keywords
Anorexia nervosa; attention; coping; functional magnetic resonance imaging; self-referential processing.

Coping style is important for reducing the injurious effects of strong stressors and plays a significant role in the pathogenesis of anorexia nervosa. Coping refers to the cognitive and behavioural effort required to manage psychological distress, and coping failure leads to physio-psychological stress responses. Coping style has frequently been classified into approach and avoidance styles. Under this classification, efforts to diminish or eliminate stressors proactively (e.g. help-seeking, planning and problem-solving) are classified as approach coping, whereas efforts to avoid a stressful or abandonment and denial and cognitive avoidance) are classified as avoidance coping.

Coping in anorexia nervosa
Previous studies have indicated that patients with anorexia nervosa tend to use avoidance coping more than approach coping compared with healthy controls. In addition, longitudinal studies have indicated that individuals who later develop eating disorders use avoidance coping more at baseline, and the frequency of avoidance coping increases as symptoms progress. Moreover, with recovery, their tendency to use avoidance coping decreases, whereas their tendency to use approach coping increases. This suggests that avoidance coping is a risk factor for anorexia nervosa as well as a predictor of recovery.

Coping and attention
In the field of coping studies, various psychological factors, such as optimism, self-efficacy and self-esteem, were originally suggested to be coping resources. However, cognitive functions, such as executive functions and attention, have also recently been examined. Executive function is theorised as a group of higher-order cognitive abilities, such as cognitive flexibility, planning, decision-making, working memory and attention, which enable individuals to demonstrate self-control and successfully complete goal-directed behaviour. Among these higher-order cognitive abilities, attention is considered a critical factor for coping: as noted by Hocking et al., attention is required to shift attention away from a stressor toward a coping attempt, and may influence the choice or effectiveness of the coping strategy. Hocking et al. examined the relationships between attention, coping and psychological outcomes, and discovered that selective attention and attentional control both had significant indirect effects on anxiety through secondary control coping, which describes the effort required to become accustomed to the stressor by modifying cognition or regulating attention.

Attention in anorexia nervosa
Numerous studies have shown abnormal attentional processes in patients with anorexia nervosa. For example, patients with anorexia nervosa show higher attentional bias not only toward body shape, but also social stimuli. Several studies have also indicated that...
patients with anorexia nervosa have difficulties with attentional orientation control, which is a top-down aspect of attention.\textsuperscript{11}

**Aims**

Given the evidence, it can be hypothesised that attentional control difficulties underlie avoidance coping in patients with anorexia nervosa. However, the relationship between attention and coping in this population remains unclear. To address this issue, we examined whether attentional control is related to avoidance coping in patients with anorexia nervosa. Additionally, we used functional magnetic resonance imaging (fMRI) to investigate the neural underpinnings of attentional control difficulty in patients with anorexia nervosa.

**Method**

**Participants and procedure**

Participants were individuals with anorexia nervosa who were outpatients of Kyoto University Hospital and age-matched healthy controls. The exclusion criteria for healthy controls were meeting the criteria of Axis I in the DSM-IV-TR,\textsuperscript{12} neurological disorders or diseases affecting the metabolism of the central nervous system, insufficient ability to consent owing to a medical condition and a body mass index of \( \leq 12 \) kg/m\(^2\). Diagnosis and subclassification of anorexia nervosa was confirmed by a psychiatrist, who conducted structured interviews using the Japanese version of the DSM-IV-TR. Data from two of the participants were excluded from the analysis because of artifacts in the magnetic resonance imaging (MRI) data. The analysed participants consisted of 23 patients with anorexia nervosa (10 with restricting type and 13 with binge-purging type; mean age 37.04 years, s.d. 9.88; age range 21–49 years, average duration of illness 16.96 years) and 17 healthy controls (mean age 36.24 years, s.d. 10.59; age range 21–54 years).

The authors assert that all procedures contributing to this work comply with the ethical standards of the relevant national and institutional committees on human experimentation and with the Helsinki Declaration of 1975, as revised in 2008. All procedures involving human patients were approved by the ethics committee of Kyoto University Graduate School and Faculty of Medicine (approval number R0992), and written informed consent was obtained from all participants.

