

DAFTAR PUSTAKA

1. Lee JJ, Clarke CL, Carson MN. Nursing students' learning dynamics and influencing factors in clinical contexts. *Nurse Educ Pract* [Internet]. 2018;29(November 2017):103–9. Available from: <https://doi.org/10.1016/j.nepr.2017.12.003>
2. Gibbons C. Stress, coping and burn-out in nursing students. *Int J Nurs Stud* [Internet]. 2010;47(10):1299–309. Available from: <http://dx.doi.org/10.1016/j.ijnurstu.2010.02.015>
3. Aljohani W, Banakhar M, Sharif L, Alsaggaf F, Felemban O, Wright R. Sources of stress among Saudi Arabian nursing students: A cross-sectional study. *Int J Environ Res Public Health*. 2021;18(22).
4. McCarthy B, Trace A, O'Donovan M, Brady-Nevin C, Murphy M, O'Shea M, et al. Nursing and midwifery students' stress and coping during their undergraduate education programmes: An integrative review. *Nurse Educ Today* [Internet]. 2018;61(November 2017):197–209. Available from: <https://doi.org/10.1016/j.nedt.2017.11.029>
5. P K. Academic Stress among Nursing Students. *Nurs Healthc Int J*. 2020;4(4).
6. Mohamed Sanad H. Stress and Anxiety among Junior Nursing Students during the Initial Clinical Training: A Descriptive Study at College of Health Sciences, University of Bahrain. *Am J Nurs Res* [Internet]. 2019;7(6):995–9. Available from: <http://pubs.sciepub.com/>
7. A S, Musabiq S, Karimah I. Gambaran Stress dan Dampaknya Pada Mahasiswa. *Insight J Ilm Psikol*. 2018;20(2):75–83.
8. Emond M, Ten Eycke K, Kosmerly S, Robinson AL, Stillar A, Van Blyderveen S. The effect of academic stress and attachment stress on stress-eaters and stress-undereaters. *Appetite* [Internet]. 2016;100:210–5. Available from: <http://dx.doi.org/10.1016/j.appet.2016.01.035>
9. Caso D, Capasso M, Fabbriatore R, Conner M. Unhealthy eating and academic stress: The moderating effect of eating style and BMI. *Heal Psychol Open*. 2020;7(2):1–15.
10. Folkman S, Lazarus RS, Dunkel-Schetter C, DeLongis A, Gruen RJ. Dynamics of a Stressful Encounter. Cognitive Appraisal, Coping, and Encounter Outcomes. *J Pers Soc Psychol*. 1986;50(5):992–1003.
11. Yönder Ertem M, Karakaş M. Relationship between emotional eating and coping with stress of nursing students. *Perspect Psychiatr Care*.

- 2021;57(2):433–42.
12. Macht M. How emotions affect eating: A five-way model. 2008;50:1–11.
 13. Wardle J, Steptoe A, Oliver G, Lipsey Z. Stress, dietary restraint and food intake. *J Psychosom Res.* 2000;48(2):195–202.
 14. Ozier AD, Kendrick OW, Leeper JD, Knol LL, Perko M, Burnham J. Overweight and Obesity Are Associated with Emotion- and Stress-Related Eating as Measured by the Eating and Appraisal Due to Emotions and Stress Questionnaire. *J Am Diet Assoc.* 2008;108(1):49–56.
 15. Trimawati T, Wakhid A. Studi Deskriptif Perilaku Emotional Eating Mahasiswa. *J Smart Keperawatan [Internet].* 2018;5(1):52–60. Available from: www.stikesyahoedsmg.ac.id/ojs/index.php/sjpk
 16. Konttinen H, Van Strien T, Männistö S, Jousilahti P, Haukkala A. Depression, emotional eating and long-term weight changes: A population-based prospective study. *Int J Behav Nutr Phys Act.* 2019;16(1):1–12.
