

Marylee Goldberg, M.S.W., A.C.S.W.

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September 4, 1983

Deane Shapiro, Ph.D.  
1009 Canyonview  
Laguna Beach, California 92651

Dear Dr. Shapiro:

I have just read, with delight, your self-control article in the recent Biofeedback and Self-Regulation. I am a clinical psychology student at The Fielding Institute in Santa Barbara, California (I live in Philadelphia). My dissertation is a phenomenological study of the experience of being out-of-control associated with binge eating in overweight women. Vic Gioscia is an unofficial reader for me.

The experience of being out-of-control is reported almost universally among women who binge eat. Yet nowhere have I seen a study exploring the question: "What, specifically, does it mean to be out-of-control with regard to one's eating?" This lacuna in the literature is all the more startling when one realizes how many people suffer with this potentially very serious psychological and physiological problem. By the way, I am also not aware of anyone's having explored a definition of the experience of being out-of-control in general.

I would greatly appreciate your pointing out key references for this out-of-control issue. Also, pertinent references about self-control (other than those at the end of the journal article I mentioned or at the end of the article in your recent book) would be wonderful to have.

I am not wanting to make extra work for you, and I also know that you're on sabbatical (I called at Irvine and they gave me your address). Therefore, I'm enclosing a postcard to make your response simpler. Also, if telephoning is your style, please feel free to call me collect.

Regardless of whether it works for you to put together these references, I do want you to know that your work has already been tremendously helpful to me.

Thank you very much.

Sincerely,

*Marylee Goldberg*  
Marylee Goldberg

*② J. Shapiro  
what name  
in card only  
New York?  
too neat  
Laguna Beach*

September 12, 1983

Marylee Goldberg, M.S.W.  
305 Fulton Street  
Philadelphia, Pennsylvania 19147

Dear Marylee:

Thank you for your kind comments on the article in Biofeedback and Self-Regulation.

Your project sounds interesting, and I would appreciate if you would keep me informed of your results.

Enclosed please find an article which is in press, Journal of Clinical Psychology, which may be germane. In addition, you should certainly consult the work of Seligman at Pennsylvania on learned helplessness and Rotter's internal/external locus control scale. Further, I would be interested in phenomenologically the following two things: do people who experience themselves out of control with regard to their weight vary phenomenologically in their experience as out of control related to whether they are in fact thin or obese. In other words are anorexics as out of control phenomenologically as extremely obese individuals? Second, following my control model, I would be quite interested whether individuals are able to maintain intensive control in other areas of their lives. In other words, is eating the one area where they feel most out of control, and are actually "obsessive/compulsive" in other areas, or maintain satisfactory control. Third, I would be interested in whether these people exert extraordinary control most of the time around their eating and are out of control at other times. Do they have too high control needs? and the slightest slip from that makes them feel like everything is going out of control whereas somebody else who, in my terms, used a softer more allowing type of control, wouldn't be as upset with "small slips?"

I just thought of one other article, which is in press in the Journal of Humanistic Psychology, and deals with relationships, which also might be of interest.

Again, best of luck in your work and thank you again for your kind comments.

Sincerely,

Deane H. Shapiro, Jr., Ph.D.