

Hedonic eating level and depression level in obese individuals

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Abstract

Rationale, aims and objectives

Obesity, hedonic eating habits and depression are significantly influential conditions on each other. In our study, we aimed to determine the level of hedonic eating, depression and related socio-demographic and clinical characteristics in obese patients.

Methods

This is a prospective, descriptive, cross-sectional study. In the research, data was collected by using Personal Information Form, Beck Depression Inventory, Hedonistic Eating Scale.

Results

The mean score of Hedonic Eating Scale was 47.97 ± 9.85 and the mean score of Beck Depression Inventory was 15.08 ± 7.13 . There was not statistically significant, hedonic eating level decreased as the depression level increased ($p [?]0.05$). According to these results; non-smokers, those living in the city and in the village, those living only with their spouses were found to have higher levels of hedonic eating. Depression levels were found to be higher in patients with poor economic perception ($p[?]0.05$).

Conclusions

Our study result; showed that obese individuals tend to eat although they do not relieve themselves or to cope with stress, and depression order decreases as hedonistic eating behavior increases.

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