 17. Carlos M, Elena B, Teresa IM. Are adherence to the mediterranean diet, emotional eating, alcohol intake, and anxiety related in university students in Spain? *Nutrients.* 2020;12(8):1–15.
 18. Alalwan TA, Hilal SJ, Mahdi AM, Ahmed MA, Mandeel QA. Emotional eating behavior among University of Bahrain students: a cross-sectional study. *Arab J Basic Appl Sci [Internet].* 2019;26(1):424–32. Available from: <https://doi.org/10.1080/25765299.2019.1655836>
 19. Sultson H, Kukk K, Akkermann K. Positive and negative emotional eating have different associations with overeating and binge eating: Construction and validation of the Positive-Negative Emotional Eating Scale. *Appetite [Internet].* 2017;116:423–30. Available from: <http://dx.doi.org/10.1016/j.appet.2017.05.035>
 20. Meule A, Reichenberger J, Blechert J. Development and preliminary validation of the Salzburg Emotional Eating Scale. *Front Psychol.* 2018;9(FEB).
 21. de Frel DL, Atsma DE, Pijl H, Seidell JC, Leenen PJM, Dik WA, et al. The Impact of Obesity and Lifestyle on the Immune System and Susceptibility to Infections Such as COVID-19. *Front Nutr.* 2020;7(November):1–12.
 22. Zaini M. Hubungan Stress Psikososial Dengan Status Gizi Pada Mahasiswa Kesehatan Di Kabupaten Jember. *J Kesehat.* 2020;8(1):9–13.
 23. Shafitra M, Permatasari P, Agustina A, Ery M. Hubungan Status Gizi, Pola Makan dan Aktivitas Fisik dengan Produktivitas Kerja Pada Pekerja di PT Gatra Tahun 2019. *Media Kesehat Masy Indones.* 2020;19(1):50–6.

24. Al-Musharaf S. Prevalence and Predictors of Emotional Eating among Healthy Young Saudi Women during the COVID-19 Pandemic. *Nutrients*. 2020;12(10):1–17.
25. Luomala HT, Sirieix L, Tahir R. Exploring emotional-eating patterns in different cultures: Toward a conceptual framework model. *J Int Consum Mark*. 2009;21(3):231–45.
26. Braden A, Musher-eizenman D, Watford T, Emley E. Eating when depressed, anxious, bored, or happy: Are emotional eating types associated with unique psychological and physical health correlates? *Appetite* [Internet]. 2018;125:410–7. Available from: <https://doi.org/10.1016/j.appet.2018.02.022>
27. Samuel L, Cohen M. Expressive suppression and emotional eating in older and younger adults: An exploratory study. *Arch Gerontol Geriatr* [Internet]. 2018;78(June):127–31. Available from: <https://doi.org/10.1016/j.archger.2018.06.012>
28. Bruch H. Psychological Aspects of Overeating And Obesity. *Psychosomatics* [Internet]. 1964;5(5):269–74. Available from: [http://dx.doi.org/10.1016/S0033-3182\(64\)72385-7](http://dx.doi.org/10.1016/S0033-3182(64)72385-7)
29. Ng Y kwang. Happiness — Concept, Measurement and Promotion.
30. Carr A. Positive psychology: The science of happiness and human strengths. *Positive Psychology: The Science of Happiness and Human Strengths*. 2013. 1–432 p.
31. Editor HCL. *The Function of Emotions*. The Function of Emotions. 2018.
32. Lefebvre S, Hasford J, Wang Z. The effects of guilt and sadness on sugar consumption. *J Bus Res* [Internet]. 2019;100(September 2018):130–8. Available from: <https://doi.org/10.1016/j.jbusres.2019.03.023>
33. Rizkiana U, Sumiati NT. Pengaruh Kepribadian dan Attachment Terhadap Emotional Eating Pada Remaja di Tangerang Selatan. *TAZKIYA J Psychol*. 2019;6(1):123–34.
