



## Evaluating University Health Campaigns on Night Eating Syndrome: Effectiveness in Raising Awareness and Reducing Disordered Eating Behaviors

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### Abstract

Night Eating Syndrome (NES) is an eating disorder characterized by recurrent episodes of eating during the night, often linked to disturbed sleep patterns and psychological distress. This study examines the impact of NES on mental health in both heart patients and healthy individuals. Data were collected using self-report questionnaires and psychological assessments measuring levels of anxiety, depression, and stress. The findings suggest that NES is more prevalent in heart patients, and the condition is associated with higher levels of psychological distress, particularly anxiety and depression. While NES also affects healthy individuals, its psychological impact is more pronounced in heart patients, highlighting the need for integrated treatment strategies addressing both the eating disorder and mental health issues in this group.

**Key Words:** Night Eating Syndrome (NES), Mental Health, Anxiety, Depression, Heart Patients

### Introduction

Psychological disorders and eating syndromes hold significant importance in the realm of mental health, impacting individuals' well-being and functioning on multiple levels. One crucial aspect is the prevalence and global burden of these conditions, which underscores the need for increased awareness and understanding. According to the World Health Organization (WHO), mental disorders, including psychological disorders, contribute to a substantial portion

of the global disease burden, with an estimated 450 million people worldwide experiencing such conditions. Eating syndromes, particularly eating disorders like anorexia nervosa, bulimia nervosa and binge-eating disorder, are prevalent and have profound consequences on physical and mental health. These conditions often co-occur with other psychological disorders, further complicating the diagnostic and treatment landscape. Moreover, the societal and cultural impact of psychological disorders and eating syndromes cannot be understated. Stigmatization and misconceptions surrounding mental health contribute to the challenges individuals face when seeking help or disclosing their struggles. The media's portrayal of body image and beauty standards also plays a role in the development and perpetuation of eating disorders, adding a layer of complexity to the understanding of these conditions. The significance of these issues extends beyond individual suffering, affecting families, communities and societies at large.

Additionally, psychological disorders and eating syndromes have substantial implications for physical health. Individuals with eating disorders may experience severe nutritional deficiencies, electrolyte imbalances and other medical complications that can lead to long-term health problems or even be life-threatening. The intricate interplay between mental and physical health underscores the importance of a holistic approach to diagnosis and treatment. Collaborative efforts between mental health professionals, medical practitioners and support networks are essential to address the multifaceted nature of these disorders.

## Methodology

Following methods and procedures were adopted for study:

The current study proposed to explain, analyze and infer current situation of psychological disorder and Night eating syndrome among university students and patients. So this study was descriptive in nature. Based on the nature of the research problem and objectives of the study it is quantitative in nature.

## Population

All the students and patients of BS, MS, M.Phil and P.hD programs enrolled at The Islamia University of Bahawalpur and clinical places were included in the population of the study.

## Sample

Samples of 300 students and patients were randomly selected from the whole population of the university and clinical places from different departments. In this regard 150 male and female students and 150 male and female patients were chosen to collect the data to extract the required results.

## Research Instruments

After review of related literature, a Psychological disorder scale developed and used by was adopted to collect the data as the validity and reliability of the scale was verified by the researchers also.

### Data Collection

The quantitative data was collected. The researcher personally collected the data through the instrument (questionnaire) by visiting different departments of the university. Formal consent was also sought from the Head of the Department of the concerned department.

### Data Analysis

Data was scrutinized, analyzed and interpreted through SPSS software. To analyze the data frequency, mean score and percentage were extracted from the data and interpreted accordingl

### Delimitations

The study has following delimitation

1. The study was delimited to Bahawalpur District and Tehsil
2. The study was limited to only the Islamia University of Bahawalpur

### Definition of the Terms

#### Psychological Disorder

A mental or behavioral pattern that is clinically significant and causes distress, impairment in functioning, or divergence from societal cultural norms is referred to as a psychological disorder. A wide spectrum of problems influencing ideas, emotions and behaviors are encompassed by these disorders, frequently causing disruptions in daily living. For the purpose of identifying and diagnosing a wide range of mental diseases, the American Psychiatric Association has produced the Diagnostic and Statistical Manual of Mental diseases, Fifth Edition (DSM-5). There may be a complicated interaction between genetics, biology, the environment and psychology that leads to these circumstances. Accurate diagnosis, treatment and support for those facing mental health issues may only be achieved via a thorough understanding of psychological diseases (American Psychiatric Association, 2013).

