

Association between stress, eating behavior and the risk of cardiovascular disease among employees

Hetal Kuchara^{1*}

Gujarat University, India.



Abstract

The Investigation was planned to find out the association between stress, eating behaviors and risk of cardiovascular disease in the employees of Gujarat University, Ahmedabad. 123 samples were randomly selected from the various departments of Gujarat university. Both males and females from the age group of 20-60 years were included in this study. A Cardiovascular risk assessment tool was developed to assess the cardiovascular risk in the participants. For the assessment of compulsive eating, Compulsive eating scale (CES) designed by Kagan and Squires (2016) was used whereas to assess the level of psychological stress among study participants Stressful Situations Questionnaire developed by (SSQ) Hodges and Felling (2015) was used. Anthropometric and Biophysical measurements of the participants were recorded. It was also revealed from the study that stress scores and eating scores are strongly positively correlated with each other. ($r=0.756$ and significance = 0.000).

r = positive correlation between behaviors, significance = probability.

[3rd World Congress on Food and Nutrition](#); Webinar, June 15-16, 2020.

Abstract Citation:

Hetal Kuchara, Association between stress, eating behavior and the risk of cardiovascular disease among employees, Nutri Food 2020, 3rd World Congress on Food and Nutrition; Webinar, June 15-16, 2020.

<https://food-technology.nutritionalconference.com/2020>



Biography:

Hetal Kuchara has completed her Masters in Food Science and Nutrition from Gujarat University. She has won the gold medal for her research from Gujarat University. She has served as Nutrition Science faculty for VLCC Institute of Beauty and Nutrition Science. She has conducted various seminars on Nutrition and mental Health and Women health.