34. Rodriguez, S., Unger, J., & Metz D. Psychological determinants of emotional eating in adolescence. *Eat Disord*. 2009;17(3):211–24.
35. Elran Barak R, Shual K, Li Q, Oetjen R, Drope J, Yaroch AL, et al. Emotional eating in adults: The role of sociodemographics, lifestyle behaviors, and self-regulation—findings from a u.s. national study. *Int J Environ Res Public Health*. 2021;18(4):1–10.
36. Herle M, Fildes A, Llewellyn CH. Emotional eating is learned not inherited in children, regardless of obesity risk. *Pediatr Obes*. 2018;13(10):628–31.

37. Hall JE, Guyton AC. Textbook of medical physiology 13th edition. The United States America: Elsevier, Inc. 2016. 1046 p.
38. Syarofi ZN, Muniroh L. Apakah perilaku dan asupan makan berlebih berkaitan dengan stress pada mahasiswa gizi yang menyusun skripsi? *J Media Gizi Indones.* 2020;15(1):38–44.
39. Cardi V, Leppanen J, Treasure J. The effects of negative and positive mood induction on eating behaviour: A meta-analysis of laboratory studies in the healthy population and eating and weight disorders. *Neurosci Biobehav Rev* [Internet]. 2015;57:299–309. Available from: <http://dx.doi.org/10.1016/j.neubiorev.2015.08.011>
40. Evers C, Adriaanse M, de Ridder DTD, de Witt Huberts JC. Good mood food. Positive emotion as a neglected trigger for food intake. *Appetite* [Internet]. 2013;68:1–7. Available from: <http://dx.doi.org/10.1016/j.appet.2013.04.007>
41. Bongers P, Jansen A, Havermans R, Roefs A, Nederkoorn C. Happy eating: The underestimated role of overeating in a positive mood. *Appetite* [Internet]. 2013;67:74–80. Available from: <http://dx.doi.org/10.1016/j.appet.2013.03.017>
42. Van Strien T, Herman CP, Anschutz DJ, Engels RCME, de Weerth C. Moderation of distress-induced eating by emotional eating scores. *Appetite* [Internet]. 2012;58(1):277–84. Available from: <http://dx.doi.org/10.1016/j.appet.2011.10.005>
43. Stone RA, Blissett J, Haycraft E, Farrow C. Predicting preschool children's emotional eating: The role of parents' emotional eating, feeding practices and child temperament. *Matern Child Nutr.* 2022;18(3).
44. Sze KYP, Lee EKP, Chan RHW, Kim JH. Prevalence of negative emotional eating and its associated psychosocial factors among urban Chinese undergraduates in Hong Kong: a cross-sectional study. *BMC Public Health.* 2021;21(1):1–10.
45. Graves BS, Hall ME, Dias-Karch C, Haischer MH, Apter C. Gender differences in perceived stress and coping among college students. *PLoS One* [Internet]. 2021;16(8 August):1–12. Available from: <http://dx.doi.org/10.1371/journal.pone.0255634>
46. Serin Y. Emotional eating, the factors which affect food intake and basic approaches of nursing care. *J Psychiatr Nurs.* 2018;(January 2018).
47. Peraturan Menteri Kesehatan Republik Indonesia Nomor 25 tahun 2014 tentang Upaya Kesehatan Anak.
48. Ramadhani N, Mahmudiono T. Academic Stress Is Associated With

- Emotional Eating Behavior Among Adolescent. *Media Gizi Indones.* 2021;16(1):38.
49. Tittandi NA. Persepsi remaja terhadap perilaku emotional eating. *J Psikol Udayana.* 2022;9(1):33.
 50. JJ A. *Emerging adulthood: the winding road from the late teens through the twenties* 2nd Ed. New York: Oxford University Press; 2015.
 51. Winpenny EM, van Sluijs EMF, White M, Klepp KI, Wold B, Lien N. Changes in diet through adolescence and early adulthood: longitudinal trajectories and association with key life transitions. *Int J Behav Nutr Phys Act.* 2018;15(1):86.
