

Emotional Eating in Hispanic Adolescents: Role of Anxiety and Sleep Quality

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INTRO

1. Purpose: Examine anxiety and sleep quality as predictors of emotional eating in Hispanic adolescents.
2. Focus: Compare Hispanic boys and girls, considering age and BMI.
3. Objective: Identify gender-specific factors to inform interventions for reducing obesity risk.

METHODS

1. Participants: 232 Hispanic adolescents (Girls: Mean age = 10.3, SD = 1.4; Boys: Mean age = 10.36, SD = 1.57).
2. Measures: Surveys on demographics, acculturation, emotional eating (McKnight Risk Factor Survey-IV), anxiety (Multidimensional Anxiety Scale for Children 2nd Edition), sleep quality (Pittsburgh Sleep Quality Index); BMI calculated from measured height and weight.
3. Procedure: Participants completed surveys; height and weight measured.
4. Analysis: Hierarchical regression , controlling for age and BMI

RESULTS

- Demographics: 90% girls, 94% boys U.S.-born; 82% girls, 81% boys highly acculturated; 69% girls, 76% boys overweight/obese.
- Girls: Sleep quality predicted emotional eating ($\beta = .350, p < .001, 95\% \text{ CI } [.003, .125]$).
- Boys: Anxiety ($\beta = .247, p < .05, 95\% \text{ CI } [.003, .034]$) and sleep quality ($\beta = .302, p < .05, 95\% \text{ CI } [.021, .140]$) predicted emotional eating

Girls: Poor sleep strongly influences emotional eating. Anxiety doesn't play a big role.

Boys: Both anxiety and poor sleep contribute to emotional eating.

Figure 1. Methodological Flow Chart of the Study

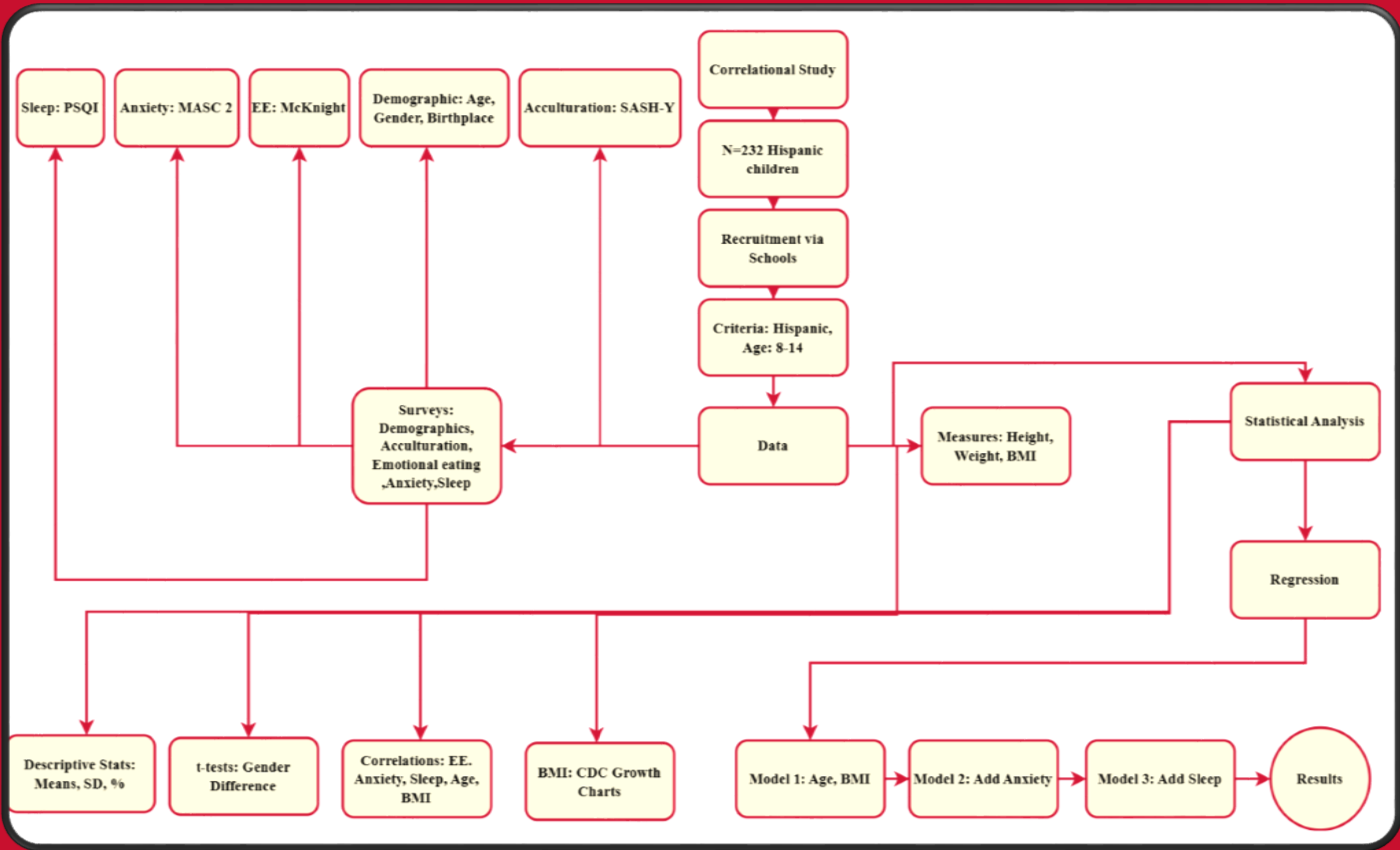


Table 1. Sample Descriptive Characteristics by Gender

Characteristics	Girls (n = 124)	Boys (n = 108)
Age (years)		
8-9	40 (32%)	42 (39%)
10-12	75 (61%)	53 (49%)
13-14	9 (7%)	13 (12%)
Missing	0	0
Place of Birth		
USA	104 (84%)	94 (87%)
Mexico	5 (4%)	4 (4%)
Central America	2 (2%)	2 (2%)
Other	4 (3%)	0
Missing	9(7%)	8 (7%)
Acculturation		
Low	20 (16%)	18 (17%)
High	88 (71%)	75 (69%)
Missing	16 (13%)	15 (14%)
Weight Status		
Underweight	3 (2%)	3 (3%)
Healthy weight	35 (28%)	22 (20%)
Overweight	24 (19%)	18 (17%)
Obese	61 (49%)	61 (56%)
Missing	1 (2%)	4 (4%)

Figure 2. Bar chart displaying Cronbach's Alpha values for study measures among Hispanic adolescents,