Table

Have you been feeling depressed or down nearly every day? (Patients)

Item no:	Item	Frequency	Percentage	Mean
1	Have you been Yes	88	58.7	1.41

feeling depressed or down nearly every day?	No	62	41.3
Total		150	100

Table shows the frequency, percentage and means of the response to the question of “Have you been feeling depressed or down nearly every day? The patients show that their most common time feeling depressed every day patients selecting the option “(YES)” which accounts for 88 or 58.7.0% among respondents. The second most common feeling depressed every day is selecting option is “(NO)” according to 62 or 41.3% of respondent’s the overall mean score was 1.41 which indicates that the majority of respondent’s feeling depressed is select (YES).

**Difference**

The (students), the most common response to feeling depressed is "NO," accounting for 52.0%, the (students,) mean score is 1.52, indicating a majority of respondents selecting "NO." And the (patients), the most common response is "YES," accounting for 58.7%, the (patients,) means score is 1.41, indicating a majority of respondents selecting "YES."

Table

In general, when you are feeling depressed or down, is your mood lower in the: (students)

Item no:	Item	Frequency	Percentage	Mean
2	In general, Morning	27	18	2.39
	when you are Afternoon	37	24.7	
	feeling depressed or down, is your mood lower Evening/night	86	57.3	
Total		150	100	

Table shows the frequency, percentage and mean of the response to the question of “In general, when you are feeling depressed or down, is your mood lower in the:” The students show that their most common time feeling depressed or down the n from students is (evening/night) which accounts for 86 or % among respondents. The second most common time of feeling depressed or down, the select option is (afternoon) according to 37 or 24.7% of respondent’s? Small group of students select the option (morning) which accounted for 27or 18.0% of respondent’s. The overall

mean score was 2.39, which indicates that the majority of respondents feeling depressed select option is (evening/night).

Table

In general, when you are feeling depressed or down, is your mood lower in the.(Patients)

Item no:	Item	Frequency	Percentage	Mean
3	In general, when you are feeling depressed or down, is your mood lower in the: Morning	29	19.3	2.18
	Afternoon	65	43.3	
	Evening/Night	56	37.3	
Total		150	100	

Table Shows the frequency, percentage and mean of the response to the question of “In general, when you are feeling depressed or down, is your mood lower in the:” The patients show that their most common time feeling depressed or down the n from patients is (afternoon) which accounts for 65 or 43.3% among respondents. The second most common time of feeling depressed or down, the select option is (evening/night) according to 56 or 37.3% of respondent’s? Another small group of students select the option (morning) which accounted for 29 or 19.3% of respondent’s. The overall mean score was 2.18 which indicate that the majority of respondents feeling depressed select option is (afternoon)

### Difference

The (student’s) response, most common time reported for feeling depressed is in the evening or night, with 86% of respondents selecting this option. The overall mean score of 2.39 and the (patients) response the most common time for feeling depressed is the afternoon, with 43.3% of (patients) indicating this time. The overall mean score of 2.18 indicates that, among patients, both tables explore the timing of feeling depressed, they reveal variations in the preferences of students and patients. Students predominantly associate their low moods with the evening night, whereas patients more commonly experience feelings of depression in the afternoon.

Table

Are you currently dieting to lose weight? (Students)

Item no:	Item	Frequency	Percentage	Mean
4	Are you Yes currently dieting to lose	64	42.7	1.57
	No	86	57.3	

weight?		
Total	150	100

Table shows the frequency, percentage and means of the response to the question of “Are you currently dieting to lose weight? The student’s show that their most common time dieting to lose weight students selecting the option “(No)” which accounts for 86 or 57.3% among respondents. The second most common dieting to lose weight is n is “(Yes)” according to 64 or 42.7% of respondent’s the overall mean score was 1.57 which indicates that the majority of respondent’s dieting to lose weight is selected (No).

