

國立臺灣海洋大學食品科學系碩士班

專題討論書面報告

年輕人情緒性飲食、正確飲食與憂鬱症之間的關係

The relationship between emotional eating, mindful eating, and
depression in young adults

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13 摘要

14 本研究旨在探討年輕成人族群中「憂鬱」、「情緒性進食」與「正念飲食」三者之間
15 的關聯性，並分析心理狀態對飲食行為與覺察能力的影響。隨著現代社會對於飲食行為
16 與心理健康的重視，特別是年輕人在面對學業、人際與社會壓力時，常以食物作為情緒
17 調節的方式。為深入瞭解此一關係，本研究以 18 至 25 歲年輕成人為對象，共招募
18 208 名受試者（男性 119 名，女性 89 名），採用三因子飲食問卷（TFEQ）、正念飲食
19 問卷（MEQ）及貝克憂鬱量表（BDI）進行心理與行為評估，並以 Pearson 相關與多
20 元迴歸分析探討其關聯性。

21 研究結果顯示，憂鬱程度與情緒性進食及無控制進食之間呈顯著正相關($p < 0.01$)，

與正念飲食總分呈顯著負相關($p < 0.05$)，而憂鬱是促發情緒性進食的重要心理因素，而形成了「憂鬱—情緒性進食—覺察下降」的循環機制。本研究不僅驗證了心理健康與飲食行為之間的密切關聯，也為未來設計結合「正念飲食」與「情緒管理」的多層面介入方案提供理論依據，對青年族群的心理健康促進與肥胖防治策略具有實質應用價值。

Abstract

This study aimed to explore the relationships among depression, emotional eating, and mindful eating in young adults, and to analyze how psychological states influence eating behaviors and awareness. As modern society increasingly recognizes the connection between dietary habits and mental health, young individuals often use food as a means of emotional regulation when facing academic, interpersonal, and social pressures. To investigate these relationships, a total of 208 participants aged 18 to 25 years (119 males and 89 females) were recruited. The Three-Factor Eating Questionnaire (TFEQ), Mindful Eating Questionnaire (MEQ), and Beck Depression Inventory (BDI) were employed to assess psychological and behavioral characteristics. Pearson correlation and multiple regression analyses were conducted to examine the associations among variables.

The results revealed significant positive correlations between depression and both emotional eating and uncontrolled eating ($p < 0.01$), and a significant negative correlation between depression and mindful eating ($p < 0.05$). Depression was identified as a key psychological factor triggering emotional eating, forming a cyclical mechanism of “depression—emotional eating—reduced awareness.” This study not only confirmed the close relationship between mental health and eating behavior but also provided a theoretical foundation for developing integrated interventions combining mindful eating and emotional management. The findings hold practical implications for promoting mental health and preventing obesity among young adults.