**Self-report questionnaire**

Approach coping and avoidance coping were assessed using the Japanese version\textsuperscript{16} of the Brief Coping Orientation to Problems Experienced (COPE) Inventory.\textsuperscript{17} Based on a previous study,\textsuperscript{18} the approach coping score was assessed according to the total score of active coping, planning and acceptance, whereas the avoidance coping score was assessed according to the total score of denial, behavioural resignation and self-blame. Attentional control was assessed using the Japanese version of the Effortful Control Scale (J-ECS).\textsuperscript{19} The J-ECS was developed by extracting the Effortful Control Scale from the Adult Temperament Questionnaire,\textsuperscript{20} to focus on executive attention in adults. The J-ECS contains three subscales: inhibitory control, which refers to the capacity to suppress inappropriate approach behaviour; activation control, which refers to the ability to perform an action when a person is unwilling to perform the action; and attentional control, which refers to the capacity to focus and to shift attention.\textsuperscript{21} Effortful control is defined as ‘the efficiency of executive attention, including the ability to inhibit a dominant response and/or to activate a subdominant response, to plan, and to detect errors’;\textsuperscript{22} it involves the voluntary control of behaviours and attentional processes.\textsuperscript{23}

**Statistical analyses**

**Psychological and behavioural data**

The total scores for approach coping, avoidance coping and the subscales of J-ECS were calculated. For behavioural data, omission error rate (proportion of not pressing the button during the go condition), commission error rate (proportion of pressing button during the no-go condition) and reaction time were calculated. For each group, these parameters were subjected to t-tests and correlation analyses.

**fMRI data**

**Pre-processing**

FSL5 (FMRIB Software Library, Department of Clinical Neurology, University of Oxford, UK; www.fmrib.ox.ac.uk/fsl/, Mac)\textsuperscript{25} and SPM12 (Wellcome Department of Imaging Neuroscience, University of London, UK; https://www.fil.ion.ucl.ac.uk/spm/software/spm12/, Mac) were used for the fMRI analyses.
After inter-scan slice timing correction, head motion was compensated for by using three-dimensional motion correction and data repair.26 This repairing procedure aims to remove motion-related signal drop-out and involves searching for time points presenting (a) abrupt global signal change exceeding 1% and (b) frame-wise displacement exceeding a Euclidian distance of ±1 mm or ±1° rotation per repetition time. In addition, 24 parameters related to head motion were used to regress out motion effects. These functional images were co-registered to the T1 anatomical image. Then, the structural images were matched to a template via a tissue probability map. Functional images were also spatially normalised with the warping parameters from the structural image normalisation, and were resliced to 4-mm isotropic voxels.

Finally, a recently proposed denoising method27,28 was used to cope with contamination from non-neural signal components. This procedure involves tracking regional variations of low-frequency oscillations of systemic origin, using the bandpass-filtered (0.008–0.07 Hz) global signal as an initial seed. The phase shift in each oscillation of systemic origin, using the bandpass-filtered (0.008–0.07 Hz) global signal as an initial seed. The phase shift in each voxel was tracked up to 7 s up- and downstream to create a phase lag map, and the corresponding time-series were set for each region. This spatiotemporal lag structure was then regressed out from the original data. This process can be considered as a global signal regression.

In the second-level analysis (group analysis with a random-effects model), the contrast images from the no-go-correct versus go contrast were used for within- and between-group analyses. In these analyses, activated regions satisfying $P < 0.001$ (uncorrected) at the voxel level and a cluster size of $k > 5$ were considered as significant regions. Age was included as a covariate in these analyses. Finally, correlation analysis was conducted in patients with anorexia nervosa between commission error rate and mean β-values (extracted from each region obtained from the group comparison analysis).