Table  
Are you currently dieting to lose weight? (Patients)

Item no:	Item	Frequency	Percentage	Mean
5	Are you Yes	79	52.7	1.47
	currently dieting to lose No weight?	71	47.3	
Total		150	100	

Table shows the frequency, percentage and means of the response to the question of “Are you currently dieting to lose weight? The patients show that their most common time dieting to lose weight patients selecting the option “(Yes)” which accounts for 79 or 52.7% among respondents. The second most common dieting to lose weight is n is “(No)” according to 71 or 47.3% of respondent’s the overall mean score was 1.47 which indicates that the majority of respondent’s dieting to lose weight is selected (Yes).

**Difference**

The students provide insights into the current dieting practices among students, the majority of students 57.3% responded with "NO" when asked if they were currently dieting to lose weight. The overall mean score of 1.57, the majority of students are not currently engaged in a weight-loss diet. The patient’s most common response was "YES," with 52.7% indicating that they are currently dieting to lose weight. The overall mean score of 1.47 the majority of patients are actively involved in a weight-loss diet.

The tables highlight a discrepancy in dieting behaviors between students and patients. While the majority of students are not currently on a weight-loss diet, the majority of patients are actively engaged in such dietary practices. The mean scores further underscore these differences.

Table

What is your current height and weight? (Without clothing or shoes) (Students)

Item no:	Item		Frequency	Percentage	Mean
6	What is your current height and weight? (Without clothing or shoes)	H=4-5 W=50-60	59	39.3	1.78
		H=5-6 W=70-80	65	43.3	
		H=6-7 W=90-100	26	17.3	
		Total	150	100	

Table show the frequencies mean and percentages of people who have reported their current height and weight without clothing or shoes. There were 150 people surveyed and 59 or 39.3% of them had a height in the range of 4-5 feet combined with weight in the range of 50-60 kilograms. Second the majority of the people is 65 or 43.3% had a height in the range of 5-6 feet combined with a weight in the range of 70-80 kilograms and the remaining 26 or 17.3% had a height in the range of 6-7 feet combined with a weight in the range of 90-100 kilograms. The most common rang of height and weight is H=5-6 w=70-80 43.3% The overall mean score was 1.78

Table

What is your current height and weight? (Without clothing or shoes) (Patients)

Item no:	Item		Frequency	Percentage	Mean
7	What is your current height and weight? (Without clothing or shoes)	H=4-5 W=50-60	71	47.3	1.60
		H=5-6 W=70-80	68	45.3	
		H=6-7 W=90-100	11	7.3	

Total	150	100
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Table show the frequencies mean and percentages of people who have reported their current height and weight without clothing or shoes. There were 150 people surveyed and 71 or 47.3% of them had a height in the range of 4-5 feet combined with weight in the range of 50-60 kilograms. Second is 68 or 45.3% had a height in the range of 5-6 feet combined with a weight in the range of 70-80 kilograms and the remaining 11 or 7.3% had a height in the range of 6-7 feet combined with a weight in the range of 90-100 kilograms. The most common is H=4-5 W=50-60 The overall mean score was 1.60

### Difference

The students provide data on the reported height and weight of individuals surveyed without clothing or shoes. In respondents, 39.3% fell into the height range of 4-5 feet, coupled with a weight range of 50-60 kilograms. The overall mean score was 1.78. and the patients reported a height rang of 4-5 feet with a weight in the range of 50-60 kilograms 47.3% the overall mean score is 1.60 both tables explore the reported height and weight of surveyed individuals, there are differences in the distributions. the students tables highlights a higher percentage of respondents with a height of 5-6 feet and a weight of 70-80 kilograms and the patients emphasizes a higher percentage of respondents with a height of 4-5 feet and a weight of 50-60 kilograms.

