The main components of hunger regulation are; Maslow’s Theory, the amygdala and the Attachment Theory.

Maslow’s Theory states physiological needs (most basic level) have to be met before the individual can progress up the hierarchy.

The amygdala controls emotions. As seen above, hungry individuals have an increased amygdala activity when exposed to visual stimuli, creating the desire to eat more.

Attachment Theory states that individuals who have bad relationships have more negative emotions driving them to eat as a coping mechanism.

In general, obese people have an increased amygdala activity, mentally deceiving the body into believing it must consume more food. Consuming more calories than needed puts people at a greater risk to suffer from obesity.