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The Impact of Academic Stressors on Night Eating Syndrome: A Mixed-Methods Study of University Students with Chronic Health Conditions

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ABSTRACT

Night Eating Syndrome (NES) is characterized by recurring episodes of eating during the night, often associated with a disruption in circadian rhythm and significant psychological distress. This study aims to explore the impact of NES on mental health among heart patients compared to healthy young adults. Data was collected through surveys and psychological assessments, focusing on the frequency of NES episodes, emotional well-being, and the presence of anxiety, depression, and stress. Results indicated a higher prevalence of NES among heart patients, with a notable correlation between NES and increased levels of anxiety and depression. In contrast, healthy individuals exhibited lower levels of psychological distress despite similar occurrences of night eating behavior. The findings suggest that NES may exacerbate mental health challenges in heart patients, necessitating targeted interventions to address both eating behaviors and psychological well-being. The non-probability convenience sampling technique has been used to collect data from undergraduate and postgraduate students using a modified questionnaire with a five-point Likert scale. This study used the SEM method to examine the link between stress, depression, and academic performance. It was confirmed that academic and family stress leads to depression among students, negatively affecting their academic performance and learning outcomes. This research provides valuable information to parents,



educators, and other stakeholders concerned about their children's' education and performance.

Key Words: Night Eating Syndrome (NES), Mental Health, Heart Patients, Psychological Disorders, Anxiety and Depression, academic stress, depression, university students, academic performance

Introduction

An individual is said to have a psychological disorder if they exhibit a clinically significant pattern of behavior or thoughts that causes them distress, impairment, or an increased likelihood of experiencing suffering, death, pain, or disability (Wakefield, 1992). According to many studies (Afari et al., 2014; Mullem & Tillett, 2009; Freyberg et al., 2022), psychological disorders cover a broad spectrum of illnesses, including but not limited to PTSD, anxiety disorders, mood disorders, schizophrenia and substance use disorders. Afari et al. (2014), diseases can greatly influence how a person thinks and acts, which in turn impacts their general health and ability to operate. In addition, the correlation between mental health issues and sleep is not one-way; rather, it is complex and reciprocal, according to the available data (Krystal, 2012).

Integrating mental and physical health care is crucial, as studies have demonstrated that many people with chronic physical diseases also suffer from comorbid psychiatric disorders (Scott et al., 2016). In addition, Lindekilde et al. (2022) found that people with mental illnesses were more likely to develop type 2 diabetes and other chronic physical conditions. Be aware that your chance of acquiring a postpartum psychiatric condition may be influenced by your family history, which is an important factor to consider while dealing with psychiatric diseases (Bauer et al., 2018). Additionally, it is well-documented that mental and substance use problems are risk factors for suicide; this emphasizes the serious consequences of these conditions (Ferrari et al., 2014). It is worth noting that psychological disorders have a widespread impact, as the World Health Organization has indicated that a significant portion of the global population will experience mental or neurological disorders at some point in their lives (Zhou et al., 2019). Higher education institutions (HEIs) are believed to be one of the strongest pillars in the growth of any nation. Being the principal stakeholder, the performance of HEIs mainly relies on the success of its students. To successfully compete in the prevailing dynamic industrial environment, students are not only supposed to develop their knowledge but are also expected to have imperative skills and abilities. In the current highly competitive academic environment, students' performance is largely affected by several factors, such as social media, academic quality, family and social bonding, etc.. Aafreen et al. stated that students continuously experience pressure from different sources during academic life, which ultimately causes stress among students.

Stress is a common factor that largely diminishes individual morale. It develops when a person cannot handle their inner and outer feelings. When the stress becomes chronic or exceeds a certain level, it affects an individual's mental health and may lead to different psychological disorders, such as depression. Depression is a worldwide illness marked by feelings of sadness and the inability to feel happy or satisfied. Nowadays, it is a common disorder, increasing day by day. According to the World Health Organization, depression was ranked third among the global burden of disease and predicted to take over first place by 2030.