Table

Please take a moment to review your responses. Have you answered each question completely?  
(Students)

Item no:	Item	Frequency	Percentage	Mean
8	Please take a moment to review your responses.	135	90	1.10
	Have you Answered each question completely	15	10	
Total		150	100	

Table shows the frequency, percentage and means of the response to the question of "Please take a moment to review your responses. Have you Answered each question completely The Student's show that their most common time review response each question, students selecting the option "(YES)"



which accounts for 135 or 90.0% among respondents. The second most common review response each question the n is "(NO)" according to 15 or 10% of respondent's the overall mean score was 1.10 which indicates that the majority of respondent' selecting the option is (YES).

Table

Please take a moment to review your responses. Have you answered each question completely (Patients?)

Item no:	Item	Frequency	Percentage	Mean	
9	Please take a moment to review your responses. Have you answered each question completely	Yes	142	94.7	1.05
		No	8	5.3	
Total		150	100		

This Table shows the frequency, percentage and means of the response to the question of "Please take a moment to review your responses. Have you Answered each question completely The Patients show that their most common time review response each question, patients selecting the option "(yes)" which accounts for 142 or 94.7% among respondents. The second most common review response each question the n is "(NO)" according to 8 or 5.3 % of respondent's the overall mean score was 1.05 which indicates that the majority of respondent' selecting the option is (yes).

### Difference

(Students,) the data reveals that the most common response to this question is "yes," with 135 respondents or 90.0% selecting this option. The overall mean score is 1.10, indicating that the majority of (students) tend to answer "Yes" And the other hand (patients,) the results are somewhat similar. The majority of (patients,) 142 respondents or 94.7%, selected "Yes" The overall mean score for patients is 1.05. Both tables demonstrate a high prevalence of respondents answering "Yes" to the question about reviewing and completing each question, indicating a common trend among both (students and patients).

Table

I found myself getting upset by quite trivial things (Students)

Item no:	Item	Frequency	Percentage	Mean	
10	I found myself getting upset by quite trivial things	0	52	34.7	2.26
		1	42	28.0	

things	2	21	14.0
	3	35	23.3
Total		150	100

Table Based on the results of the survey, it seems that many people relate to the feeling of getting upset by quite trivial things. The students show that the theirs is most common response 52 or 34.7% chose the response 0 "did not apply to me at all," 42 or 28% chose the response 1 "applied to me to some degree, or some of the time," 21 or 14% chose the response 2 "applied to me to a considerable degree, or a good part of time and 35 or 23.3% chose the response 3 "applied to me very much, or most of the time." This indicates that the majority of people find themselves getting upset by trivial things at least to some degree. Over all mean score of this item is 2.26

Table  
I found myself getting upset by quite trivial things. (Patients)

Item no:	Item	Frequency	Percentage	Mean	
11	I found myself getting upset by quite trivial things	0	44	29.3	2.02
		1	70	46.7	
		2	25	16.7	
		3	11	7.3	
Total		150	100		

Table based on the results of the survey, it seems that many people relate to the feeling of getting upset by quite trivial things. The patients show that 44 or 29.3% chose the response 0 "did not apply to me at all," 70 or 46.7% chose the response 1 "applied to me to some degree, or some of the time," 25 or 16.7% chose the response 2 "applied to me to a considerable degree, or a good part of time and 11 or 7.3% chose the response 3 "applied to me very much, or most of the time." This indicates that the majority of people select option 1 applied to me some degree. Over all mean score of this item is 2.02

### Difference

(Students) the most common response is "did not apply to me at all," with 52 respondents or 34.7% selecting this option "0". The overall mean score for this item is 2.26, a moderate level of agreement among (students) that they experience getting upset by trivial things to some extent. (Patients,) the most common response is again "did not apply to me at all," but with 44 respondents or 29.3%. The overall mean score for this item among (patients) is lower at 2.02, indicating a lower level of agreement compared to the (students) group.

Both groups seem to relate to the feeling of getting upset by trivial things, there are differences in the distribution of responses and the overall mean scores. (Students) exhibit a slightly higher level of agreement with experiencing this feeling compared to (patients).

