

MEASURING REAL-TIME SNACK CONSUMPTION AMONG YOUTH FROM LOW SES FAMILIES

A MOBILE-BASED ECOLOGICAL MOMENTARY ASSESSMENT (mEMA) STUDY

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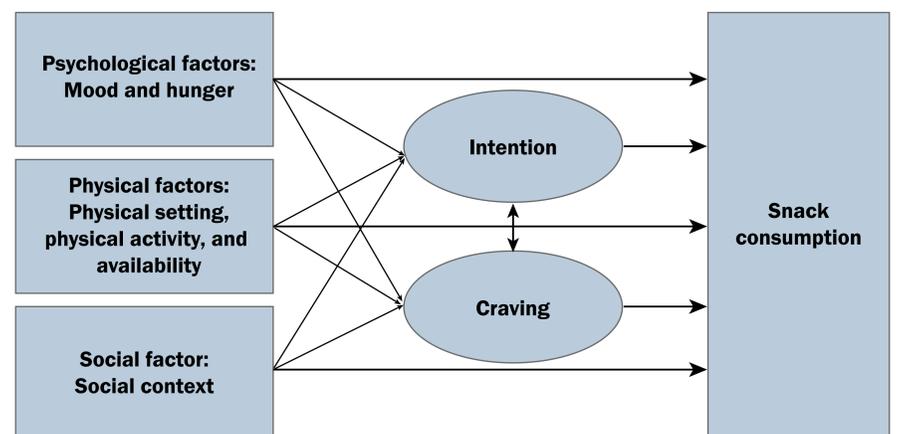
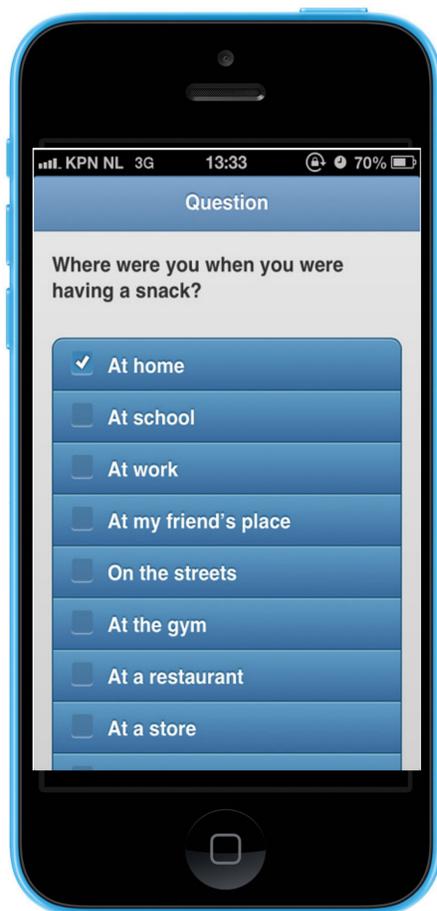


OBJECTIVE:

Snack consumption (SC) among vocational education students was predicted from a dual process perspective, using mEMA. It was examined whether SC could be predicted via intention and craving, and the role of psychological, physical and social factors as determinants of these behavioral processes.

METHOD

Eighty vocational education students, aged 16-25 years, participated in the present study. Students were prompted by the mEMA app 4 times a day, during 7 consecutive days, to fill in a short questionnaire about motivational and contextual factors that influence their snack consumption. Factors from the multivariate model are operationalized in Table 1. Data was nested within timeslots (i.e., time of day) within participants.



RESULTS:

Univariate multilevel analyses showed a significant increase in SC during the day ($F(3, 659) = 15.21, p = .000$).

Therefore, we controlled for time effects in all further analyses.

Further univariate analyses showed that:

- SC was more likely to occur when students experienced food craving (OR = 16.3, 95% CI 10.59-24.98), or when snacks were available (OR = 1.7, 95% CI 1.00-2.74).
- SC was less likely to occur when students had been physically active (OR = 0.5, 95% CI .31-.86), or were in the presence of other people (OR = 0.6, 95% CI .40-.99).
- No other factors contributed to the explanation of SC.

Table 1 provides the results from the multivariate analyses.

Table 1: Multivariate analyses

Outcome Variable	Predictor Variable	F	df	p	B	OR	95% CI
Snack consumption	Physical activity	2.59	1, 348	.11			
	(Inactive; REF)				1.00		
	(Active)				(-.60)	0.6	.27-1.14
	Social context	3.61	1, 348	.06			
	(Alone; REF)				1.00		
	(With others)				(-.71)	0.5	.23-1.03
	Availability	2.68	1, 348	.10			
	(Not available; REF)				1.00		
	(Available)				.54	1.7	.90-3.26
	Intention	4.42	1, 348	.04			
(Low intention; REF)				1.00			
(High intention)				(-.64)	0.5	0.29-0.96	
Craving	92.53	1, 348	.000				
(No craving; REF)				1.00			
(Craving)				2.78	16.1	9.11-28.35	

CONCLUSION

Snack consumption is most likely to occur at the end of the day and when students experience food craving. When students are in the presence of others, they are less likely to consume a snack. Moreover, students who intended to have a snack were more likely to crave for snacks, possibly indicating that the reflective system elevates the impulsive system.