1.1 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.

1.1.1 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.

1.1.2 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.

1.1.3 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.

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

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).

Data Analysis

Table

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

Item no:	Item	Frequency	Percentage	Mean
29	found myself in situations that made me so anxious I was most relieved when they ended	0	54	36.0
		1	34	22.7
		2	33	22.0
		3	29	19.3
	Total	150	100	

Table 0.1 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 patients show that their most common, 54 or 36.0% chose the response 0 “did not apply to me at all” second most common 34 or 22.7% chose the response 1 “applied to me some degree” 33 or 22% chose the response 2 “applied to me considerable 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 select option 1 did not apply to me at all. Overall mean score of this item is 2.25

Difference

The (students) 39.3% asserted that the statement “found myself in situations that made me so anxious I was most relieved when they ended” did not apply to them at all (response 0), the mean score students is 2.17

(Patients) predominantly selected response 0, "did not apply to me at all," with 36.0%, patients, the mean score was slightly higher at 2.25,

These findings highlight divergent perceptions between students and patients regarding their responses to anxious situations.

Table

0.1

I felt that I had nothing to look forward to (students)

Item no:	Item	Frequency	Percentage	Mean
30	I felt that I had nothing to look forward to	0	32	21.3
		1	47	31.3
		2	36	24
		3	35	23
	Total	150	100	

Table 0.2 shows the frequency, percentage and means of the response to the question of “I felt that I had nothing to look forward to” The student’s show that their most common, 47 or 31.3% chose the response 1 “applied to me to some degree,” second most common 36 or 24.0% chose the response 2 “applied to me to a considerable degree, or some of the time” 35 or 23.0% chose the response 3 applied to me very much, or a good part of time. And 32 or 21.3% 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 2.49

Table 0.2

I felt that I had nothing to look forward to (patients)

Item no:	Item	Frequency	Percentage	Mean
30	I felt that I 0	24	16.0	2.61
	had nothing			
	to look 1	44	29.3	
	forward to 2	48	32.0	
	3	34	22.7	
Total		150	100	

Table 0.3 shows the frequency, percentage and means of the response to the question of “I felt that I had nothing to look forward to.” The patients show that their most common,48 or 32.0% chose the response 2 “applied to me considerable degree” second most common 44 or 29.3% chose the response 1 “applied to me some degree” 34 or 22.7% chose the response 3“applied to me very much” or a good part of time. And 24 or 16.0% chose the response 0 “did not apply to me at all” This indicates that the majority of people select option 0 did not apply to me at all. Overall mean score of this item is 2.61

Difference

The (students) 31.3% indicated that the statement "I felt that I had nothing to look forward to" applied to them to some degree response 1. The mean score for students is 2.49,

(Patients) predominantly selected response 2; "applied to me a considerable degree," with 32.0%, the mean score was slightly higher at 2.61

Indicating a moderate level of agreement with the statement, whereas for patients, suggesting a somewhat stronger acknowledgment of the sentiment of having nothing to look forward to. These findings underscore nuanced differences in the outlook on the future between students and patients.

Table 0.3

I found myself getting upset rather easily (students)

Item no:	Item	Frequency	Percentage	Mean
31	I found 0	40	26.7	2.52
	myself			
	getting upset 1	33	22	
	rather easily 2	36	24	
	3	41	27.3	
Total		150	100	

Table 0.4 shows the frequency, percentage and means of the response to the question of “I found myself getting upset rather easily.” The student’s show that their most common,41 or 27.3% chose the response 3 “applied to me very much ,” second most common 40 or 26.7%

chose the response 0 “did not apply to me at all, or some of the time” 36 or 24.0% chose the response 2 applied to me to a considerable degree, or a good part of time. And 33 or 22.0% chose the response 1 “applied to me to 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 2.52

Table 0.4
I found myself getting upset rather easily (patients)

