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The associations of mindful eating domains with depressive symptoms and depression in three European countries

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Abstract

Objective
To examine associations of mindful eating domains with depressive symptoms and depression in three European countries. Moderation by change in appetite—with increased appetite as marker for depression with atypical features—was also tested.

Methods
Data were collected in Denmark (n=1522), Spain (n=1512) and the Netherlands (n=1439). Multiple linear and logistic regression analyses segregated by country were used to test associations of four mindful eating domains (Mindful Eating Behaviour Scale; MEBS) with depressive symptoms (continuous score on the Center for Epidemiologic Studies Depression Scale; CES-D) and depression (scoring above the clinically relevant cut-off score on the CES-D, and/or use of antidepressants, and/or psychological treatment). Moderation by change in appetite was tested with bias-corrected bootstrap confidence intervals.

Results
The domains Focused Eating, Eating with Awareness and Eating without Distraction were significantly negatively associated with depressive symptoms and depression in all three countries (e.g. Focused Eating Denmark: B=-0.71, 95%CI: -0.87, -0.54; OR=0.89, 95%CI: 0.86, 0.93). The domain Hunger and Satiety Cues (only measured in the Netherlands) was

¹ ‘The manuscript on the development and psychometric properties of the Mindful Eating Behaviour Scale can be sent on request. Send an email to l.h.h.winkens@vu.nl.’
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