



KEY WORDS

- ✓ Eating behavior
- ✓ Emotional eating
- ✓ Restrictive eating
- ✓ Mindfulness
- ✓ Anxiety

CONTACT

E-MAIL:
szntunca@gmail.com

THESIS SUPERVISOR

TELEPHONE:
+90 (0224) 295 18 40

E-MAIL:
saygineker@uludag.edu.tr

THE RELATIONSHIP BETWEEN EATING BEHAVIOR AND CONSCIOUS AWARENESS AND ANXIETY IN UNIVERSITY STUDENTS

Sezen TUNCA MUTLU
BURSA ULUDAĞ UNIVERSITY
GRADUATE SCHOOL OF HEALTH SCIENCES
PSYCHIATRY DEPARTMENT
MSc PROGRAM

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SUPERVISOR

Prof. Dr. Salih Saygın EKER
0000-0003-4629-8669
BURSA ULUDAĞ UNIVERSITY
GRADUATE SCHOOL OF HEALTH SCIENCES
PSYCHIATRY DEPARTMENT
BURSA – TÜRKİYE



THESIS ABSTRACT

The purpose of this study; To examine the relationship between eating behavior of university students and their tendency to conscious awareness and anxiety level. In addition, the aim is to determine whether the participants' eating behaviors, tendencies towards conscious awareness and anxiety levels differ depending on sociodemographic variables. The research sample consists of a total of 87 participants studying in the 2nd and 3rd year of undergraduate psychology. In the research, 'Demographic Information Form' was used to obtain demographic information of the participants, 'Eating Habits Questionnaire (DEBQ)' was used to determine eating behaviors, 'Conscious Awareness Scale (BIPQ)' was used to determine conscious awareness levels, and 'Beck Anxiety Inventory (BAI)' was used to determine anxiety levels.)' has been applied.

According to the results obtained in the study, there is a statistically significant relationship between the emotional and external eating subscale of the DEBQ and the BIPQ. Additionally, while there is a positive significant relationship between the Eating Habits Questionnaire and the BAI, there is a negative significant relationship between the Mindful Awareness Scale and the BAI.

APPLICATION AREAS OF THE THESIS RESULTS

It is thought that the current study will benefit experts working in the academic field related to eating behavior, mindfulness and anxiety, interventions to prevent eating disorders, and mental health professionals related to the applications of these concepts in psychotherapy.

ACADEMIC ACTIVITIES

Tunca Mutlu S. & Eker, S.,S. (2024).Üniversite öğrencilerinde yeme davranışının bilinçli farkındalık ve anksiyete ile ilişkisi. *Ulusallararası İnsan Ve Sanat Araştırmaları Dergisi*.

