



(RESEARCH ARTICLE)



Food, mood and eating behavior: An empirical study of the emotional relationship with food among young adults

Aditi Saraswat* and Swapnil Harle

Culinary Arts, ITM Skills University, Kharghar, Mumbai, India.

International Journal of Science and Research Archive, 2026, 18(03), 981-991

Publication history: Received on 02 February 2026; revised on 13 March 2026; accepted on 16 March 2026

Article DOI: <https://doi.org/10.30574/ijrsra.2026.18.3.0505>

Abstract

The multifaceted relationship between emotional states and eating behaviours among young adults is explored in this empirical study. This research aims to examine the impact that emotional states like stress, sadness, happiness, and fatigue have on eating behaviours; look into the role that food plays as a source of comfort, reward, and emotional support; identify the common patterns of emotional eating and mood-driven food choices; consider the emotional meanings that are assigned to specific foods; inspect the way that lifestyle and social contexts shape these relationships with food, all led by the comprehension that emotions notably influence dietary choices. Data was collected from 80 young participants using a quantitative Google Forms survey, utilizing self-report measures of emotional states and eating behaviors. The study seeks to uncover widespread eating patterns through detailed and deductive statistical analyses, specific food-mood associations, and the broader contextual factors that impact these dynamics. The verdict is expected to provide with a deeper apprehension of young adults' emotional eating landscape, with further suggestions for health interventions and dietary guidance tailored to emotional well-being.

Keywords: Emotional Eating; Affect Regulation; Hedonic Eating; Food Cravings; Emotional Regulation; Social Eating Behaviour

1. Introduction

Food plays a vital role in everyday life, providing nutrients and serving as a sensory, cultural, and social experience shaped by taste, memory, and the environment. A mixture of ecological, cultural, and psychological factors influences eating behaviours and food choices, suggesting that food consumption goes beyond nutritional requirements to encompass comfort, enjoyment, and ritual. Recent studies emphasise that emotions profoundly affect food choices and consumption patterns, along with individuals frequently opting for particular meals during times of stress, grief, or happiness (Leeds et al., 2020; Ashurst et al., 2018). This relationship is especially important for young people who are undergoing lifestyle changes, irregular eating patterns, academic stress, and greater freedom to choose their own food, all of which can lead to changes in their eating habits (Choi, 2020; Mansoury, 2024).

In this setting specifically, emotional eating has become a frequent behaviour in which meal selections are controlled by emotional states and the meanings given to specific dishes or food groups. Evidence stipulates that highly palatable foods are often associated with emotional comfort and that positive emotions may promote socially motivated or celebratory eating experiences (Ha & Lim, 2023; Zenk et al., 2014). From a culinary point of view, understanding these dynamics is essential, as it sheds light on the impact of emotional events on standard food behaviours. Therefore, this study seeks to investigate the emotional connection to food among young adults to further our understanding of mood-driven eating behaviours and their broader culinary implications.

* Corresponding author: Aditi Saraswat

1.1. Research Questions

- How are young adults affected by emotional states like stress, sadness, happiness, and fatigue in accordance with eating behaviour?
- What patterns of mood-driven food choices emerge in relation to specific food categories?
- Within everyday eating practices, how is food used as a source of comfort, reward, or emotional support?
- How is the relationship with food shaped by lifestyle and social factors?

Research Objectives

- To examine the role played by emotional states in eating behaviour amongst young adults.
- To recognise everyday patterns of food preferences based on mood and emotional eating.
- To investigate the role of food as comfort, reward, and emotional support in daily life.
- To understand the emotional meanings attached to specific food types.
- To analyse how lifestyle and social environments influence food-mood relationships.

