

## Observational Study: Good Nutrition and Psychological Well-Being

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### Introduction:

- > Psychological Well-Being (PWB) is key for contentment and fulfillment
- > Good Nutrition could be a key predictor of PWB
- > Researchers used observational research to study relationship between good nutrition and PWB.

### Hypothesis:

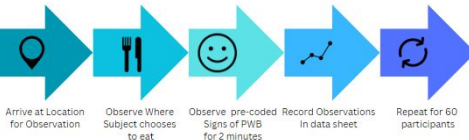
- > Healthier restaurant selection will result in more physical indicators of PWB, representing higher Psychological Well-Being.

### Methods:

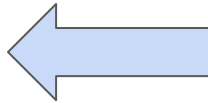
- > This study follows a naturalistic observational research design.
- > The sample ( $N=60$ ) was comprised of students at the University of Maryland who ate at the Stamp food court during the observation period.

> The predictor variable (good nutrition) was defined as the restaurant people choose to eat at. This was coded by ranking the 1-6, 1 being considered most healthy and 6 being considered least healthy.  
1=Saladworks, 2=Qdoba, 3=Hibachi San, 4=Chick-fil-A, 5=Panda Express, and 6=Union Pizza. Values of 1, 2, and 3 were assigned as 1, while values of 4, 5, and 6 were assigned as 0 to dichotomize the variable.

> The outcome variable (PWB) was defined as the number of times a person displays physical indicators of PWB in 2 minutes. This was coded by observing the number of smiles in 2 minutes, the number of times a person laughs in 2 minutes, and if the person was slumped (0) or sitting upright (1) in the 2 minute observation span. These values were then summed for each participant.



# On average, those who eat at healthier restaurants display more physical indicators of psychological well-being.

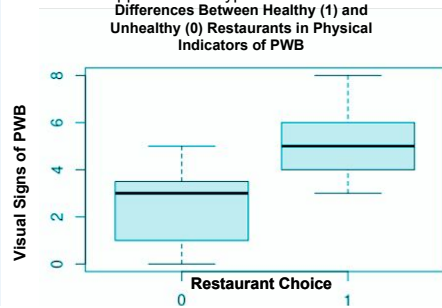


Scan QR Code for access to the OSF Project Page. Here you can find the references, preregistration, data, code for analysis, poster and more!



### Results:

- > All data collected were used in analysis ( $N=60$ ).
- > There was a significant effect of good nutrition on psychological well-being,  $t(58) = -6.914$ ,  $p < 0.05$ ,  $d' = 1.82$ .
- > Those who ate at healthier restaurants showed significantly less physical indicators of PWB ( $M = 2.64$ ,  $SD = \#$ ) than those who ate at healthier restaurants ( $M = 5.17$ ,  $SD = 0.49$ ).
- > We find support for the hypothesis.



Note: Average number of visible signs of PWB for those who ate at unhealthy restaurants (0) compared to those that who ate at healthier (1) restaurants show a significant difference.

### Discussion:

> The hypothesis that individuals who choose to eat at healthier restaurants will result in significantly more physical indicators of PWB was supported. This indicates support for the theory that good nutrition causes higher psychological well-being.

### Strengths and Weaknesses:

- (+): High external validity due to observational design.
- (+): College students are a demographic not previously studied for this research topic.
- (-): Observational research results in low internal validity.
- (-): Sample size of 60 could be bigger if more time given.

### Future Directions:

- > Observational research sets the stage for experimental research to determine causation between variables.
- > Motivation for initiatives to improve the nutrition of food selections on campuses to give students higher PWB.