



# The Effect of a Mindful Eating Mobile App

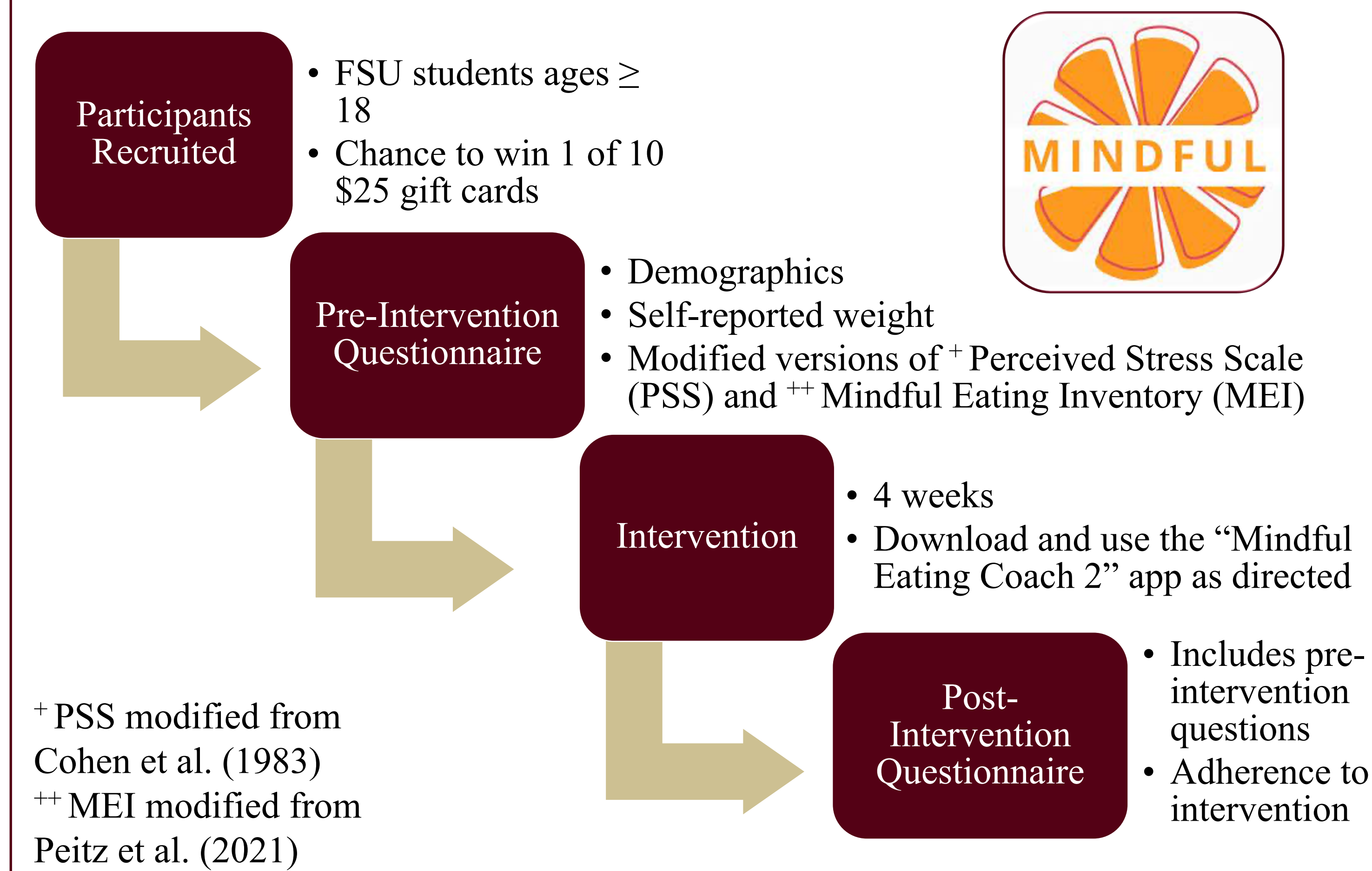


Caroline Oteri, Haiyan Maier<sup>1</sup>, Ph.D.

