PII-38: Psychosocial Correlates of Diet Quality in Working Adults

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Abstract:
Introduction: The purpose of this study is to examine the relationships between selected psychosocial factors and diet quality among a healthy adult population. Since diet quality is related to morbidity and mortality, and most Americans do not adhere to current dietary guidelines, identification of modifiable factors that impact diet quality will lead to the design and testing of appropriate and tailored interventions to improve diet quality among healthy, at-risk populations.

Method(s): This study is an analysis of baseline data from a sample of 94 working adults, recruited from an academic health setting to participate in a predictive health study. Dietary data were collected using the Block 2005 Food Frequency Questionnaire scored with an 11-point Dietary Approaches to Stop Hypertension (DASH) dietary quality index. Psychosocial status was evaluated by: depressive symptoms (Beck Depression Inventory II; BDI-II); perceived stress (Perceived Stress Scale; PSS); general family functioning (Family Assessment Device; FAD); and social support (EnrichD Social Support Inventory; ESSI). Demographic, socioeconomic and anthropometric measures were also examined. Preliminary data were analyzed with descriptive and correlation statistics.

Results: The study group was 60% female, mean age 51 ± 10.9, 19% Black, 75% White, 4.3% Asian, with a mean BMI of 27.1 ± 5.9. BDI-II scores ranged from 0-21, mean of 4.5 ± 4.8. BDI-II was significantly correlated with DASH (Pearson’s R = -0.29, p=0.004). Additionally, race/ethnicity was a significant covariate (p=0.011). The partial correlation between DASH and BDI-II scores was slightly stronger and still significant (partial correlation -0.32 p=0.002) after controlling for race/ethnicity.

Discussion & Conclusions: Higher depressive symptoms correlated with lower diet quality, and the findings to date support other work in this field. Further analysis of socio-demographic and psychosocial factors to more fully determine the relationship between correlates of diet quality will be conducted.

Abstract History:
This abstract has not been presented or accepted for presentation in whole or in part at the SNRS or other scientific meeting.

Financial Disclosure:
No, I (or a member of my immediate family) have not received something of value* from or own stock (or stock options) in a commercial company or institution related directly or indirectly to the subject of my presentation.

FDA Disclosure:
I will not be describing any pharmaceutical and/or medical device.

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