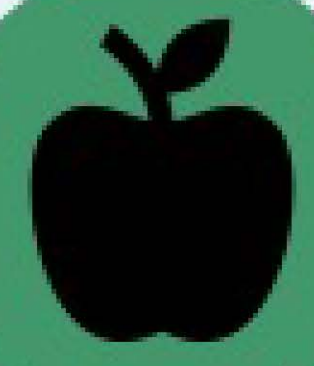


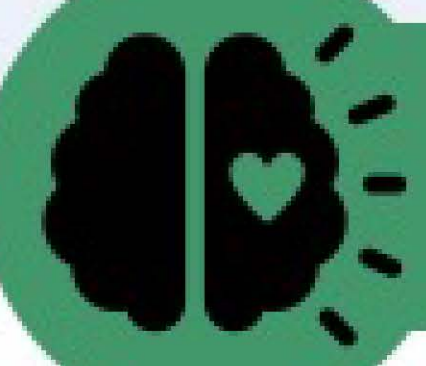
Psychological Well-Being, Eating Disorder Risk &, Weight-Related Concerns in First Semester College Students

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OBJECTIVE

- To determine the associations between psychological well-being, eating disorder risk, and weight-related concerns in college students



INTRODUCTION

- Eating disorders (ED) are considered complex mental health disorders (American Psychiatric Association, 2013)
- Eating disorders often co-occur with other mental health disorders like anxiety and depression (National Eating Disorder Association, 2018)
- More adverse childhood experiences are linked to higher rates of mental health disorders in college students (Watt et al., 2020)



METHOD

- Participants included first semester students 18 ± 0.15 years from all UNF colleges ($n = 92$; 79.3% female, 61.5% white)
- Interest survey sent out to all incoming freshman in Fall of 2019 and Fall of 2020
- Participants completed a set of measures including
 - Demographic Information
 - Yale Food Addiction Scale
 - Eating Disorder Examination Questionnaire
 - Impact of Weight on Quality of Life-Lite
 - Perceived Stress Scale
 - Beck Depression Inventory II
 - Beck Anxiety Inventory
 - Adverse Childhood Experiences Questionnaire
- Statistical analyses included computation of average variable scores, descriptive statistics, and bivariate correlations



RESULTS

Bivariate Correlations

	1	2	3	4	5	6	7
1. Anxiety	<i>0.938</i>	-					
2. Depression	0.668**	<i>0.936</i>	-				
3. Perceived Stress	0.589**	0.612**	<i>0.877</i>	-			
4. Adverse Childhood Experiences	0.389**	0.332**	0.204	<i>0.804</i>	-		
5. Eating Disorder Risk	0.284**	0.424**	0.282**	0.127	<i>0.943</i>	-	
6. Food Addiction Symptom Count	0.342**	0.441**	0.296**	0.298**	0.465**	<i>0.794</i>	-
7. Weight-Related Quality of Life	-0.381**	-0.517**	-0.270*	-0.223*	-0.758**	-0.583**	<i>0.903</i>

Note. Correlations are presented above the diagonal. Cronbach's α is reported along the diagonal in italics. $p^* < 0.05$, $p^{**} < 0.01$.

Means & Standard Deviations

Anxiety	Depression	Perceived Stress	Adverse Childhood Experiences	Eating Disorder Risk	Food Addiction Symptom Count	Weight-Related Quality of Life
16.02 \pm 13.13	12.74 \pm 11.61	19.90 \pm 7.31	1.78 \pm 2.25	1.61 \pm 1.27	2.09 \pm 1.67	89.20 \pm 11.09

- Psychological distress was significantly correlated with higher eating disorder risk (anxiety $r = 0.284$, $p < 0.01$; depression $r = 0.424$, $p < 0.01$; stress $r = 0.282$, $p < 0.01$), higher food addiction symptom count (anxiety $r = 0.342$, $p < 0.01$; depression $r = 0.441$, $p < 0.01$; stress $r = 0.296$, $p < 0.01$), and lower weight-related quality of life (anxiety $r = -0.381$, $p < 0.01$; depression $r = -0.517$, $p < 0.01$; stress $r = -0.270$, $p < 0.05$).
- Increased adverse childhood experiences was significantly correlated with increased psychological distress (anxiety $r = 0.389$, $p < 0.01$, depression $r = 0.332$, $p < 0.01$), higher food addiction symptom count, ($r = 0.298$, $p < 0.01$), and lower weight-related quality of life ($r = -0.223$, $p < 0.05$).
- Greater anxiety was also significantly correlated with lower self-reported dream weights ($r = -0.233$, $p < 0.05$) and happy weights ($r = -0.232$, $p < 0.05$)



CONCLUSION

- Adverse childhood experiences, mental health and eating patterns are critical influencers of college students' overall health
- Development and management of psychological well-being is important for prevention and treatment of eating disorders and weight-related issues in college students



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