### Table 1 Participant demographics and behavioural data

|                      | Anorexia nervosa ($n = 23$) | Healthy controls ($n = 17$) | t-test | t | P-value |
|----------------------|-----------------------------|-----------------------------|--------|---|--------|
| **Demographic data** |                             |                             |        |   |        |
| Age, years           | 37.04 (9.88)                | 36.24 (10.59)               | 0.25   | 0.81 |
| Years of education   | 14.30 (1.96)                | 15.19 (1.76)                | −1.44  | 0.16 |
| BMI                  | 14.40 (2.94)                | 21.15 (2.83)                | −7.29  | 0.00 |
| Duration of illness  | 16.96 (8.69)                | −                | −       | −   |
| **Psychological data** |                           |                             |        |   |        |
| Activation control   | 36.00 (4.93)                | 35.35 (4.47)                | 0.43   | 0.67 |
| Inhibitory control   | 32.78 (5.01)                | 33.47 (4.99)                | 0.43   | 0.67 |
| Attentional control  | 28.83 (5.91)                | 32.76 (4.51)                | −2.30  | 0.03 |
| Brief-COPE           |                             |                             |        |   |        |
| Approach coping      | 16.35 (2.85)                | 17.76 (2.59)                | −1.61  | 0.12 |
| Avoidance coping     | 13.70 (2.58)                | 10.82 (2.74)                | 3.39   | 0.00 |
| **Behavioural data** |                             |                             |        |   |        |
| Omission error rate  | 0.6 (0.06)                  | 0.02 (0.02)                 | 3.49   | 0.00 |
| Commission error rate| 0.11 (0.08)                 | 0.10 (0.06)                 | 0.70   | 0.49 |
| Reaction time, ms    | 456.19 (27.98)              | 426.38 (29.51)              | 3.25   | 0.02 |

BMI, body mass index; Brief-COPE, Brief Coping Orientation to Problems Experienced Inventory.

### Results

#### Independent samples t-tests of demographic, psychological and behavioural data

There were no significant differences in age or years of education between the anorexia nervosa and healthy control groups. The anorexia nervosa group showed significantly lower body mass index than the healthy control group ($t = −7.29, P < 0.01$). The anorexia nervosa group showed a significantly lower attentional control score than the healthy control group ($t = −2.30, P = 0.03$), whereas no significant difference was found in activation control or inhibitory control. Regarding the Brief-COPE score, avoidance coping score was significantly higher in the anorexia nervosa group than in the healthy control group ($t = 3.39, P < 0.01$), whereas no significant difference was found in the approach coping score. As for the behavioural data, the anorexia nervosa group showed significantly higher omission error rate ($t = 3.49, P < 0.01$) and longer reaction time ($t = 3.25, P = 0.02$) than the healthy control group in the go trials. However, there was no significant difference in commission error rate in the no-go trials (see Table 1).

The scores for approach/avoidance coping and attentional control were examined in relation to behavioural and fMRI data for subsequent analyses because there were no significant differences in activation control and inhibitory control between the anorexia nervosa and healthy control groups.

#### Correlation analyses between attention and coping

There was a significant negative correlation between attentional control scores and avoidance coping in both the anorexia nervosa ($r = −0.51, P < 0.01$) and healthy control groups ($r = −0.75, P < 0.01$; see Fig. 1). For the go/no-go task, a significant positive correlation ($r = 0.43, P = 0.02$) was found between commission error rate and avoidance coping score in the anorexia nervosa group, whereas a significant positive correlation ($r = 0.43, P = 0.04$) was...
found between omission error rate and avoidance coping score in the healthy control group.

fMRI analyses

In the no-go-correct versus go contrast, the healthy control group showed significantly higher activation in the bilateral anterior insula (Z-value = left 4.26/right 4.11) and right supramarginal gyrus (Z-value = 3.55), whereas the anorexia nervosa group showed significantly higher activation in the same regions and the bilateral preaccuneus (Z-value = left 3.53/right 4.83), bilateral middle frontal gyrus (Z-value = left 3.49/right 4.40) and occipital regions (see Table 2). The results for the go versus no-go-correct contrast are shown in Supplementary File 1 available at https://doi.org/10.1192/bjo.2021.963.

Between-group analyses showed that the anorexia nervosa group had greater activity than the healthy control group in the midline region, extending from the cuneus to preaccuneus (Z-value = 4.60), left lingual gyrus (Z-value = 3.68) and midline preaccuneus (Z-value = 3.39) in the no-go-correct versus go contrast. Because of the characteristics of the fMRI group comparison analyses, it was difficult to determine whether the results represented greater or weakened deactivation in the anorexia nervosa group. To address this issue, we extracted mean β-values from each condition from each group and visualised these in Fig. 2, which indicated that the anorexia nervosa group had less deactivation than the healthy control group in the no-go condition (see Fig. 2). No significant regions were found for the healthy control group versus anorexia nervosa group contrast.