Table

I found that I was very irritable. (Students)

Item no:	Item	Frequency	Percentage	Mean
12	I found that I was very irritable	0	11	7.3
		1	21	14.0
		2	40	26.7
		3	78	52
Total		150	100	

Table based on the results of the survey The students show that the their is most common response, 78 or 52% chose the response 3 “applied to me very much” 40 or 14% chose the response 2 “applied to me to a considerable degree, or some of the time,” 21 Or 14.0% chose the response 1 “applied to me to some degree, or a good part of time.” and 11or 7.3% chose the response 0 “did not apply to me at all, ” This indicates that the majority of people find themselves Students was very irritable applied to me very much, or most of the time. Over all mean score of this item is 3.23

Table

I found that I was very irritable. (Patients)

Item no:	Item	Frequency	Percentage	Mean
13	I found that I was very irritable	0	23	15.3
		1	61	40.7
		2	47	31.3
		3	19	12.7
Total		150	100	

Table shows the frequency, percentage and means of the response to the question of “I found that I was very irritable.” The patients show that their most common,61 or 40.7% chose the response 1 “applied to me to some degree,” second most common 47 or 31.3% chose the response 2 “applied to me considerable degree, or some of the time” 23 or 15.3% chose the response 0 “did not apply to me at all” or a good part of time. And 19 or 12.7% chose the response 3 “applied to me very much” This

indicates that the majority of people select option 1 applied to me some degree. Over all mean score of this item is 2.41

**Difference**

(Students) the responses are from students. Question or statement is related to being very irritable, the most common response is 3,"applied to me very much," chosen by 52% of the respondents. The overall mean score is 3.23 and the responses are from (patients) the most common response is 1, "applied to me to some degree," chosen by 40.7% of the respondents. The overall mean score is 2.41.

Majority of students find themselves very irritable, with the highest percentage n 3.The majority of patients select option 1, indicating that they experience some degree of irritability. These differences highlight variations in the responses and perceptions of irritability between students and patients, with different patterns in the distribution of responses and mean scores.

Table

I couldn't seem to experience any positive feeling at all. (Students)

Item no:	Item		Frequency	Percentage	Mean
14	I couldn't seem to experience any positive feeling at all	0	65	43.3	2.07
		1	32	21.3	
		2	30	20	
		3	23	15.3	
		Total	150	100	

Table shows the frequency, percentage and means of the response to the question of “I couldn't seem to experience any positive feeling at all.” The student’s show that their most common ,65 or 43.3% chose the response 0 “did not apply to me at all,” 32 or 21.3% chose the response 1 “applied to me to some degree, or some of the time” 30 or 20% chose the response 2 applied to me to a considerable degree, or a good part of time. and 23 or 15.3% chose the response 3 “applied to me very much, or most of the time.” This indicates that the majority of people find themselves couldn't seem to experience any positive feeling at all did not apply to me at all. Over all mean score of this item is 2.07

Table

I couldn't seem to experience any positive feeling at all (patients)

Item no:	Item	Frequency	Percentage	Mean
15	I couldn't seem to experience any positive feeling at all 0	30	20.0	2.67
	1	29	19.3	
	2	51	34.0	
	3	40	26.7	
Total		150	100	

Table show the frequency, percentage and means of the response to the question of "I couldn't seem to experience any positive feeling at all." The patients show that their most common, 51 or 34% chose the response 2 "applied to me considerable degree" second most common 40 or 26.7% chose the response 3 "applied to me very much, or some of the time" 30 or 20.0% chose the response 0 "did not apply to me at all" or a good part of time. And 29 or 19.3% chose the response 1 "applied to me some degree" This indicates that the majority of people select option 2 applied to me considerable degree. Over all mean score of this item is 2.67

### Difference

(Students), most common response is 65 or 43.3% chose response 0 "did not apply to me at all." Overall mean score is 2.07 (Patients) Most common response 51 patients or 34% chose response 2 "applied to me considerable degree." Overall mean score 2.67. (Students) Response 0 "did not apply to me at all" is the most common. Patients Response 2 "applied to me considerable degree" is the most common.

Patients have a higher overall mean score of 2.67, indicating a higher level of perceived difficulty in experiencing positive feelings.

