



EVALUATION OF THE RELATIONSHIP BETWEEN CIRCADIAN RHYTHM AND DIETARY PATTERNS IN WORKING INDIVIDUALS IN TERMS OF NIGHT EATING SYNDROME RISK

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THESIS ABSTRACT

This study was conducted to investigate the relationship between circadian rhythm and dietary patterns, as well as the risk of night eating syndrome, among working adults. The study included 112 working individuals aged 20–65 years. Chronotype was assessed using the Reduced Morningness–Eveningness Questionnaire (RMEQ), and night eating behavior was evaluated using the Night Eating Questionnaire (NEQ). The findings demonstrated a significant association between circadian rhythm characteristics and night eating behavior. In conclusion, promoting dietary habits and sleep patterns that are aligned with circadian rhythm may help prevent night eating behavior among working adults.

APPLICATION AREAS OF THE THESIS RESULTS

This study's findings may be used to identify the risk of night eating syndrome among working individuals and to develop preventive nutritional approaches. The results may also support the development of workplace health practices and nutrition education programs that take circadian rhythm into account.

ACADEMIC ACTIVITIES

1. Relationship between premenstrual syndrome and compliance with the Mediterranean diet among women of reproductive age
Medicine Science | International Medical Journal (2025)
2. Üniversite Öğrencilerinde Bireysel Su Ayak İzi ve Diyet Kalitesi Arasındaki İlişkinin İncelenmesi
Beslenme ve Diyetetik Dergisi (2025)

KEY WORDS

- ✓ circadian
- ✓ chronotype
- ✓ night eating syndrome
- ✓ occupational health
- ✓ nutrition

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