Item no:	Item	Frequency	Percentage	Mean
31	I found 0	40	26.7	2.53
	myself			
	getting upset 1	32	21.3	
	rather easily 2	37	24.7	
	3	41	27.3	
Total		150	100	

Table 0.5 shows the frequency, percentage and means of the response to the question of “I found myself getting upset rather easily.” The patients show that their most common, 41 or 27.3% chose the response 3 “applied to me very much” second most common 40 or 26.7% chose the response 0 “did not apply to me at all” 37 or 24.7% chose the response 2 “applied to me considerable degree” or a good part of time. And 32 or 21.3% chose the response 1 “applied to me some degree” This indicates that the majority of people select option 3 applied to me very much. Overall mean score of this item is 2.53

Difference

The (Students) most commonly selected response 3, "applied to me very much," with 27.3%, the overall students mean score is 2.52

(Patients) also most commonly chose response 3, "applied to me very much," at 27.3%, the overall patients mean score is 2.53

The mean scores for both groups were very close, with students at 2.52 and patients at 2.53, indicating a comparable level of agreement with the statement. These findings suggest that both students and patients commonly experience heightened emotional sensitivity, although the specific patterns of responses differ slightly.

Table 0.5
I felt that I was using a lot of nervous energy (Students)

Item no:	Item	Frequency	Percentage	Mean
32	I felt that I 0	38	25.3	2.48
	was using a			
	lot of nervous 1	37	24.7	
	energy 2	40	26.7	
	3	35	23.3	
Total		150	100	

Table 0.6 shows the frequency, percentage and means of the response to the question of “I felt that I was using a lot of nervous energy.” The student’s show that their most common, 40 or 26.7% chose the response 2 “applied to me a considerable degree,” second most common 38 or 25.3% chose the response 0 “did not apply to me at all, or some of the time” 37 or 24.7% chose the response 1 applied to me some 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 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 2.48

Table 0.6
I felt that I was using a lot of nervous energy (patients)

Item no:	Item	Frequency	Percentage	Mean	
32	I felt that I was using a lot of nervous energy	0	32	21.3	2.50
		1	43	28.7	
		2	43	28.7	
		3	32	21.3	
Total		150	100		

Table 0.7 shows the frequency, percentage and means of the response to the question of “I felt that I was using a lot of nervous energy.” The patients show that their most common, 43 or 28.7% chose the response 1 “applied to me some degree” second most common 43 or 28.7% chose the response 2 “applied to me considerable degree” 32 or 21.3% chose the response 0 “did not apply to me at all” or a good part of time. And 32 or 21.3% chose the response 3 “applied to me very much” This indicates that the majority of people select option 1-2 applied to me some degree or applied to me considerable degree. Overall mean score of this item is 2.50

Difference

The (students,) most frequent response was option 2, "applied to me a considerable degree," 26.7%. The overall mean score for this item among (students) was calculated to be 2.48.

Represents responses from (patients) the most common response among patients was option 1, "applied to me some degree," 28.7%. The overall mean score for this item among (patients) was calculated to be 2.50.

Students, the majority seem to experience the feeling of using nervous energy to some degree, with option 2 being the most common. In contrast, patients exhibit a more balanced distribution between options 1 and 2. Additionally, the mean scores for the two groups are close but not identical.

Table
I felt sad and depressed (students)

Item no:	Item	Frequency	Percentage	Mean	
33	I felt sad and depressed	0	31	20.7	2.52
		1	45	30	
		2	39	26	

	3	35	23.3
	Total	150	100

Table 0.8 shows the frequency, percentage and means of the response to the question of “I felt sad and depressed.” The student’s show that their most common ,45 or 30.0% chose the response 1 “applied to me to some degree,” second most common 39 or 26.0% chose the response 2 “applied to me considerable degree, or some of the time” 35 or 23.3% chose the response 3 applied to me very much, or a good part of time. And 31 or 20.7% 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 2.52