2. Literature Review

Eating is influenced by biological hunger and emotional regulatory processes. This is supported by a thorough investigation across psychological, physiological, and social frameworks. According to current research, emotional eating is defined as the tendency to alter food intake based on emotional states rather than physiological needs. This is explained by the affect regulation model that suggests that people consume food to relieve negative emotions and restore emotional balance (Mason et al., 2019). Neurobiological perspectives clarify that highly palatable foods activate reward pathways linked to dopamine and opioid systems, thereby reinforcing the temporary relief experienced post-consumption and strengthening habitual emotional eating behaviours (Leeds et al., 2020; Singh, 2014). Food is considered a physiological necessity. These analytical structures regard food as a physiological necessity and also a psychological tool for mood management.

Even though patterns of food behaviour vary by context and individual, empirical research indicates that emotional states are the primary drivers of food behaviour. Stress is a highly studied cause and is usually associated with increased intake of energy-dense, high-fat, and high-sugar foods. Stress is one of the most studied predictors and is generally associated with increased intake of energy-dense, high-fat, and high-sugar foods (Ashurst et al., 2018; Cheng & Kamil, 2020; Elshurbjy & Ellulu, 2017). Nonetheless, individual differences in coping mechanisms and emotional regulation strategies suggest that not all findings are uniform; some studies report reduced appetite or no significant change in eating behaviour during stress (Ashurst et al., 2018). Emotional distress is frequently related to consumption of comfort foods and a perceived loss of control, as proven by the multiple research studies conducted on sorrow, anxiety, and depression, indicating similar variability. Although the characteristics and intensity of these associations differ across various populations (Constant et al., 2018; Silva et al., 2025). Gratifying emotional states add complexity, suggesting that some enjoy hedonic behaviours, social celebrations, or reward systems, leading to greater food consumption. Other studies point towards pleasant moods promoting healthier food selections. This highlights the ongoing discussions about the essence of emotional eating, whether it is inherently maladaptive or contextually adaptive. (Ha & Lim, 2023; Zenk et al., 2014; St. Pe et al., 2025)

These connections additionally affect developmental and environmental factors. Emotional coping strategies and eating behaviours are impacted by the increased autonomy, scholastic pressure, and lifestyle instability of young adults (Ashurst et al., 2018; Mansoury, 2024; Choi, 2020). Younger individuals often focus on instant mood enhancement and sensory gratification, which further increases their predisposition toward emotion-driven eating choices (Konttinen et al., 2021; Fong et al., 2019). Disparities in stress-induced food intake highlight the influence of sociocultural norms on emotional eating habits, aligning with gender-based variations (Kandiah et al., 2018). Emotional eating occurs within broader interpersonal and environmental contexts rather than at the individual level, as evidenced by social contexts such as peer interactions and communal dining. (Maugeri et al., 2022; Shawon et al., 2023)

Despite considerable investigation, multiple gaps remain. A significant part of the study relies on cross-sectional or introspective approaches, which fail to capture the real-time, effective dimensions of emotional eating experiences (Mason et al., 2019). Understanding of positive emotional eating remains inadequate, with ongoing discourse regarding its mechanisms and implications (St. Pe et al., 2025). Additionally, there is a shortage of research analysing the emotional meaning assigned to specific foods and the impact of lifestyle and social contexts on these meanings for individuals across diverse populations. It is important to address these shortcomings to foster a more integrated understanding of the food-mood relationships in young adults.

3. Methodology

3.1. Research Design

A quantitative cross-sectional survey was used to examine the relationship between eating behaviours and emotional states in young adults. The framework enabled the collection of data with a specific degree of promptness to identify correlations and patterns between mood and food-related behaviours.

3.2. Participants

A group of 80 students aged 18 to 25 participated in the study. Among the participants, the percentages are 65% women, 30% men, and 5% non-binary. Young adults were the first choice as a target group due to their autonomy in food choices and lifestyle behaviours, which further influence eating behaviour.

3.3. Data Collection Procedure

A self-administered online questionnaire was distributed via Google Forms to collect data. Responses were collected anonymously, and participation was voluntary. The questionnaire was centred on emotional experiences and behaviours associated with food to align with the study's goals.