## Introduction

- Mindfulness meditation focuses on attention to the present moment and accepting feelings and sensations without judgment.
- While a uniform definition of mindful eating is not currently available, Peitz et al. (2021) describe mindful eating as a practice involving 7 facets: accepting and non-attached attitude (ANA), awareness of senses while eating (ASE), focused attention on eating (FAE), eating in response to awareness of fullness (ERF), awareness of eating triggers and motives (ATM), non-reactive stance (NRS), and interconnectedness (CON).
- The current study aims to investigate the effect of a mindfulness-based mobile app on stress and weight management in college students.
- Young adults rely heavily on their phones so the integration of a mobile app intervention may increase engagement in mindfulness practice, therefore improving general well-being.

## Methods



## Acknowledgements

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## Results

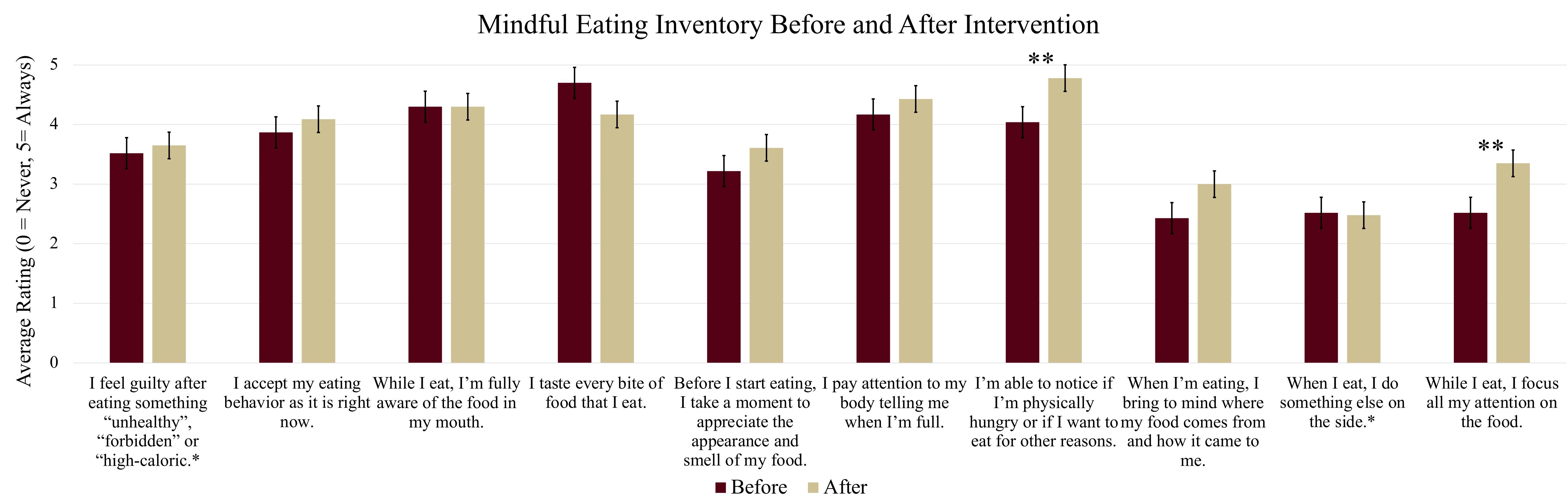


Figure 1. Average ratings from modified MEI. Statistics performed by paired t-test comparing average ratings before and after intervention, \*\*  $p < 0.05$ . \* = inverted item (0 = Always, 5 = Never). Error bars are  $\pm$  standard error.

