INTRODUCTION
• Heightened negative affect (NA) tends to precede the occurrence of eating disorder behaviors, particularly binge eating.
• Research has indicated that individuals who endorse exercising in response to NA also endorse more frequent binge eating, fasting, and body image concerns than their peers.
• The purpose of this study was to identify factors that contribute to effective NA coping through exercise.

METHOD
Participants
• 210 undergraduates (52.4% women) with a M(SD) age of 19.21(2.6) years from a large, northeastern university participated.
• A total of 71.0% identified as Caucasian, 9.5% as Asian American, 8.1% as Black/African American, 8.1% as Latino(a), and 3.3% as other.

Self-report Measures
• The Positive and Negative Affect Schedule (PANAS), which was completed for how individuals typically feel immediately before and after exercise
• The Coping Inventory for Stressful Situations (CISS), which assesses a variety of coping styles; and
• The Eating Disorder Examination-Questionnaire (EDEQ), which assesses eating pathology including the presence of binge eating over the past 4 weeks

RESULTS
• Task-oriented coping, a style characterized by actively approaching a source of stress, was associated with larger pre- to post-exercise decreases in NA (p=.001) and higher pre-exercise NA (p=.046).
• Larger decreases in pre- to post-exercise NA were associated with binge eating (p=.044); however, this association was completely accounted for by higher pre-exercise NA (p=.005).
• Task-oriented coping emerged as a negative predictor of binge eating (p=.024), and pre-exercise NA emerged as a positive predictor (p=.023; Table 1).

CONCLUSIONS
• The results indicate that heightened pre-exercise NA is associated with both binge eating and task-oriented coping; however, task-oriented coping is protective of binge eating.
• As a whole, the results suggest that a task-oriented coping style may mitigate risk for binge eating that is typically associated with exercising in response to NA.
• These findings highlight the importance of considering both the form and function of exercise behavior with regard to whether it comprises a form of eating disorder pathology.