



THE UNIVERSITY OF ARIZONA
COLLEGE OF AGRICULTURE & LIFE SCIENCES
**Nutritional Sciences
& Wellness**

SEMINAR ANNOUNCEMENT

The School of Nutritional Sciences and Wellness presents:

“Perceived Distress and its Relationship to Cognition and Food Choice in College Students”

By
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Moderated by: Qiuming (Grace) Wang



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12pm

Shantz Building, Room 247

<https://arizona.zoom.us/j/82678706371>

PERCEIVED DISTRESS AND ITS RELATIONSHIP TO COGNITION AND FOOD CHOICE IN COLLEGE STUDENTS.

It is no secret that stress can impact and even play a huge role in an individual's life, but did you also know that stress can also have influence over ones thinking, decision making, and overall perception of any specific situations. This study aims to focus on the effects that negative perceived stress (distress) can have on one's food choices and their cognition. The significance of this study is to establish a connection between stress, food choice, and cognition among an undergraduate population at a Historically Black College University (HBCU). Most literature does not examine college students with all three variables. The aim is to identify the association of all three variables and how they influence each other. We hypothesize that college students with higher perceived stress levels will choose hyper-palatable foods (high in fat and sugar) and will exhibit signs of impaired cognition. A food frequency questionnaire (FFQ), the cognition assessment battery test (CAB), and the perceived stress scale (PSS) were administered to assess food choice, cognitive function, and perceived stress for the HBCU undergrad population. Results found in study suggest supporting the hypothesis and furthermore it even shows potential evidence on why chronic health issues are on the rise in the demographic. This, study can potentially aid in reducing negative perceived stress among undergrad students by not just creating awareness about this but to also propose positive coping mechanisms.