3.4. Measures

Sections that provide an overview of demographic information, emotional states such as stress, sadness, happiness, anxiety, boredom, and overwhelm, eating patterns, and the role of food as a reward, comfort, or emotional support. Participants made the correlation between emotional connections to specific food categories and the influence of dietary habits and social contexts. Most of these remarks were rated on a Likert Scale to see how often these behaviours occur and how strong they are.

3.5. Data Analysis

Descriptive statistics were used to analyse the data. Responses were collected using frequency and percentage data to recognise the common patterns in emotional eating and mood-influenced meal choices among individuals.

3.6. Limitations

Self-report measurements were relied upon, which may have specifically been influenced by recall bias or social desirability bias. Causal interpretation was limited by a cross-sectional design, and the small sample size may affect generalizability.

3.7. Ethical Approval Statement

This study compiled ethical research standards and human participants. Individuals gave their consent before data collection, and it was made clear that the participation was voluntary. Participants were assured confidentiality, anonymity, and the option to withdraw at any time without consequences.

3.8. Conflict of Interest

The author contends that there are no conflicts of interest regarding the publication of this paper.

4. Results

4.1. Sample Characteristics

The final sample comprised 75 participants aged 18-25 years. (M=21.0, Median=21). The final sample consisted of participants aged 18-25 years (M = 21.0, Median = 21). The sample was primarily female. Specifically speaking, 54 participants (72%) identified as female, 16 (21%) as male, and 5 (7%) as non-binary.

The demographic distribution of the sample is presented in Table 1.

Table 1 Demographic Characteristics of the Sample (N = 75)

Variable	n	%
Gender		
Female	54	72%
Male	16	21%
Non-binary	5	7%
Age		
Range	18-25	
Mean (SD not computed)	21.0	
Median	21	

4.2. Emotional Influence on Eating

Participants reported moderate to high levels of emotional influence on eating behaviour (Q4; 1–5 scale). The average score was 3.87, with the median score being 4. This proves that emotions were the driving force in deciding what people ate. Most participants liked options 4 or 5.

4.3. Emotional Triggers of Eating

Binary-coded variables were used to examine the emotional triggers. From highest to lowest, the most common trigger was stress (55%), followed by sadness (44%), happiness (43%), and anxiety (40%). Common complaints included tiredness (31%), boredom (35%), and feelings of overwhelm (32%).

Approximately 2.8 emotional triggers were identified, pointing towards emotional eating being affected by multiple causes rather than a single emotional state.

Table 2 shows how emotional triggers are spread out.

Table 2 Emotional Triggers Influencing Eating (Q5)

Emotion	n	%
Stress	41	55%
Sadness	33	44%
Happiness	32	43%
Anxiety	30	40%
Boredom	26	35%
Overwhelm	24	32%
Fatigue	23	31%

4.4. Changes in Eating Behaviour

Participants exhibited varying behavioural reactions to emotional states. The cardinal response was a certain level of yearning for specific foods (40%), succeeded by higher consumption (31%) and decreased consumption (27%). The predominant response was a yearning for specific foods (40%), succeeded by increased consumption (31%) and decreased consumption (27%). No perceptible difference was indicated by 3%.

Two principal response profiles are specified by these findings:

- Emotional consumption of food
- Affective constraint

These distributions are summarised in Table 3

Table 3 Changes in Eating Behaviour During Emotional States (Q6)

Behavior	n	%
Crave specific foods	30	40%
Eat more than usual	23	31%
Eat less than usual	20	27%
No noticeable change	2	3%

4.5. Loss of Control Over Eating

Occurrences of loss of control were comparatively frequent. 11% of individuals stated that they never experienced such incidents, 43% reported occasional occurrences, and 11% reported experiencing them regularly. The average score was approximately 1.53 (on a 0–3 scale), indicating infrequent yet non-severe dysregulation in eating behaviour.

Table 4 presents these frequencies.