Table 0.8
I felt sad and depressed (patients) 0.7

Item no:	Item	Frequency	Percentage	Mean	
33	I felt sad and depressed	0	28	18.7	2.53
		1	47	31.3	
		2	42	28.0	
		3	33	22.0	
	Total	150	100		

Table 0.9 shows the frequency, percentage and means of the response to the question of “I felt sad and depressed.” The patients show that their most common,47 or 31.3% chose the response 1 “applied to me some degree” second most common 42 or 28.0% chose the response 2 “applied to me considerable degree” 33 or 22.0% chose the response 3 “applied to me very much” or a good part of time. And 28 or 18.7% 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 2.53

Difference

The (students,) most prevalent response was option 1, "applied to me to some degree," selected by 45 individuals (30.0%). The overall mean score for this item among (students) was calculated to be 2.52.

Represents responses from (patients,) reveals a different distribution. The most common response among (patients) was option 1, "applied to me some degree," selected by 47 individuals (31.3%). The overall mean score for this item among patients was calculated to be 2.53.

With the majority ns 1 and 2. However, there are variations in the percentages and mean scores, indicating nuanced differences in the intensity and prevalence of these feelings between students and patients. The distribution of responses reflects the distinct emotional experiences within each group in response to the given question.

Table 0.9
I found myself getting impatient when I was delayed in any way. (Students) 0.8

Item no:	Item	Frequency	Percentage	Mean
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34	I found myself getting impatient when I was delayed in any way.	0	47	31.3	2.32
		1	34	22.7	
		2	43	28.7	
		3	26	17.3	
Total			150	100	

Table 0.10 shows the frequency, percentage and means of the response to the question of “I found myself getting impatient when I was delayed in any way” The student’s show that their most common ,47 or 31.3% chose the response 0 “did not apply to me at all,” second most common 43 or 28.7% chose the response 2 “applied to me a considerable degree, or some of the time” 34 or 22.7% chose the response 1 applied to me some degree, or a good part of time. And 26 or 17.3% 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 2.32

Table 0.11 I found myself getting impatient when I was delayed in any way (patients) 0.9

Item no:	Item		Frequency	Percentage	Mean
34	I found myself getting impatient when I was delayed in any way.	0	37	24.7	2.48
		1	36	24.0	
		2	45	30.0	
		3	32	21.3	
Total			150	100	

Table 0.11 shows the frequency, percentage and means of the response to the question of “I found myself getting impatient when I was delayed in any way.” The patients show that their most common,45 or 30.0% chose the response 2 “applied to me considerable degree” second most common 37 or 24.7% chose the response 0 “did not apply to me at all” 36 or 24.0% chose the response 1 “applied to me some degree” or a good part of time. And 32 or 21.3% 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 2.48

Difference

The (students) most frequent response was option 0, "did not apply to me at all," selected by 47 individuals 31.3%. The overall mean score for this item among students was calculated to be 2.32. Represents responses from (patients,) reveals a different distribution. The most common response among (patients) was option 2, "applied to me a considerable degree," selected by 45

individuals 30.0%. The overall mean score for this item among patients was calculated to be 2.48.

It is evident that students are more inclined to report that delays do not make them impatient, with option 0 being the most common. In contrast, patients seem to express a higher level of impatience when delayed, with option 2 being the predominant response.

Table 0.10
I had a feeling of faintness (students)

Item no:	Item	Frequency	Percentage	Mean
35	I had a feeling of faintness	0	46	30.7
		1	42	28.0
		2	31	20.7
		3	31	20.7
Total		150	100	

Table 0.12 shows the frequency, percentage and means of the response to the question of “I had a feeling of faintness” The student’s show that their most common,46 or 30.7% chose the response 0 “did not apply to me at all” second most common 42 or 28.0% chose the response 1 “applied to me a some degree, or some of the time” 31 or 20.7% chose the response 2 applied to me to a considerable degree, or a good part of time. And 31 or 20.7% chose the response 3 “applied to me very, 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 2.31

