The Regulatory Depletion Hypothesis suggests that low blood sugar will impede both cognitive performance and mood state (Gailliot & Baumeister, 2007). This was tested by McCormack & Lindquist (2018). It was found that individuals indeed were more likely to experience negative emotions in response to frustrating stimuli.

We sought out to assess these findings, taking into account individual differences of hunger throughout the day. It was hypothesized that regular eaters would experience greater changes in affect and cognitive performance when hungry, compared to irregular eaters.

**METHODS:**
- Cognitive testing was done once at satiation and once following a 12 hour fast.
- Participants recorded their hunger on a scale of 1-5 every hour for four days.
- Participants recorded their food intake for four days.
- An unsolvable word task was used to induce frustration in the experimental hungry session.

**MEASURES:**
- Mental Spatial Rotation Task
- Remote Associate Task
- Profile of Mood State hungry session.

**REFERENCES:**