

WE-1

STUDY ON THE RELATIONSHIPS BETWEEN PERSONALITY AND FOOD HABITS

Oltersdorf, U., Bodenstedt, A., Böing, H., Diehl, J., Hendrichs, A.
Institute of Human Nutrition, Department of Psychology,
Institute of Rural Sociology; Justus-Liebig-University Giessen, FRG.

It is often suggested that personality variables might have an impact on human food behavior. However, until now this likely relationship has rarely been investigated.

In a nutrition survey (EMSIG), which was carried out in Giessen (FRG), in summer 1981, a set of data of 80 adults (18 - 65 y) was collected including the following:
Ten-day dietary records; food frequency questionnaire;
personality variables (FPI - Freiburg Personality Inventory);
questionnaires on food related attitudes, restrained eating, body image and health. These data were used to analyse the above mentioned relationship.

First it was analysed univariately, to what degree the single food variables were related to the psychological variables. Then based on the food variables groups of persons with distinct dietary patterns were clusteranalytically formed and compared in the psychological variables.

p. 60

Nutrition in Europe : food for thought for scientists :
Fourth European Nutrition Conference, RAI Congress Centre,
Amsterdam, The Netherlands, 24-27 May 1983 : abstracts /
Federation of European Nutrition Societies. -(S.I.) :
Federation of European Nutrition Societies. - III.
ISBN 90-900046-8-8
ISBN 90-900046-6-1 (abstracts en proceedings compl.)
SISO 628.4 UCD 641.1
Trefw. : voedingsleer / voedingsmiddelentechnologie.