Table 4 Frequency of Loss-of-Control Episodes (Q7_updated)

Frequency	n	%
Never	8	11%
Rarely	27	36%
Sometimes	32	43%
Often	8	11%

4.6. Types of Foods Craved (Q9)

The most frequent cravings were for sweet meals (60%), fast foods (49%), and salty snacks (31%). The most common craving was for sweet meals (60%), followed by fast food (49%) and salty snacks (31%). About 24% said they didn't have any urges, 19% were less likely to drink hot drinks, and 24% made food at home.

These results show that individuals favor gratifying and rewarding foods when they are feeling emotional.

Craving patterns are presented in Table 5

Table 5 Types of Foods Craved During Emotional States (Q9)

Food Type	n	%
Sweet foods	45	60%
Fast food	37	49%
Salty snacks	23	31%
Home-cooked food	18	24%
No specific cravings	18	24%
Hot beverages	14	19%

4.7. Emotional Meaning Attributed to Food

Food is usually associated with comfort (39%) and nostalgia (36%). Additionally, happiness (23%) and safety (16%) were also expanded upon. A lesser percentage reported on no emotional meaning (12%) or uncertainty (8%).

Reasons suggest that symbolic significance, in terms of attachment and familiarity, may be invoked when discussing food functioning as an affect-regulation mechanism.

Emotional meanings are summarised into categories in Table 6.

Table 6 Emotional Meaning Attributed to Food (Q12)

Emotional Meaning	n	%
Comfort	44	59%
Nostalgia	27	36%
Happiness	17	23%
Safety	12	16%
None	9	12%
Unsure	6	8%

4.8. Social Context and Eating Behaviour

37% of individuals reported being more mindful of what they eat in social contexts. When talking about lesser populations, 15% reported eating more, 13% eating less, 19% said that they were eating differently, and 16% said they're experiencing no change

This demonstrates the regulatory effect of social presence on eating behaviour.

Distribution is presented in Table 7.

Table 7 Eating Behaviour in Social Situations (Q14)

Behavior	%
More mindful	37%
Eat differently	19%
No change	16%
Eat more	15%
Eat less	13%

4.9. Summary of Core Patterns

There were multiple consistent patterns observed:

- Cravings for sweet foods primarily occur when stress is involved as the primary emotional trigger.
- Two different types of responses were noted: emotional restraint and emotional overeating.
- People often eat for rewards, as evidenced by the high demand for sweet and fast foods.
- Emotional and symbolic attachment roles were observed, with food primarily serving as a source of comfort and nostalgia.
- Loss of control was occasional but usually moderate.

Mainly, the results show that emotional eating is more than just physically being hungry. It is more about regulating emotions, seeking pleasure, and giving emotional value to food.

5. Discussion

5.1. 1. Emotional Eating as Affect Regulation

5.1.1. Stress and Negative Affect as Primary Drivers

Emotions had a moderate-to-strong effect on eating behaviour, in accordance with the affect regulation model, with an average emotional influence score of 3.87. The most commonly identified trigger was stress (55%), followed by sorrow (44%) and anxiety (40%). Previous studies have identified stress as a prime predictor of modified eating behaviour, specifically heightened intake of appetising meals (Ashurst et al., 2018; Cheng & Kamil, 2020; Elshurbjy & Ellulu, 2017).

Emotional eating rarely originates from a particular, distinct affective state, as proved by the participants reporting an average of 2.8 emotional triggers. Although it seems to be part of a larger pattern of emotional dysregulation. This confirms that emotional eating justifies the efforts to regulate internal distress rather than reactions to discrete emotions.

5.1.2. Dual Behavioural Responses: Overeating and Restriction

Emotional eating is often regarded as overreacting, but current findings indicate two coexistent response profiles. 31% of individuals said that they eat more when they are upset, and 27% said they eat less. In total, 40% indicated a desire for particular foods.