Table

I experienced breathing difficulty (e.g., excessively rapid breathing, breathlessness in the absence of physical exertion) (students)

Item no:	Item	Frequency	Percentage	Mean	
16	I experienced breathing difficulty (e.g., excessively rapid breathing, breathlessness in	0	18	12	2.71
	1	51	34		
	2	38	25.3		
	3	43	28.7		

the absence of  
physical exertion

Total	150	100
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Table shows the frequency, percentage and means of the response to the question of “I experienced breathing difficulty (e.g., excessively rapid breathing, breathlessness in the absence of physical exertion.” The student’s show that their most common ,51 or 34.0% chose the response 1 “applied to me to some degree,” 43 or 28.7% chose the response 3 “applied to me very much, or some of the time” 38 or 25.3% chose the response 2 applied to me to a considerable degree, or a good part of time. And 18 or 12.0% chose the response 0 “did not apply to me at all, or most of the time.” This indicates that the majority of people find themselves couldn't seem to experience any positive feeling at all applied to me some degree at all. Over all mean score of this item is 2.71

Table

I experienced breathing difficulty (e.g., excessively rapid breathing, breathlessness in the absence of physical exertion) (patients)

Item no:	Item	Frequency	Percentage	Mean
17	I experienced 0	23	15.3	2.63
	breathing difficulty (e.g., excessively rapid	1	50	33.3
	breathing,	2	36	24.0
	breathlessness in 3	41	27.3	
	the absence of physical exertion			
	Total	150	100	

Table shows the frequency, percentage and means of the response to the question of “I experienced breathing difficulty (e.g., excessively rapid breathing, breathlessness in the absence of physical exertion.” The patients show that their most common,50 or 33.3% chose the response 1 “applied to me some degree” second most common 41 or 27.3% chose the response 3 “applied to me very much, or some of the time” 36 or 24.0% chose the response 2 “applied to me considerable degree” or a good part of time. And 23 or 15.3% chose the response 0 “did not apply to me at all” This indicates that the majority of people select option 1 applied to me some degree. Over all mean score of this item is 2.63

Difference

(Students) show that 34.0% chose the response "applied to me to some degree," making it the most common choice, the overall mean score for this item is 2.71.

(Patients) selected the response 33.3% “applied to me some degree” as the most common choice, overall mean score for patients is 2.63.

Both groups commonly experience breathing difficulty, the distribution of responses and mean scores differs slightly between students and patients.

Table

I felt I was close to panic. (Students)

Item no:	Item	Frequency	Percentage	Mean	
18	I felt I was close to panic	0	45	30	2.38
		1	32	21.3	
		2	44	29.3	
		3	29	19.3	
Total		150	100		

Table shows the frequency, percentage and means of the response to the question of “I felt I was close to panic” The student’s show that their most common 45 or 30.0% chose the response 0 “did not apply to me at all” 44 or 29.3% chose the response 2 “applied to me to a considerable degree” or some of the time” 32 or 21.3% chose the response 1 applied to me to some degree or a good part of time. And 29 or 19.3% chose the response 3 “applied to me very much” This indicates that the majority of people find themselves couldn't seem to experience any positive feeling at all did not apply to me at all. Over all mean score of this item is 2.38

Table

I felt I was close to panic. (Patients)

Item no:	Item	Frequency	Percentage	Mean	
19	I felt I was close to panic	0	38	25.3	2.44
		1	35	23.3	
		2	50	33.3	
		3	27	18.0	
Total		150	100		

Table shows the frequency, percentage and means of the response to the question of "I felt I was close to panic." The patients show that their most common, 50 or 33.3% chose the response 2 "applied to me considerable degree some" second most common 38 or 25.3% chose the response 0 "did not apply to me at all, or some of the time" 35 or 23.3% chose the response 1 "applied to me some degree" or a good part of time. And 27 or 18.0% chose the response 3 "applied to me very much" This indicates that the majority of people select option 2 applied to me considerable degree. Over all mean score of this item is 2.44

Difference

The (students,) 30.0%, indicated that the statement "did not apply to me at all." The overall mean score for this item among students is 2.38.