Finally, a correlation was performed between mean β-values of the no-go-correct versus go contrast in regions obtained from the analysis above (cuneus, left lingual and preaccuneus) and commission error rate in the anorexia nervosa group. Results showed that the activity of the left lingual gyrus significantly correlated with commission error rate in the anorexia nervosa group (r = −0.45, P < 0.02; see Fig. 3).

Discussion

The purpose of the present study was to examine the relationship between attentional control and avoidance coping, and to investigate the neural substrates of such relationships in patients with anorexia nervosa. Our results indicated that attentional control difficulty is associated with high avoidance coping. Furthermore, the brain regions obtained from the group comparison were regions that represent internal mental processing, which suggested that sustained attention to ongoing events is easily disturbed by internal thought in those with anorexia nervosa.

Results of the t-tests showed that patients with anorexia nervosa had low attentional control and high avoidance coping compared with healthy controls. These results are consistent with previous studies of attention14 and coping6 in anorexia nervosa. Additionally, the anorexia nervosa group exhibited a higher omission error rate in the go trials compared with that of the healthy control group. Results of previous studies using the go/no-go have been inconsistent. One study found that the anorexia nervosa group showed high omission and commission error rates relative

### Table 2: Brain regions showing higher activation in the within-group no-go-correct versus go contrast

| Regions                        | MNI coordinates | Z-value | Cluster size, mm$^3$ |
|-------------------------------|-----------------|---------|----------------------|
| Healthy controls              |                 |         |                      |
| Anterior insula               | Left −30        | 24      | 4.26                 |
|                               | Right 30        | 16      | 4.12                 |
| Supramarginal gyrus           | Right 62        | 34      | 3.55                 |
| Anorexia nervosa              |                 |         |                      |
| Preaccuneus                   | Right 10        | 68      | 4.83                 |
|                               | Right 46        | 24      | 4.40                 |
| Middle frontal gyrus          | Left −30        | 20      | 4.38                 |
|                               | Right 14        | −96     | 4.29                 |
|                               | Right 22        | −40     | 3.89                 |
| Lingual gyrus                 | Right 42        | 4       | 3.77                 |
|                               | Right 46        | 52      | 3.72                 |
| Supplementary motor cortex     | Left −10        | 76      | 3.53                 |
|                               | Left −8         | 2       | 3.51                 |
| Occipital pole                | Left −42        | 24      | 3.49                 |
|                               | Right 30        | 10      | 3.18                 |

Regions satisfying P < 0.001 at the voxel level and a cluster size of k > 5 are shown.
to healthy controls, whereas other studies found that neither omission nor commission error rates differed between anorexia nervosa and healthy control groups. This inconsistency might result from different durations of illness in the samples. In contrast to the mean participant age of 27.3 years in the study by Seed et al., participants in the studies that showed no difference in error rates were adolescents. The mean age of our participants was 37.0 years, and the mean duration of illness was 16.69 years. Therefore, it is probable that the mean duration of illness in the studies of adolescent anorexia nervosa was much shorter than that in our study. Omission error is considered a result of attentional lapses. Thus, it is possible that impaired sustained attention underlies the high omission error rate in the anorexia nervosa group. Considering these facts together, sustained attention may be retained in adolescents with anorexia nervosa but impaired in patients with chronic anorexia nervosa, because of long-term undernutrition and low weight. However, studies on attention in chronic anorexia nervosa are limited, and further investigations are needed.

Correlation analyses showed that attentional control score was negatively correlated with avoidance coping score in both anorexia nervosa and healthy control groups, which suggests that attention is a critical cognitive coping resource in general.

