

Sleep quality and the mediating role of stress management on eating by nursing personnel

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(1) Background: The work schedule of nursing personnel often involves double or continuous shifts and sources of stress derived from the work context, making it necessary to ensure their rest and eating habits contribute to a healthy lifestyle. The objective of this study was to analyze the mediating role of stress management on the effect that sleep quality has on uncontrolled and emotional eating by nursing professionals. The Three-Factor Eating Questionnaire-R18 was applied to measure uncontrolled and emotional eating, the Pittsburgh Sleep Quality Index as a measure of sleep quality, and the EQ-i-20M for the stress management component of emotional intelligence. (2) Methods: A sample of 1073 nurses aged 22 to 57 years was selected for this purpose. (3) Results: The main result of this study was that stress management was a mediator in the effect of sleep quality on uncontrolled and emotional eating. Furthermore, low scores for sleeping problems correlated with high scores for stress management. The results also revealed a strong negative association between stress management and uncontrolled and emotional eating. (4) Conclusions: The results are discussed from the perspective of promoting health at work as well as improving the psychosocial wellbeing of nursing professionals and increasing the quality of patient care. © 2019 by the authors. Licensee MDPI, Basel, Switzerland.

Eating

Nursing

Sleep quality

Stress management

adult

Article

cognition

eating disorder

emotional eating

emotional intelligence

female

health care personnel

healthy lifestyle

human

human experiment

job stress

Likert scale

major clinical study

male

mood

nursing staff

patient care

Pittsburgh Sleep Quality Index

questionnaire

risk factor

sleep quality

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Three Factor Eating Questionnaire

uncontrolled eating

work environment

workload

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