

Adherence to the mediterranean diet and self-efficacy as mediators in the mediation of sleep quality and grades in nursing students

Fernández-Medina, I.M.

Ruíz-Fernández, M.D.

Hernández-Padilla, J.M.

Granero-Molina, J.

Fernández-Sola, C.

Jiménez-Lasserrotte, M.M.

Lirola, M.-J.

Cortés-Rodríguez, A.E.

López-Rodríguez, M.M.

Abstract

University is a period in which students can experience a considerable amount of challenges that may influence their health lifestyles. The aim of this article is to discover the role of therapeutic adherence to the Mediterranean diet and self-efficacy as mediators in the relationship between sleep quality and the average grades of nursing students. The sample was made up of 334 nursing students, with a mean age of 21.84 years (SD = 6.24). Pittsburgh Sleep Quality questionnaires, adherence to the Mediterranean diet and the Baessler and Shwarzer General Self-efficacy Scale were administered. The results of the multiple mediational model determined that quality of sleep has a direct influence on academic performance. Adherence to the Mediterranean diet and quality of sleep have an effect on the degree of self-efficacy of nursing students. This study demonstrates that good sleep quality and adherence to the Mediterranean diet improve academic performance in nursing students. Future research should include multicenter longitudinal studies.

Author keywords

Academic performance

Adherence to the Mediterranean diet

Baessler and Schwarzer general self-efficacy scale

Mediterranean diet

Nursing students

Pittsburgh sleep quality index

Self-efficacy

Sleep