This varied pattern aligns with literature pointing towards stress being able to elicit both hyperphagic and hypophagic responses, depending on the individual's coping mechanisms (Ashurst et al., 2018). Accordingly, emotional eating may signify a variety of regulatory methods, including both approach-oriented (overeating) and avoidance-oriented (restricted) reactions, meaning that emotional eating should not be characterised solely by overconsumption.

Loss of control further illuminates this regulatory aspect. Most people reported having dysregulation, even though the severity was moderate ($M=1.53$). These results authenticate studies that associate emotional distress with intermittent loss of control and the consumption of comfort food, while also indicating diversity in acuteness among non-clinical populations. (Constant et al., 2018; Silva et al., 2025)

5.2. Reward Sensitivity and Hedonic Craving

5.2.1. Preference for Highly Palatable Foods

Vigorous support is provided for reward-based theories regarding craving patterns. Sixty per cent of individuals who took part liked sweet foods, fast food (49%), and salty snacks (31%). These preferences align with neurobiological theories suggesting that highly palatable foods stimulate dopaminergic and opioid reward circuits, thereby enhancing transient emotional comfort (Leeds et al., 2020; Singh, 2014).

With respect to stress endorsement, the popularity of sweets illustrates a stress-reward association. Within this group, emotional eating seems more about the pleasure of eating than about nutrition, which further supports the idea that food is an easy way to improve mood.

5.2.2. Positive Emotion and Hedonic Consumption

Fascinatingly, 43% of the participants said that happiness was an emotional trigger. Which makes believing that emotional eating is caused by stress alone difficult. Happy emotions may lead to heightened consumption through mechanisms such as celebration, reward, or sensory enjoyment, in line with the research conducted by Ha and Lim (2023) and St. Pe et al. (2025).

These discoveries contribute to the ongoing debate about whether emotional eating is beneficial in certain situations (Zenk et al., 2014). In the current sample, emotional eating seems to serve both as a means of alleviating negative affect and as an enhancement of positive emotions. This paradox underscores the necessity to frame emotional eating within a more expansive affective spectrum.

5.3. Symbolic and Attachment-Based Meaning of Food

5.3.1. Comfort and Nostalgia as Central Themes

One of the most intriguing observations from the study is how people feel about eating. Food has been associated with comfort (59%), nostalgia (36%), and safety (16%). This has to do with more than the behaviours that prove the symbolic meanings of food.

Food might function as a psychological attachment through familiarity, memory, and emotional solace; this is evidenced by the importance of comfort and nostalgia. Food acts as an alternative for safety or emotional regulation within theoretical frameworks that conceptualise emotional eating with attachment theories.

A minority group of individuals suggested that food lacked emotional significance. This further suggests that food is not merely individually dependent on impulse or physiologically predetermined, but also situated within emotionally significant narratives.

5.3.2. Emotional Eating as Psychological Coping

Emotional eating serves multiple regulatory roles, as evidenced by observations related to rewards and symbols. Symbolic comfort, pleasure, and emotional comfort may be gratified together at once. Emotional eating does not only encompass mood regulation but also identity, memory, and perceived safety. This is evidenced by the perspective offered by the current literature.

5.4. Developmental and Social Context

5.4.1. Young Adulthood as a Vulnerable Period

Heightened autonomy, scholastic and occupational pressure, and lifestyle shifts are perceived as a developmental phase for individuals within the sample (Ashurst et al., 2018; Mansoury, 2024; Choi, 2020). Behaviours that make you feel better promptly may be important.

The evidence that young adults prioritise immediate emotional regulation over long-term health implications is corroborated by hedonic cravings and multifaceted emotional reactions (Konttinen et al., 2021; Fong et al., 2019). Emotional eating in this particular bracket may indicate both developmental susceptibility and adaptive coping mechanisms in transitional contexts.

5.4.2. Social Moderation of Eating Behaviour

Moderating effects were caused by the social contexts. A majority of people indicated increased mindfulness while dining with others. This is in harmony with studies indicating that dietary selections and portion management are influenced by peer presence (Maugeri et al., 2022; Shawon et al., 2023).