 52. Paul A. Explaining the Minority Status Hypothesis: Development of the Cultural Resilience Life Stress Paradigm. *Int J Psychol Psychoanal.* 2018;4(2).
 53. Wijayanti A, Margawati A, Wijayanti HS. Hubungan Stres, Perilaku Makan, Dan Asupan Zat Gizi Dengan Status Gizi Pada Mahasiswa Tingkat Akhir. *J Nutr Coll.* 2019;8(1):1.
 54. El Ansari W, Adetunji H, Oskrochi R. Food and mental health: Relationship between food and perceived stress and depressive symptoms among university students in the United Kingdom. *Cent Eur J Public Health.* 2014;22(2):90–7.
 55. Siyoto S, Sodik A. *Dasar Metodologi Penelitian.* Yogyakarta: Literasi Media Publishing; Juni 2015. 1–109 p.
 56. Hamdi A. *Metode penelitian kuantitatif aplikasi dalam pendidikan.* Yogyakarta: Deepublish; November 2014. Available from: <https://books.google.co.id/books?id=nhwaCgAAQBAJ&printsec=frontcover&hl=id#v=onepage&q&f=false>.
 57. Roflin E, Liberty I, Pariyana. *Populasi, sampel, variabel, dalam penelitian kedokteran.* Pekalongan: PT. Nasya Expanding Management (Penerbit NEM- Anggota IKAPI); April 2021. Available from: <https://books.google.co.id/books?id=ISYrEAAAQBAJ&pg=PA8&lpq=PA8&dq=Populasi,+sampel,+variabel+da>.
 58. Hikmawati F. *Metodologi penelitian.* Ed 1. Depok: Rajawali Pers; 2020.
 59. Purnasari N. *Metodologi penelitian.* Surakarta: Guepedia; Mei 2021.
 60. Sugiarto, Setio H. *Statistika deskriptif & konsep peluang: aplikasi r-stat.* Ed 1. Yogyakarta: ANDI (Anggota IKAPI); 2020. Available from: https://books.google.co.id/books?id=_4wgEAAAQBAJ&printsec=frontcover

er&hl=id&source=gbs_ge_summary_r&cad=0#v=onepage&q&f=false.

61. Ovan, Saputra A. CAMI: Aplikasi uji validitas dan reliabilitas instrumen penelitian berbasis web. Sulawesi Selatan: Yayasan Ahmar Cendekia Indonesia; November 2020. Available from: https://books.google.co.id/books?id=mZgMEAAQBAJ&printsec=frontcover&hl=id&source=gbs_ge_su.
62. Budiastuti D, Bandur A. Validitas dan Reliabilitas Penelitian [Internet]. Binus. 2018. 1–232 p. Available from: www.mitrawacanamedia.com
63. Surahman, Rachmat M, Supradi S. Modul Bahan Ajar Cetak Farmasi: Metodologi Penelitian. Jakarta Selatan: Kemenkes; Desember 2016.
64. Sugiyono. Metode penelitian kuantitatif kualitatif dan R&D. Bandung: Alfabeta; 2014.
65. Komite Etik Penelitian dan Pengembangan Kesehatan Nasional Kementerian Kesehatan RI. Pedoman Dan Standar Etik. 2021. 1–142 p.
66. Zimmermann P, Iwanski A. Emotion regulation from early adolescence to emerging adulthood and middle adulthood: Age differences, gender differences, and emotion-specific developmental variations. *Int J Behav Dev.* 2014;38(2):182–194. <https://doi.org/10.1177/0165025413515405>.
