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Eating Habits and Stress Levels

Megan Thieme  
*Huntington University*

Suzanne Radosevich  
*Huntington University*

Sadetina Christensen  
*Huntington University*

Brittany Edmonds  
*Huntington University*

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Eating Habits and Stress Levels
Megan Thieme, Suzanne Radosevich, Sadetina Christensen, Brittany Edmonds
Dr. Emily Horne
Psychology
Huntington University

This study tested the hypothesized relationship between the eating habits of college-aged women and their stress levels and attitudes about eating. Past research has shown links between one’s stress level and how it impacts eating habits. A survey was distributed through convenience sampling to residential women on a college campus. The survey included questions about eating attitudes, the reasons why people eat what they do, and stressful situations, with responses in Likert-scale format. The survey was collected and analyzed using the t-test.