These findings suggest that emotional eating doesn't occur in isolation; it is built into the social system. Emotional eating can be aggravated but also weakened within social contexts, further indicating that interventions pointing towards emotional eating should be taking relational contexts into account.

5.5. Integrative Interpretation

The results provide concrete evidence of a multifaceted structure underlying emotional eating in young people. Emotional eating acts as a way for people to deal with stress and anxiety, while portraying a desire for pleasure in terms of consuming sweet and palatable foods. Eating may also serve as a source of gratification, providing psychological reassurance and familiarity, because food holds symbolic and attachment-related significance in addition to its rapid mood-stimulating effects. A phase characterised by an increase in autonomy, instability, and emotional demands is the expansive developmental framework. Emotional eating is affected by interpersonal situations rather than functioning exclusively like an interpersonal phenomenon, as evidenced in terms of social situations. Therefore, in this study, emotional eating isn't defined as a single maladaptive behaviour, but instead it is considered a multifaceted, complex response caused by an interplay of neurobiological reward processes, affect regulation mechanisms, symbolic developmental pressures, and social influence.

6. Conclusion

This research paper underlines the complex and multifaceted factors of emotional eating in young adults. Findings point towards eating behaviours being influenced not only by stress and emotional affect but also by pleasant emotions, hedonic awards, and symbolic meanings associated with food. Warmth and nostalgia are common themes when speaking about fast and sweet foods. Again, this proves that food has a psychological meaning beyond nourishment. This demographic seems to be associated with developmental stages and social circumstances. To conclude, the findings point towards food serving as a nutrition, a reward, an emotional regulator, and also a symbolic source of familiarity in young adulthood.

Limitations and Future Directions

As identified by other studies, the cross-sectional design limits the causal inference, which also aligns with methodological issues. (Mason et al., 2019). Self-report measurements may potentially be subject to recall bias. Moreover, the predominantly female sample limits generalizability and hinders meaningful gender comparisons.

The dynamic variations in emotional states and eating behaviours may be illuminated by the future studies that employ longitudinal and/or ecological momentary assessments. An enhanced comprehension of emotional eating habits might occur due to a much more detailed examination of the symbolic value of food, specifically nostalgia and attachment-related factors.

Compliance with ethical standards

Disclosure of conflict of interest

No conflict of interest to be disclosed

References

- [1] Von Essen, E., & Mårtensson, F. (2014). Young adults' use of food as a self-therapeutic intervention. *International Journal of Qualitative Studies on Health and Well-Being*, 9(1). <https://doi.org/10.3402/qhw.v9.23000>
- [2] Jaworski, M., Szatańska, M. I. & Sawicka, S. (2016), 'The Relationship Between Emotional State and The Consumption of Foods Rich in Carbohydrates by Young Adults', *Health Problems of Civilization*, 10(2), 10–19. <https://doi.org/10.5114/hpc.2016.59628>
- [3] Leeds, Keith, Woloshynowych (2020), 'Food and Mood: Exploring the determinants of food choices and the effects of food consumption on mood among women in Inner London', Vol 11 No. 1, *World Nutrition*. <https://doi.org/10.26596/wn.202011168-96>
- [4] Ashurst, J., van Woerden, I., Dunton, G. et al. The Association among Emotions and Food Choices in First-Year College Students Using Mobile-Ecological Momentary Assessments. *BMC Public Health* 18, 573 (2018)
- [5] Cheng & Kamil (2020), Stress and Food Intake among Students- Is there a relationship?
- [6] Mansoury, M. M. (2024) 'The Degree of Emotional Eating Among Female University Students and Its Impact on Their Pattern of Eating Behaviors' *Journal of Pioneering Medical Sciences* 13(3), pp. 51-60.
- [7] Giráldez, Colomer, and Brotons. (2024), Emotional Eating, Internet Overuse, and Alcohol Intake Among College Students: A Pilot Study With Virtual Reality
- [8] Ashurst, J., van Woerden, I., Dunton, G. et al. The Association among Emotions and Food Choices in First-Year College Students Using Mobile-Ecological Momentary Assessments. *BMC Public Health* 18, 573 (2018)
- [9] Cheng & Kamil, 2020. Stress and Food Intake among University Students: Is There a Relationship?
- [10] Elshurbjy AJ, Ellulu MS (2017). 'Association between stress and dietary behaviours among university students: Mini- review', *Med Clin Arch* 1
- [11] Kandiah, J., Saiki, D., Dues, K. et al. Influence of perceived stress on dressing and eating behaviors of Chinese female university students residing in the United States. *Fash Text* 5, 6 (2018).