67. Isaacowitz DM. What Do We Know About Aging and Emotion Regulation? *Perspect Psychol Sci.* 2022;17(6):1541–55.
68. Aneesh M, Roy R. Eating behavior and stress levels among college students. *J Ment Heal Hum Behav* [Internet]. 2022;27(1):60–4. Available from: <https://www.jmhbb.org/article.asp?issn=0971-8990;year=2022;volume=27;issue=1;spage=60;epage=64;aulast=Aneesh%0Ahttps://www.jmhbb.org/article.asp?issn=0971-8990;year=2022;volume=27;issue=1;spage=60;epage=64;aulast=Aneesh;type=0>
69. Rachmah FY, Priyanti D. Gambaran Emotional Eating Pada Mahasiswa Pengguna Aplikasi Go-Food Di Jakarta. *Inq J Ilm Psikol.* 2019;10(2):104–18.
70. Hidayah Z. Ensiklopedi Suku Bangsa di Indonesia. Jakarta: Yayasan Pustaka Obor Indonesia; April 2015. 492 p.
71. Yusuf WP, Saptorini ES, Suwijah. Tradisi dan Kebiasaan Makan Pada Masyarakat Tradisional di Jawa Tengah. 1997;1:103.
72. Higgs S, Thomas J. Social influences on eating. *Curr Opin Behav Sci* [Internet]. 2016;9:1–6. Available from: <http://dx.doi.org/10.1016/j.cobeha.2015.10.005>

73. Cruwys T, Bevelander KE, Hermans RCJ. Social modeling of eating: A review of when and why social influence affects food intake and choice. *Appetite* [Internet]. 2015;86:3–18. Available from: <http://dx.doi.org/10.1016/j.appet.2014.08.035>
74. Higgs S. Social norms and their influence on eating behaviours. *Appetite* [Internet]. 2015;86:38–44. Available from: <http://dx.doi.org/10.1016/j.appet.2014.10.021>
75. - S, Janna SR, . F. The Academic Stress of Final-Year Students in Covid-19 Pandemic Era. *AL-ISHLAH J Pendidik*. 2021;13(1):80–9.
76. Adryana NC, Apriliana E, Oktaria D, Kedokteran F, Lampung U, Dokter BP, et al. A comparative study of stress level in the first, second, and third year students of medical faculty of iniversity of lampung. *Majority*. 2020;9:142–9.
77. Caso D, Capasso M, Fabbriatore R, Conner M. Unhealthy eating and academic stress: The moderating effect of eating style and BMI. *Heal Psychol Open*. 2020;7(2).
78. Ulhaq ND, Amalia DP, Rafa KD, Rizkiya I, Astuti YD, Febriyanti F, et al. Correlation between Stress and Eating Behaviour in College Students: A Longitudinal Study. *HAYATI J Biosci*. 2023;30(1):88–94.
79. Abdurrahman MI, Husin S, Lusiana E, Kurniati AM, Suciati T. the Final Year of Medical School Together With the Covid-19 Pandemic Was Related To Emotional Eating Behavior. *Maj Kedokt Sriwij*. 2022;54(1):9–14.
80. Singh M. Mood, food and obesity. *Front Psychol*. 2014;5:1–35.
81. Morris JS, Dolan RJ. Involvement of human amygdala and orbitofrontal cortex in hunger-enhanced memory for food stimuli. *J Neurosci*. 2001;21(14):5304–10.
82. Reyner LA, Wells SJ, Mortlock V, Horne JA. “Post-lunch” sleepiness during prolonged, monotonous driving - Effects of meal size. *Physiol Behav* [Internet]. 2012;105(4):1088–91. Available from: <http://dx.doi.org/10.1016/j.physbeh.2011.11.025>
83. Schachter H. Indigestion and Heartburn. In: Walker HK, Hall WD, Hurst JW, editors. *Clinical Methods: The History, Physical, and Laboratory Examinations*. 3rd edition. Boston: Butterworths; 1990. Chapter 83. Available from: <https://www.ncbi.nlm.nih.gov/book>. In.