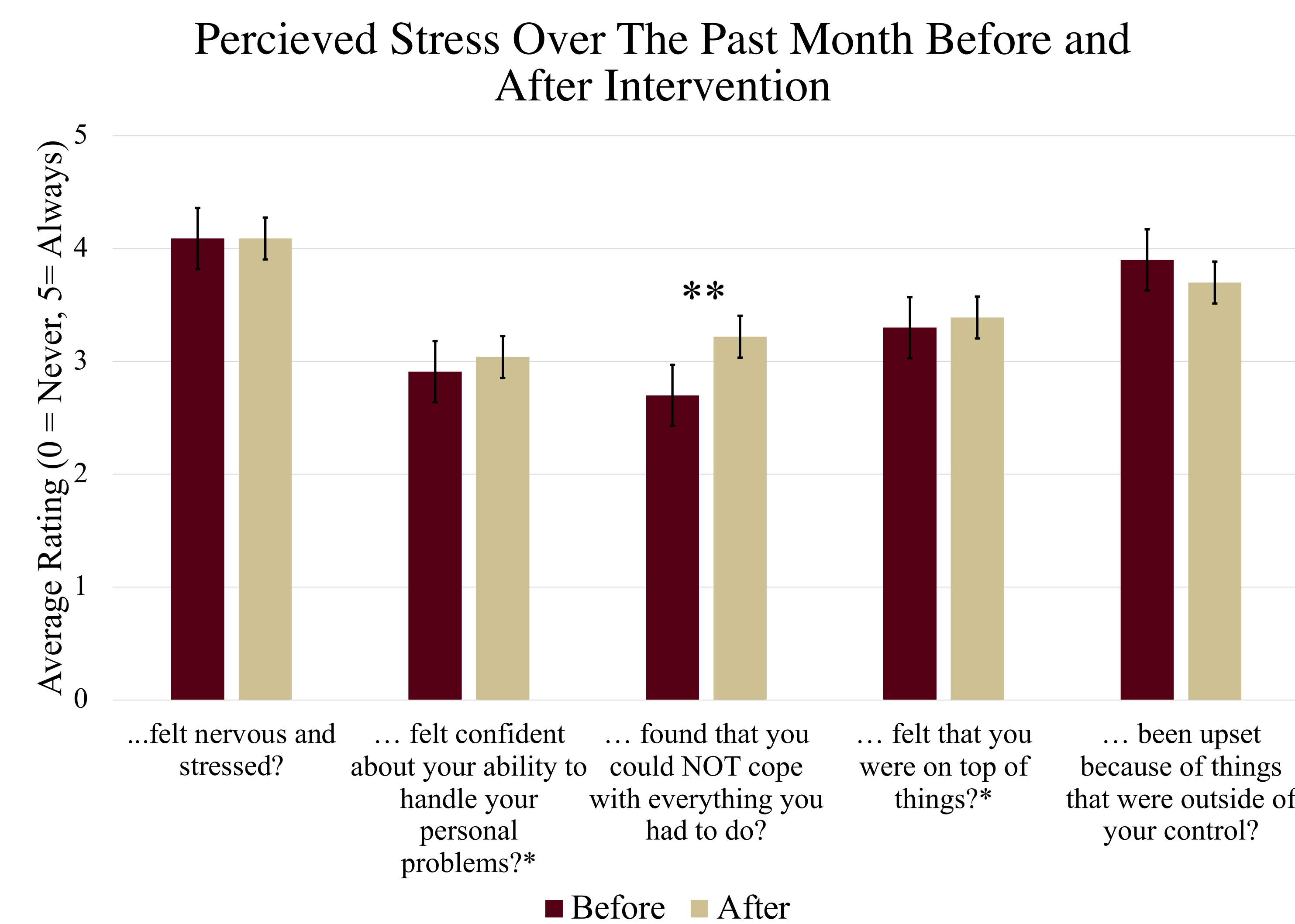


Figure 2. Average ratings from modified PSS. Statistics performed by paired t-test comparing average ratings before and after intervention, \*\*  $p < 0.05$ . \* = inverted item (0 = Always, 5 = Never). Error bars are  $\pm$  standard error.

## Conclusion

- The app used in this study can help increase some mindful eating practices. Eating due to physical hunger and focused attention on food are found to be statistically significant benefits. Five other attributes show a trend towards increased mindful eating habits, while not statistically significant, may become significant with a larger sample size and greater adherence to the app intervention.
- Evidence from the PSS did not support the hypothesis that perceived stress would be reduced. One item on the PSS shows a statistically significant increase in stress. This may be explained by the time frame in which participants filled out the questionnaires. Participants completed the pre-questionnaire during the first three weeks of the semester when stress due to course work is relatively low compared to later in the semester.

## References

Cohen, S., Kamarck, T., & Mermelstein, R. (1983). A global measure of perceived stress. *Journal of Health and Social Behavior*, 24(4), 385-296. <https://doi.org/10.2307/2136404>

Peitz, D., Schulze, J., & Warschburger, P. (2021). Getting a deeper understanding of mindfulness in the context of eating behavior: Development and validation of the mindful eating inventory. *Appetite*, 159, 1-15. <https://doi.org/10.1016/j.appet.2020.105039>

<sup>1</sup> Department of Nutrition & Integrative Physiology