(Patient) responses to the same question. Among patients, 33.3% chose response 2, indicating that the statement "applied to me to a considerable degree, some of the time." The overall mean score for this item among patients is 2.44.

Students predominantly selected the option "did not apply to me at all," while patients tended to choose the option "applied to me to a considerable degree, some of the time." Additionally, the overall mean scores for the two groups differ slightly, with students having a mean score of 2.38 and patients having a mean score of 2.44.

Table 0

I was in a state of nervous tension (students)

Item no:	Item	Frequency	Percentage	Mean	
20	I was in a state of nervous tension	0	37	24.7	2.63
		1	28	18.7	
		2	39	26.0	
		3	46	30.7	
Total		150	100		

Table shows the frequency, percentage and means of the response to the question of "I was in a state of nervous tension" The student's show that their most common ,46 or 30.7% chose the response 3 "applied to me very much" second most common 39 or 26.0% chose the response 2 "applied to me a considerable degree" or some of the time" 37 or 24.7% chose the response 0 did not apply to me at all , or a good part of time. And 28 or 18.7% chose the response 1 "applied to me some degree, or most of the time." This indicates that the majority of people find themselves couldn't seem to experience any positive feeling at all applied to me very much, . Over all mean score of this item is 2.63



Table  
I was in a state of nervous tension (patients)

Item no:	Item		Frequency	Percentage	Mean
21	I was in a state of nervous tension	0	16	10.7	2.72
		1	41	27.3	
		2	62	41.3	
		3	31	20.7	
Total			150	100	

Table shows the frequency, percentage and means of the response to the question of "I was in a state of nervous tension." The patients show that their most common, 62 or 41.3% chose the response 2 "applied to me considerable degree some" second most common 41 or 27.3% chose the response 1 "applied to me some degree, or some of the time" 31 or 20.7% chose the response 3 "applied to me very much" or a good part of time. And 16 or 10.7% chose the response 0 "did not apply to me" This indicates that the majority of people select option 2 applied to me considerable degree. Over all mean score of this item is 2.72

#### Difference

The (Students) chose the response 3 "applied to me very much" as their most common answer, with 30.7%, the mean score for the (student) group is 2.63

(Patients) predominantly selected the response 2 "applied to me a considerable degree," constituting 41.3%. While the patient group's mean score is slightly higher at 2.72

Indicating a tendency towards moderate agreement suggesting a slightly stronger agreement with feeling nervous tension. Overall, these distinctions highlight variations in the experiences of students and patients regarding the intensity of nervous tension.

Table  
I felt that life was meaningless. (Students)

Item no:	Item		Frequency	Percentage	Mean
22	I felt that life was meaningless	0	53	35.3	2.15
		1	49	32.7	
		2	21	14	
		3	27	18	

Total	150	100
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Table shows the frequency, percentage and means of the response to the question of "I felt that life was meaningless." The student's show that their most common, 53 or 35.3% chose the response 0 "did not apply to me at all," second most common 49 or 32.7% chose the response 1 "applied to me to some degree, or some of the time" 27 or 18.0% chose the response 3 applied to me very much, or a good part of time. And 21 or 14.0% chose the response 2 "applied to me a considerable degree" or most of the time." This indicates that the majority of people find themselves couldn't seem to experience any positive feeling at all did not apply to me at all. Over all mean score of this item is 2.15

Table  
I felt that life was meaningless (patients)

Item no:	Item	Frequency	Percentage	Mean	
23	I felt that life was meaningless	0	96	64.0	1.46
		1	43	28.7	
		2	7	4.7	
		3	4	2.7	
Total		150	100		

Table shows the frequency, percentage and means of the response to the question of "I felt that life was meaningless." The patients show that their most common, 96 or 64.0% chose the response 0 "did not apply to me at all" second most common 43 or 28.7% chose the response 1 "applied to me some degree, or some of the time" 7 or 4.7% chose the response 2 "applied to me considerable degree" or a good part of time. And 4 or 2.7% chose the response 3 "applied to me very much" This indicates that the majority of people select option 0 did not apply to me at all. Over all mean score of this item is 2.46

Difference

The majority of (students) 35.3% reported that the statement "I felt that life was meaningless" did not apply to them at all response 0, while 32.7% acknowledged some degree of applicability response 1. the mean score for (students) is 2.15, indicating a tendency towards lower agreement with the statement (Patients) selected response 0, "did not apply to me at all," with a substantial 64.0, while for (patients,) the mean score was slightly higher at 2.46,

Suggesting a somewhat stronger acknowledgment of life's potential meaninglessness, these findings underscore disparate perspectives between students and patients regarding the existential aspect of life.

