Research Brief

Association between poor sleep quality, emotional eating and emotions among Latinx adults in the United States

UMass Worcester Prevention Research Center

Overview

RRUOHHSTDOLWLDRLDWHLWQHDWLHHPRWLRQDQPDPRODWHHPRWLRQDOHDWLQRHHU
WLDQRWEHHQWLHDPRQ/DWLQDOWDURSHSHULHQLQOHHSLSDULWLH

Main Questions

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Study

This study is a secondary analysis of the Latino Health and Well-Being Study, which took place in the largely Latino city of Lawrence, Massachusetts from 2011-2013. The current study only focused on the 297 recruited Latina women. Sleep uality was measured with the Pittsburgh Sleep Quality Index. EE was measured with the EE subscale of the Three Factor Eating Questionnaire R18- 2 (categorized as no EE, low EE, and high EE). Negative emotions were measured via a composite score that included depression, anxiety, and perceived stress. Poisson regression models with robust variance errors estimated prevalence ratios (PR) and 95% confidence intervals (CI). Mediation was evaluated with the Karlsson-Holm-Breen method.

The Bottom Line

Emotional eating may play a role in increasing the risk for obesity among Latina women who face food insecurity. If so, it would be important to screen for emotional eating and develop interventions to help.

Spotlight on Results

eople with poor quality sleep experienced more emotional eating (.1 vs. 17.).

More than half (62.6) of the effect was explained by negative emotions. Controlling for negative emotions, the effect of poor sleep on high was reduced to 1.2 (5 CI 0. 2, 1.65), leaving an indirect effect of 1.41 (5 CI 1.25, 1.60)

Call for Action

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Source

Andrea López-Cepero, Christine Frisard, Guadalupe Mabry, Tanya Spruill, Josiemer Mattei, S. Bryn Austin, Stephenie C. Lemon & Milagros C. Rosal (2022) Association between poor sleep quality and emotional eating in US Latinx adults and the mediating role of negative emotions, Behavioral Sleep Medicine, DOI: 10.1080/15402002.2022.2060227

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