

## Faculti Summary

<https://staging.faculti.net/the-relationships-between-coping-styles-and-food-intake-in-shift-working-nurses-and-midwives-a-pilot-study/>

This video discusses the challenges faced by shift workers, particularly nurses and midwives, regarding their dietary habits and coping mechanisms. It highlights that shift workers often struggle with mood and health issues due to the disruption of their natural circadian rhythms. When working night shifts, their eating patterns are negatively affected, as they tend to consume food when their bodies are not primed for it. This video leads to higher risks of health issues such as type 2 diabetes and obesity.

In a study involving 27 shift workers from two South Australian hospitals, the researchers aimed to explore the relationship between coping mechanisms and dietary habits. They found that shift workers generally had unhealthy diets, consuming more fats, sugars, and sodium than recommended. Importantly, the study revealed that those who employed engaged coping mechanisms—a healthier approach—tended to have better dietary habits, consuming less unhealthy food compared to those using disengaged coping strategies.

The findings emphasize the need for greater awareness and education on healthy coping strategies for shift workers. However, the study's limitations include its small sample size and the fact that it only captures data at a single point in time, making it difficult to generalize the results or determine causal relationships between coping mechanisms and dietary patterns. This video concludes by calling for larger, more longitudinal studies to better understand these aspects.