84. Livovsky DM, Pribic T, Azpiroz F. Food , Eating , and the Gastrointestinal Tract. *Nutrients*. 2020;12:1–14.

85. Chung N, Bin YS, Cistulli PA, Chow CM. Does the proximity of meals to bedtime influence the sleep of young adults? A cross-sectional survey of university students. *Int J Environ Res Public Health*. 2020;17(8).
86. Vela MF, Kramer JR, Richardson PA, Dodge R, El-Serag HB. Poor Sleep Quality and Obstructive Sleep Apnea in Patients with GERD and Barrett's Esophagus. *Neurogastroenterol Motil*. 2014;26(3):346–352
doi:10.1111/nmo.12265.
87. Gold PW, Chrousos GP. Organization of the stress system and its dysregulation in melancholic and atypical depression: High vs low CRH/NE states. *Mol Psychiatry*. 2002;7(3):254–75.
88. Mental Health Foundation. Food for thought: mental health and nutrition briefing. Mental Health Foundation. 2017. 20 p.
89. Solomon A, Mbat E, Medavarapu S, Faleti O, Otohinoyi D. Feeding Habits and its Impact on Concentration and Attentiveness among Medical Students in Dominica. *Arch Med*. 2016;8(5).
90. He J, Chen G, Wu S, Niu R, Fan X. Patterns of negative emotional eating among Chinese young adults: A latent class analysis. *Appetite* [Internet]. 2020;155(April):104808. Available from:
<https://doi.org/10.1016/j.appet.2020.104808>
91. Gusni E, Susmiati S, Maisa EA. Stres Dan Emotional Eating Pada Mahasiswa S1 Fakultas Keperawatan. *Link*. 2022;18(2):155–61.
92. Torres SJ, Nowson CA. Relationship between stress, eating behavior, and obesity. *Nutrition*. 2007;23(11–12):887–94.
93. Vignato JA, Gleason Limoges, Nicole Arends L, Nicholson A. Decreasing Nursing Student Workload and Stress: An Innovative Method to Reform Clinical Assignments Across the Curriculum. *Nurs Educ Perspect*. 2021;42(6):E91-E92. DOI: 10.1097/01.NEP.0000000000000702.
94. Kumar TKA, Khakha DC, Joshi P, Das S, Manu KJ. Happiness and its determinants among nursing students. *Ind Psychiatry J* [Internet]. 2022;31(2):293-298. doi: 10.4103/ipj.ipj_127_21. Available from:
<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC9678172/>
95. Most J, Redman LM. Impact of calorie restriction on energy metabolism in humans. *Exp Gerontol* [Internet]. 2020;133(December 2019):110875. Available from: <https://doi.org/10.1016/j.exger.2020.110875>
96. Conklin A, Maguire ER, Monsivais P. Economic determinants of diet in older adults: Systematic review. *J Epidemiol Community Health*. 2013;67(9):721–7.

97. Aulia S, Panjaitan RU. Kesejahteraan psikologis dan tingkat stres pada mahasiswa tingkat akhir. *J Keperawatan Jiwa*. 2019;7(2):127.
98. Fawzy M, Hamed SA. Prevalence of psychological stress, depression and anxiety among medical students in Egypt. *Psychiatry Res* [Internet]. 2017;255(August 2016):186–94. Available from: <https://doi.org/10.1016/j.psychres.2017.05.027>
99. Zisook S, Shear K. Grief and bereavement: What psychiatrists need to know. *World Psychiatry*. 2009;8(2):67–74.
100. Ans AH, Anjum I, Satija V, Inayat A, Asghar Z, Akram I, et al. Neurohormonal Regulation of Appetite and its Relationship with Stress: A Mini Literature Review. *Cureus*. 2018;10(7).
101. Walker KM. Nutrition Considerations for the Growing Population of Older Adults With Diabetes. *Diabetes Spectr*. 2014;27(1):29–37.
102. Giezenaar C, Chapman I, Luscombe-Marsh N, Feinle-Bisset C, Horowitz M, Soenen S. Ageing is associated with decreases in appetite and energy intake— A meta-analysis in healthy adults. *Nutrients*. 2016;8(1):1–22.
