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## Eating Patterns and Behavioral Characteristics of Young Adults in a Collegiate Recovery Setting

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# Eating patterns and behavioral characteristics of young adults in a collegiate recovery setting



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## Introduction

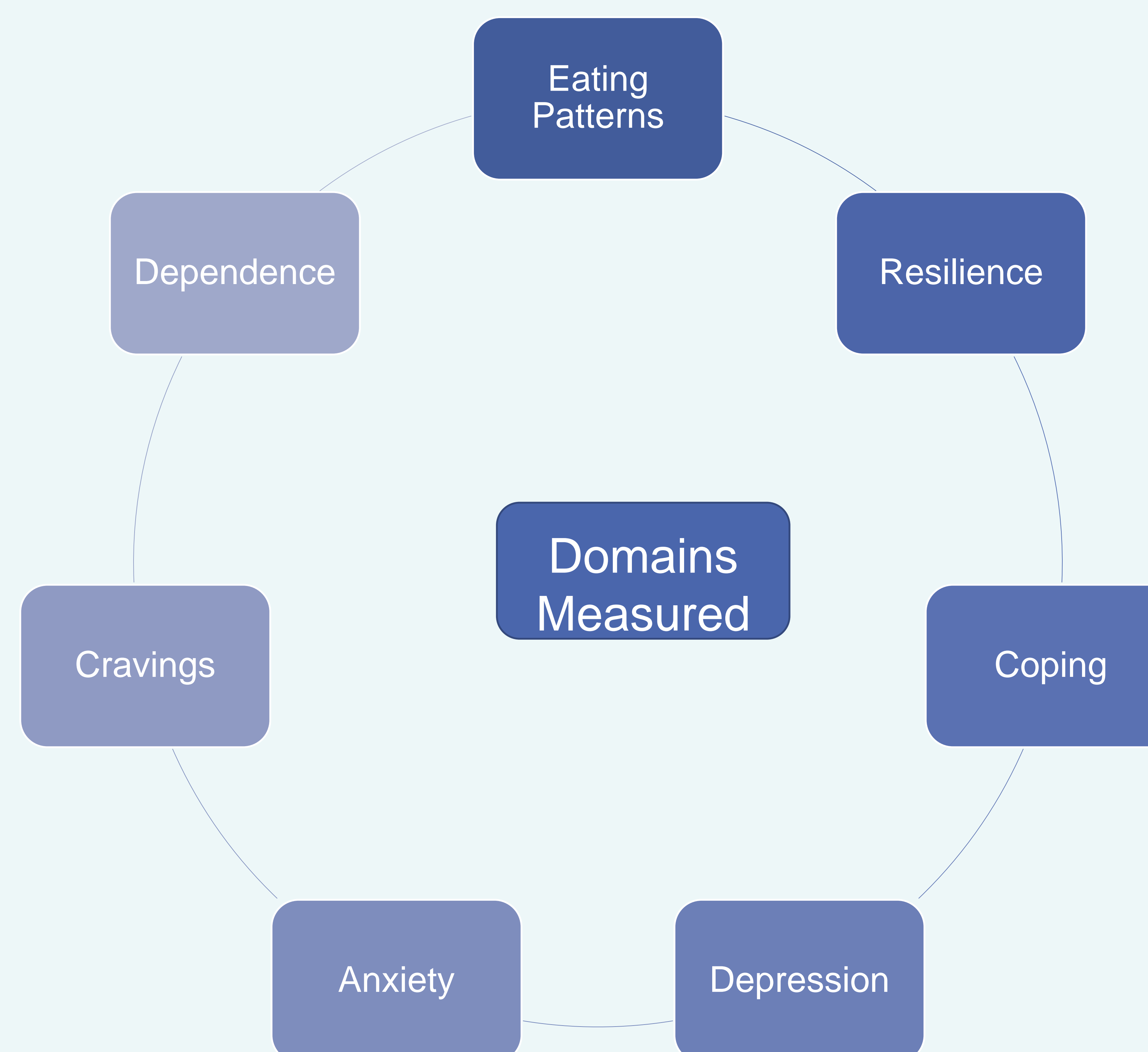
- Young adults on a college campus who are in recovery from substance use disorders face high temptation and risk for relapse.
- Collegiate recovery programs are becoming increasingly popular on campuses nationwide.
- Therapies offered in these types of programs include meditation, yoga, art, and music to build resilience and healthy coping mechanisms<sup>1-5</sup>.
- Nutrition plays an important role in recovery and individuals in recovery have shown unhealthy eating patterns<sup>6-9</sup>.
- Determining the eating patterns and coping mechanisms of students in recovery is important to inform nutrition interventions.

## Objective

- To describe characteristics of individuals in a collegiate recovery program and investigate correlates of mental health and eating patterns prior to a nutrition intervention.