- [12] Aymery Constant, Yentl Gautier, Nicolas Coquery, Ronan Thibault, Romain Moirand, David Val-Laillet, 'Emotional overeating is common and negatively associated with alcohol use in normal-weight female university students', *Appetite*, Volume 129, 2018, Pages 186-191, ISSN 0195-6663, <https://doi.org/10.1016/j.appet.2018.07.012>
- [13] Silva, I., Meireles, A. L., Chagas, et al. (2025). Emotional Eating and Its Relationship with Symptoms of Anxiety, Depression, and Stress During the COVID-19 Pandemic: A Multicenter Study in College Students. *International Journal of Environmental Research and Public Health*, 22(3), 354
- [14] Ha Oh-Ryeong, Lim Seung-Lark, The role of emotion in eating behavior and decisions, *Frontiers in Psychology*, Volume 14, 2023
- [15] Açık Murat, Aslan Çin Nazlı Nur, (2025), 'Links between intuitive and mindful eating and mood: do food intake and exercise mediate this association?', *Frontiers in Nutrition*, Volume 12.
- [16] Choi, J. (2020). Impact of Stress Levels on Eating Behaviors among College Students. *Nutrients*, 12(5), 1241
- [17] Mackenzie Fong, Ang Li, Andrew J. Hill, Michelle Cunich, Michael R. Skilton, Claire D. Madigan, Ian D. Caterson, (2019), Mood and appetite: Their relationship with discretionary and total daily energy intake, *Physiology & Behavior*, Volume 207, Pages 122-131, ISSN 0031-9384.
- [18] Konttinen, H., Halmesvaara, O., Fogelholm, M. et al. (2021), 'Sociodemographic differences in motives for food selection: results from the LoCard cross-sectional survey'. *Int J Behav Nutr Phys Act* 18, 71.
- [19] Moss, R. H., Conner, M., & O'Connor, D. B. (2021). Exploring the effects of positive and negative emotions on eating behaviours in children and young adults. *Psychology, Health & Medicine*, 26(4), 457-466.
- [20] Nguyen-Rodriguez, S. T., Unger, J. B., & Spruijt-Metz, D. (2009). Psychological Determinants of Emotional Eating in Adolescence. *Eating Disorders*, 17(3)
- [21] Tyler B. Mason, Bridgette Do, Shirlene Wang, Genevieve F. Dunton, (2019), 'Ecological momentary assessment of eating and dietary intake behaviors in children and adolescents: A systematic review of the literature', *Appetite*, Volume 144
- [22] Francesca A. St. Pe, Cathleen Odar Stough, Kristen Jastrowski Mano, 'Positive emotional eating among college students: A systematic scoping review', *Appetite*, Volume 215
- [23] Shawon, M.S.R., Rouf, R.R., Jahan, E. et al. (2023), 'The burden of psychological distress and unhealthy dietary behaviours among school-going adolescents from 61 countries', *Sci Rep* 13, 21894
- [24] Ha & Lim (2023), 'The Role of Emotion in Eating Behavior and Decisions', *Frontiers in Psychology*, Vol 14, Pages 1265074-1265074
- [25] Evers, Dingemans, Junghans, Boevé (2018), 'Feeling bad or feeling good, does emotion affect your consumption of food? A meta-analysis of the experimental evidence, *Neuroscience & Biobehavioral Reviews*', Volume 92, Pages 195-208, ISSN 0149-7634
- [26] Shannon N. Zenk, Irina Horoi, Ashley McDonald, Colleen Corte, Barth Riley, Angela M. Odoms-Young (2014), 'Ecological momentary assessment of environmental and personal factors and snack food intake in African American women', *Appetite*, Volume 83, Pages 333-341, ISSN 0195-6663
- [27] Platta (2023), 'Women's Emotions and Food Choices- A Study of Gdynia City Residents, Poland', *Scientific Papers of Silesian University of Technology Organisation and Management Series*, Volume 2023, Issue 188
- [28] Singh Minati (2014), 'Mood, food, and obesity', *Frontiers in Psychology*, Volume 5, <https://www.frontiersin.org/journals/psychology/articles/10.3389/fpsyg.2014.0092510.3389/fpsyg.2014.00925>
- [29] Gülin Öztürk Özkan, Ayşenur Karaman, Burcu Zafer, Sakine Asya Evci, 'A cross-sectional study to evaluate the relationship between emotional eating, social media use and body perception in young adults', *European Review of Applied Psychology*, Volume 75, Issue 3, 101080, ISSN 1162-9088, <https://doi.org/10.1016/j.erap.2025.101080>
- [30] Maugeri, A., Magnano San Lio, R., Favara, G., La Rosa, M. C., La Mastra, C., Riela, P. M., Guarnera, L., Battiato, S., Barchitta, M., & Agodi, A. (2022). Impact of Eating Context on Dietary Choices of College Students: Evidence from the HEALTHY-UNICT Project. *Nutrients*, 14(20), 4418. <https://doi.org/10.3390/nu14204418>
- [31] Izydorczyk Bernadetta, Sitnik-Warchulska Katarzyna, Lizińczyk Sebastian, Lipiarz Adrianna, Psychological Predictors of Unhealthy Eating Attitudes in Young Adults (2019), *Frontiers in Psychology*, Volume 10,