Table  
I found it difficult to relax (students)

Item no:	Item	Frequency	Percentage	Mean	
24	I found it difficult to relax	0	15	10	3.06
		1	27	18	
		2	42	28	
		3	66	44	
Total		150	100		

Table shows the frequency, percentage and means of the response to the question of “I found it difficult to relax.” The student’s show that their most common ,66 or 44.0% chose the response 3 “applied to me very much ,” second most common 42 or 28.0% chose the response 2 “applied to me to a considerable degree, or some of the time” 27 or 18.0% chose the response 1 applied to me to some degree, or a good part of time. And 15 or 10.0% chose the response 0 “did not apply to me at all,” This indicates that the majority of people find themselves couldn't seem to experience any positive feeling at all applied to me very much. Over all mean score of this item is 3.06

Table  
I found it difficult to relax (patients)

Item no:	Item	Frequency	Percentage	Mean	
25	I found it difficult to relax	0	20	13.3	2.77
		1	32	21.3	
		2	60	40.0	
		3	38	25.3	
Total		150	100		

Table shows the frequency, percentage and means of the response to the question of “I found it difficult to relax.” The patients show that their most common,60 or 40.0% chose the response 2 “applied to me considerable degree” second most common 38 or 25.3% chose the response 3 “applied to me very much, or some of the time” 32 or 21.3% chose the response 1 “applied to me some degree” or a good part of time. And 20 or 13.3% chose the response 0 “did not apply to me at all” This indicates that the majority of people select option 2 applied to me considerable degree.

Difference

The (students) reported 44.0% that they found it very challenging to relax response 3, followed by 28.0% the mean score for students is 3.06

(Patients) predominantly chose response 2, "applied to me considerable degree," with 40.0%, indicating a notable proportion facing a substantial challenge in relaxation. patients mean score is 2.77.

Moreover, the mean score for students was higher at 3.06, reflecting a stronger agreement with the statement, compared to patients with a mean score of 2.77. These findings underscore distinct perceptions between students and patients regarding the difficulty in achieving a state of relaxation.

Table

Found myself in situations that made me so anxious I was most relieved when they ended. (Students)

Item no:	Item	Frequency	Percentage	Mean
26	found myself 0 in situations that made me 1 so anxious I was most 2 relieved when they ended 3	59 33 31 27	39.3 22 20.7 18	2.17
Total		150	100	

Table shows the frequency, percentage and means of the response to the question of “found myself in situations that made me so anxious I was most relieved when they ended.” The student’s show that their most common, 59 or 39.3% chose the response 0 “did not apply to me at all,” second most common 33 or 22.0% chose the response 1 “applied to me to some degree, or some of the time” 31 or 20.7% chose the response 2 applied to me a considerable degree, or a good part of time. And 27 or 18.0% chose the response 3 “applied to me very much, or most of the time.” This indicates that the majority of people find themselves couldn't seem to experience any positive feeling at all did not apply to me at all. Over all mean score of this item is 2.17

Conclusion

The study reveals that Night Eating Syndrome has a significant negative impact on mental health, particularly among heart patients. Heart patients with NES experience heightened levels of anxiety, depression, and stress compared to healthy individuals, suggesting that the disorder exacerbates mental health challenges. This emphasizes the need for comprehensive treatment plans for heart patients that target both the eating disorder and the underlying psychological distress. Early detection and intervention for NES could improve both the physical and mental well-being of heart patients,

reducing the burden of the disorder on overall health. Further research is needed to develop tailored therapeutic approaches to address this dual challenge effectively.

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