## Methods

- A 76-item survey was distributed to individuals in a Collegiate Recovery program that included:
  - Eating Pattern Questionnaire
  - Beck Anxiety Inventory
  - Patient Health Questionnaire (PHQ-9)
  - Brief COPE
  - Severity of Dependence Scale
  - Brief Substance Craving Scale
  - Brief Resilience Score.
- Individuals were asked to report their overall health, height, and weight.
- Frequency and bivariate analyses were conducted to determine significance of variables.



## Results

Mental Health Scores of Students in a Collegiate Recovery Program

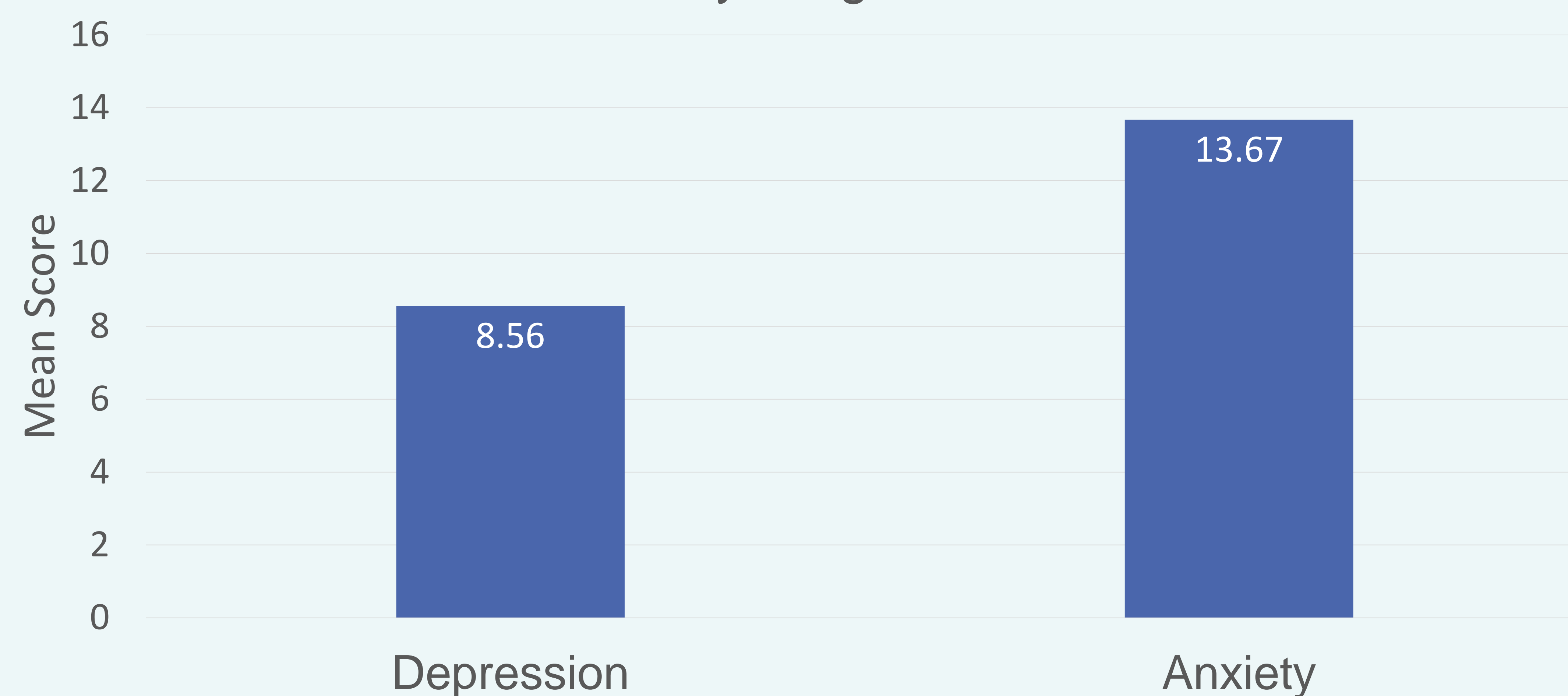


Figure 1. Mean Mental Health Scores. Depression was measured using the Patient Health Questionnaire and anxiety was measured using the Beck Anxiety Inventory. (n = 9)

## Results

Unhealthier Eating Patterns	Higher Resilience Scores
<ul style="list-style-type: none"> <li>• Mild depression symptoms (p=0.0170)</li> <li>• Mild to moderate anxiety symptoms (p=0.0219)</li> </ul>	<ul style="list-style-type: none"> <li>• Less use of denial (p=.0491)</li> <li>• Less substance abuse (p=0.0247)</li> <li>• Less behavioral disengagement (p=0.0182)</li> </ul>
Higher Anxiety Scores	Higher Depression Scores
<ul style="list-style-type: none"> <li>• Higher self-blame (p=.0314)</li> <li>• Higher behavioral disengagement (p=0.0448)</li> </ul>	<ul style="list-style-type: none"> <li>• Higher self-blame (p=.0454)</li> </ul>

## Conclusion

- These results indicate the potential influence of eating behaviors, coping behaviors, and resilience on improving mental health disorder symptoms and recovery outcomes.
- Future work will analyze the effects of implementing a nutrition intervention to further enhance recovery.

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