103. Conley CS, Shapiro JB, Huguenel BM, Kirsch AC. Navigating the College Years: Developmental Trajectories and Gender Differences in Psychological Functioning, Cognitive-Affective Strategies, and Social Well-Being. *Emerg Adulthood* [Internet]. 2018;8(2):103–17. Available from: <https://doi.org/10.1177/2167696818791603>
104. Ishitani T t. Time-Varying Effects of Academic and Social Integration on Student Persistence for First and Second Years in College: National Data Approach. *J Coll Student Retent Res Theory Pract*. 2016;18(3):263–86.
105. Black EL. Engaging beyond the first college year: Exploring the needs of second-year students. *Commun Inf Lit*. 2014;8(2):170–9.
106. Lewis M, Haviland-Jones JM, Barret LF, editors. *Handbook of emotions* [Internet]. 3rd editio. New York: The Guilford Press; 2008. 497–513 p. Available from: https://books.google.co.id/books?hl=id&lr=&id=uIQQskejGwUC&oi=fnd&pg=PR1&ots=3Q_hPVofua&sig=6-jp_PowQ8HO6DfC4OcEmGZ9QH8&redir_esc=y#v=onepage&q&f=false
107. Zahniser E, Conley CS. Interactions of emotion regulation and perceived stress in predicting emerging adults' subsequent internalizing symptoms. *Motiv Emot* [Internet]. 2018;42(5):763–73. Available from: <http://dx.doi.org/10.1007/s11031-018-9696-0>
108. Yang H, Zhou X, Xie L, Sun J. The effect of emotion regulation on emotional eating among undergraduate students in China: The chain

- mediating role of impulsivity and depressive symptoms. *PLoS One* [Internet]. 2023;18(6):e0280701. Available from: <http://dx.doi.org/10.1371/journal.pone.0280701>
109. Park CL, Williams MK, Hernandez PR, Agocha VB, Lee SY, Carney LM, et al. Development of Emotion Regulation across the First Two Years of College. *J Adolesc.* 2021;84:230–42.
 110. Jun WH, Choi EJ, Cho HM. Effects of an extracurricular anger self-control program for nursing students. *Int J Environ Res Public Health.* 2021;18(6):1–11.
 111. AlAmmar WA, Albeesh FH, Khattab RY. Food and Mood: the Corrosive Effect. *Curr Nutr Rep.* 2020;9(3):296–308.
 112. Liu X, Yan Y, Li F, Zhang D. Fruit and vegetable consumption and the risk of depression: A meta-analysis. *Nutrition* [Internet]. 2016;32(3):296–302. Available from: <http://dx.doi.org/10.1016/j.nut.2015.09.009>
 113. Reichenberger J, Schnepfer R, Arend AK, Richard A, Voderholzer U, Naab S, et al. Emotional eating across different eating disorders and the role of body mass, restriction, and binge eating. *Int J Eat Disord.* 2021;54(5):773–84.
 114. van Strien T. Causes of Emotional Eating and Matched Treatment of Obesity. *Curr Diab Rep.* 2018;18(6).
 115. Warren JM, Smith N, Ashwell M. A structured literature review on the role of mindfulness, mindful eating and intuitive eating in changing eating behaviours: Effectiveness and associated potential mechanisms. *Nutr Res Rev.* 2017;30(2):272–83.
 116. Jordan CH, Wang W, Donatoni L, Meier BP. Mindful eating: Trait and state mindfulness predict healthier eating behavior. *Pers Individ Dif* [Internet]. 2014;68:107–11. Available from: <http://dx.doi.org/10.1016/j.paid.2014.04.013>
 117. Mantzios M, Egan H. An exploratory examination of mindfulness, self-compassion, and mindful eating in relation to motivations to eat palatable foods and BMI. *Heal Psychol Rep.* 2018;6(3):207–15.