The results of the within-group fMRI analyses revealed that both healthy control and anorexia nervosa groups showed significant activation in the bilateral anterior insula and right supramarginal gyrus, which represent the ventral attention network. The ventral attention network is involved in stimulus-driven attentional control and detection of salient stimuli, and activation of the anterior insula during go/no-go tasks has frequently been reported in previous fMRI studies. The anterior insula is considered to play a critical role in the switching between two major networks: the default mode network and central executive network, which are known to present competitive interactions during cognitive information processing. The right supramarginal gyrus is involved in visuospatial and orienting attention. Thus, it can be considered that recruitment of these regions reflects externally oriented attention during the no-go condition.

However, the between-group analysis revealed higher activation in the bilateral praecuneus, bilateral cuneus and left lingual gyrus in the no-go condition in the anorexia nervosa group. The β-value
Consistent with these results, the correlation analysis within the anorexia nervosa group revealed the following: the weaker the deactivation in left lingual gyrus during the no-go condition, the higher the commission error rate in patients with anorexia nervosa. Thus, the association between weakened deactivation in the left lingual gyrus and commission error rate in patients with anorexia nervosa supports the notion that difficulty of attentional control in anorexia nervosa may be explained by altered brain activity in attention-related regions.

The present study has several limitations. First, we did not obtain activation in regions that have been consistently reported in previous fMRI studies using the go/no-go task, such as the dorsolateral prefrontal cortex or inferior parietal lobe in healthy controls. One possible explanation for this is that regions recruited by the go/no-go task are highly dependent on task difficulty; the task used in the study may have been too easy to detect significant activation in these regions in healthy controls. Second, we treated both restricting and binge-purging anorexia nervosa subtypes as a single group. Restricting and binge-purging types share the same psychopathology, such as an intense fear of gaining weight and body image disturbance, although the eating behaviour may seem rather opposing. However, a previous study found no significant difference in attentional control between restricting type and binge-purging type patients with anorexia nervosa. Thus, the results of the present study can be considered to represent general anorexia nervosa features. A third limitation is that it was difficult to refer to causal relationships because of the cross-sectional nature of the study. We assumed a model in which attentional deficit led to frequent use of avoidance coping in anorexia nervosa. However, it is also possible that attention may have deteriorated because of the low mental health state resulting from an avoidance coping style. Furthermore, a spiral relationship, in which attentional difficulties further strengthen the tendency to use avoidance coping, can be assumed. Such causal relationships need to be elucidated by conducting longitudinal studies or intervention research. A final limitation is that the data sample was restricted to chronic anorexia nervosa, and it is therefore difficult to generalise the results obtained in this study to other age groups. However, the study revealed not only attentional control difficulties, but also an association between attentional control and mal-adaptive coping style in chronic anorexia nervosa. This association may be a core factor that prevents patients with chronic anorexia nervosa from recovering.

Despite these limitations, our results extend previous findings on attention difficulties and high avoidance coping in anorexia nervosa by demonstrating a neural basis. The findings demonstrate the presence of sustained attention difficulties and their neural underpinning in anorexia nervosa, and support the notion that attentional control difficulties underlie the frequent use of avoidance coping in anorexia nervosa. As for clinical significance, this study provides a novel insight into the fundamental cognitive training methods, such as attention training techniques or mindfulness meditation, that may be useful for treating anorexia nervosa.

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First received 11 Feb 2021, final revision 31 May 2021, accepted 15 Jun 2021
Supplementary material

Supplementary material is available online at https://doi.org/10.1192/bjo.2021.963

Data availability

The data that support the findings of this study are available from the corresponding author, T.N., upon reasonable request.

Acknowledgements

We thank Karl Embleton, PhD, and Sarina Iwabuchi, PhD, from the Edanz Group, for editing a draft of this manuscript.

Author contributions

T.N. formulated the research question, performed the research, analysed the data and wrote the article. M.I. formulated the research question, performed the research and wrote the article. K.U. formulated the research question, analysed the data and wrote the article. T.A. conducted fMRI data processing and analysed the data. E.M. and M.K. performed the research. S.N. designed the study. T.M. analysed the data and wrote the article.

Funding

This study was supported by the Japan Society for the Promotion of Science Grants-in-Aid for Scientific Research (grant numbers JP15K09864 awarded to S.N., JP16H06395 and JP16H06397 awarded to M.I.) and the Japan Agency for Medical Research and Development (grant number 20dm0301070a042 awarded to M.T.).

Declaration of interest

None.

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