<https://www.frontiersin.org/journals/psychology/articles/10.3389/fpsyg.2019.00590>,
10.3389/fpsyg.2019.00590, ISSN=1664-1078

- [32] Partala, T., Tuikkanen, R., & Rautiainen, T. (2022). Understanding the role of personal aspects in positive and negative meal experiences: psychological needs, values, and emotions. *Scandinavian Journal of Hospitality and Tourism*, 22(1), 15–38. <https://doi.org/10.1080/15022250.2021.1989717>
- [33] Nitika Garg, Jennifer S. Lerner (2013), 'Sadness and consumption', *Journal of Consumer Psychology*, Volume 23, Issue 1, Pages 106-113, ISSN 1057-7408, <https://doi.org/10.1016/j.jcps.2012.05.009>
- [34] Francesca A. St. Pe, Cathleen Odar Stough, Kristen Jastrowski Mano (2025), 'Positive emotional eating among college students: A systematic scoping review', *Appetite*, Volume 215, 2025, 108250, ISSN 0195-6663, <https://doi.org/10.1016/j.appet.2025.108250>
- [35] Yoshikawa, T., Tanaka, M., Ishii, A., & Watanabe, Y. (2014). Association of fatigue with emotional-eating behavior and the response to mental stress in food intake in a young adult population. *Behavioral medicine (Washington, D.C.)*, 40(4), 149–153. <https://doi.org/10.1080/08964289.2013.833082>
- [36] Devonport, Nicholas, Chen-Wilson (2020), 'Emotional Eating: Implications for Research and Practice in Elite Sports Contexts', *Feelings in Sport*, 1st Edition. Pages 10 <https://www.taylorfrancis.com/chapters/edit/10.4324/9781003052012-23/emotional-eating-tracey-devonport-wendy-nicholls-chao-hwa-josephine-chen-wilson>