

Impact of Screen Time during Meals on Eating Disorder Symptoms

Nagma Wang*

Department of Physiology, The Chinese University of Hong Kong, Shenzhen, Guangdong, China

Corresponding author: Nagma Wang, Department of Physiology, The Chinese University of Hong Kong, Shenzhen, Guangdong, China, E-mail: wang@gmail.com

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Description

In the digital age, the pervasive use of screens has become a ubiquitous aspect of daily life, influencing various aspects of human behavior, including eating habits. Recent research has highlighted screen use while eating as a common phenomenon with potential implications for eating disorder symptomatology. However, the mechanisms underlying this relationship remain largely unexplored. To address this gap, a recent study investigated the roles of mindfulness and intuitive eating in the association between screen use while eating and eating disorder symptomatology. Participants completed questionnaires assessing screen use while eating, eating disorder symptomatology, mindfulness, and intuitive eating.

Eating behaviors

The results revealed several key findings that shed light on the complex interplay between these variables. Firstly, the study confirmed that higher screen use while eating was associated with greater eating disorder symptomatology. This aligns with previous research suggesting that screen-related distractions during meals may disrupt normal eating patterns and contribute to disordered eating behaviors. Importantly, the study also found that the relationship between screen use while eating and eating disorder symptomatology was partially mediated by both mindfulness and intuitive eating. Specifically, higher screen use while eating was associated with lower levels of mindfulness, which, in turn, were linked to greater eating disorder symptomatology. Similarly, higher screen use while eating was also associated with lower levels of intuitive eating, which subsequently predicted higher levels of eating disorder symptomatology. These findings underscore the importance of considering eating-specific screen use in research on eating disorder symptomatology. By focusing on the context in which screen use occurs, researchers can better understand how digital

distractions during meals may contribute to disordered eating behaviors. Moreover, the results have implications for intervention strategies aimed at mitigating the adverse effects of excessive screen use on eating behaviors. Integrative approaches that combine mindfulness-based techniques with intuitive eating principles may offer a promising avenue for addressing these issues. By promoting awareness of present moment experiences and fostering a non-judgmental attitude towards food and eating, mindfulness practices can help individuals cultivate a healthier relationship with food, even in the presence of screens. Similarly, emphasizing intuitive eating, which encourages individuals to listen to their body's hunger and fullness cues, can empower individuals to make more mindful and balanced food choices, regardless of external distractions.

Conclusion

In conclusion, this study highlights the complex interplay between screen use while eating, mindfulness, and eating disorder symptomatology. By elucidating these relationships, researchers can inform targeted interventions aimed at promoting healthier eating behaviors in the digital age. Moving forward, further research in this area is warranted to fully understand the mechanisms underlying these associations and to develop effective strategies for intervention and prevention. Furthermore, the study's findings emphasize the need for tailored interventions that address both the behavioral and psychological aspects of disordered eating behaviors exacerbated by screen use while eating. By integrating mindfulness-based approaches and intuitive eating principles into interventions, healthcare professionals can offer comprehensive support to individuals struggling with the adverse effects of excessive screen use on their eating behaviors, ultimately promoting greater well-being and healthier relationships with food.