

Binghamton University

The Open Repository @ Binghamton (The ORB)

Research Days Posters 2022

Division of Research

2022

Unhealthy Lifestyle Behaviors and Dietary Patterns Lead to Mental Distress?: An Analysis of Mental Distress Through Diet and Lifestyle Behaviors

Maya Kovic

Binghamton University--SUNY

Lauren Meyer

Binghamton University--SUNY

Alexander Talkachov

Binghamton University--SUNY

Denis Driscoll

Binghamton University--SUNY

Daniel Marrache

Binghamton University--SUNY

Follow this and additional works at: https://orb.binghamton.edu/research_days_posters_2022

Recommended Citation

Kovic, Maya; Meyer, Lauren; Talkachov, Alexander; Driscoll, Denis; and Marrache, Daniel, "Unhealthy Lifestyle Behaviors and Dietary Patterns Lead to Mental Distress?: An Analysis of Mental Distress Through Diet and Lifestyle Behaviors" (2022). *Research Days Posters 2022*. 110.

https://orb.binghamton.edu/research_days_posters_2022/110

This Article is brought to you for free and open access by the Division of Research at The Open Repository @ Binghamton (The ORB). It has been accepted for inclusion in Research Days Posters 2022 by an authorized administrator of The Open Repository @ Binghamton (The ORB). For more information, please contact ORB@binghamton.edu.

Unhealthy Lifestyle Behaviors Lead to Mental Distress?: An Analysis of Mental Distress Through Diet and Lifestyle Behaviors

Maya Kovic, Lauren Meyer, Alexander Talkachov,
Daniel Marrache, Denis Driscoll
Mentor: Dr. Lina Begdache

INTRODUCTION

Research has identified several relationships between diet, mental distress, and healthy lifestyle behaviors. One particularly popular diet type in America is the Western diet, which is filled with many processed and high sugar foods. This study examined the Western diet, and various more nutritious diets and their effect on participants' mental distress as well as their lifestyle behaviors. The experiment utilized an anonymous survey consisting of questions relating to diet, mental distress and lifestyle choices.

METHODS

Survey: Diet, Mindset, Stress, Resilience, and Mental Distress

Deliverance: Facebook, GroupMe, Text Messages, Instagram, Whats App

Statistical Analysis: Statistical Analysis: Pearson's Correlation Coefficient, SPSS Version 25.0

DEMOGRAPHICS

Participants: n = 188

Age Groups:

- 18-29: 181 participants
- 30-39: 1 participant
- 50-59: 6 participants

Gender:

- 115 females
- 71 males
- 2 non-binary

Region:

- 100% of responses came from North America

DISCUSSION

1. Quality of food consumption helped further promote improvements within the diet itself.
2. Quality of food consumption also was related to mental distress/.
3. Examining the diet we found that it also was correlated to healthy lifestyle behaviors.

CONCLUSION

Data collected did positively correlate relatively good dietary habits with a healthy lifestyle and healthy mindset (exercise and being able to accomplish one's own goals)

1. Positive correlations between healthy eating habits and healthy lifestyle behaviors.
2. Positive correlations between eating healthy foods together (overall diet).
3. Negative correlations between eating whole foods and fast foods and pre-made foods.
4. Negative correlations between eating whole foods and mental distress (ex: if an individual eats less whole grain products they are more likely to have depressed feelings).
5. Sample size was not big enough to accurately portray the behaviors of all college students.

Figure 1: Diet Relationships

Relationship	Pearson Coefficient
Consuming dark leafy greens and consuming whole foods	.291**
Consuming dark leafy greens and consuming fast foods or pre-made foods	-.220**
Consuming fish or shellfish and consuming flax seeds or nuts	.230**

Positive correlation between consuming healthier food groups together and a negative correlation between eating healthy and unhealthy food groups together.
(**) = p < 0.01

Figure 2: Mental Distress Relationships

Relationship	Pearson Coefficient
Consuming whole grain products and feelings of depression	-.216*
Consuming flax seeds or nuts and feelings of hopelessness	-.189*
Consuming fruit and feeling that everything is an effort	-.186*

An overall negative correlation between eating healthier food groups and having depressive/hopeless thoughts as well as a decrease in energy. (*) = p < 0.05

Figure 3: Healthy Lifestyle Relationships

Relationship	Pearson Coefficient
Consuming fruit and exercising for 20 minutes	.289**
Eating breakfast and feelings of confidence	.228*
Consuming caffeine and feeling restless or fidgety	.211*

A significant correlation is present between exercising for just 20 min and consuming fruit. An overall positive correlation exists between having an increase in energy and mood and consuming caffeine and eating breakfast.
(**) = p < 0.01, (*) = p < 0.05



REFERENCES