Table 0.11
I had a feeling of faintness (patients)

Item no:	Item	Frequency	Percentage	Mean
35	I had a feeling of faintness	0	45	30.0
		1	46	30.7
		2	31	20.7
		3	28	18.6
Total		150	100	

Table 0.13 shows the frequency, percentage and means of the response to the question of “I had a feeling of faintness.” The patients show that their most common,46 or 30.7% chose the response 1 “applied to me some degree” second most common 45 or 30.0% chose the response 0 “did not apply to me at all” 31 or 20.7% chose the response 2“applied to me considerable degree” or a good part of time. And 28 or 18.6% 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 2.28

Difference

The (Students,) most prevalent response is 0, "did not apply to me at all," chosen by 46 individuals or 30.7%. The overall mean score for this item among students was calculated to be 2.31.

(Patients,) revealing a different pattern. Here, the most common response is 1, "applied to me to some degree," chosen by 46 individuals or 30.7%. The overall mean score for this item among patients was calculated to be 2.28

The differences in response patterns between students and patients suggest variations in the way these two groups experience feelings of faintness. While students lean towards not experiencing the feeling at all, patients predominantly report experiencing it to some degree.

Table 0.12

I felt that I had lost interest in just about everything. (Students)

Item no:	Item	Frequency	Percentage	Mean
36	I felt that I had lost interest in just about everything. 0	35	23.3	2.53
	1	40	26.7	
	2	35	23.3	
	3	40	26.7	
	Total	150	100	

Table 0.14 shows the frequency, percentage and means of the response to the question of "I felt that I had lost interest in just about everything." The student's show that their most common, 40 or 26.7% chose the response 1 "applied to me to some degree," same as response 1, 40 or 26.7% chose the response 3 "applied to me very much, or some of the time" 35 or 23.3% chose the response 2 applied to me to a considerable degree, or a good part of time. And same as response 2, 35 or 23.3% chose the response 0 "did not apply to me at all, or most of the time." This indicates that the majority of people responded the same option. Over all mean score of this item is 2.53

Table 0.13

I felt that I had lost interest in just about everything (patients)

Item no:	Item	Frequency	Percentage	Mean
36	I felt that I had lost interest in just about everything. 0	38	25.3	2.47
	1	41	27.3	
	2	34	22.7	
	3	37	24.7	
	Total	150	100	

Table 0.15 shows the frequency, percentage and means of the response to the question of "I felt that I had lost interest in just about everything." The patients show that their most common, 41 or 27.3% chose the response 1 "applied to me some degree" second most common 38 or 25.3% chose the response 0 "did not apply to me at all" 37 or 24.7% chose the response 3 "applied to

me very much” or a good part of time. And 34 or 22.7% chose the response 2 “applied to me considerable degree” This indicates that the majority of people select option 1 applied to me some degree. Over all mean score of this item is 2.47

Difference

The (students) data indicates that the most common response is option 1, 3, "applied to me to some degree," chosen by 40 individuals or 26.7%.The overall mean score for this item among the students is 2.53.

The (patients) most common response is option 1, "applied to me some degree," chosen by 41 individuals or 27.3%. The overall mean score for this item among the patients

The student group showed a higher percentage for option 1, 3, while the patient group had a higher percentage for option 1. These distinctions in response patterns highlight potential differences in how students and patients perceive and express their feelings of losing interest in various aspects of life.

Table

0.14

I felt I wasn't worth much as a person. (Students)

Item no:	Item	Frequency	Percentage	Mean	
37	I felt I wasn't worth much as a person.	0	36	24.0	2.41
		1	47	31.3	
		2	36	24.0	
		3	31	20.7	
Total		150	100		

Table 0.16 shows the frequency, percentage and means of the response to the question of “I felt I wasn't worth much as a person.” The student’s show that their most common,47 or 31.3% chose the response 1 “applied to me to some degree” second most common 36 or 24.0% chose the response 0 “did not apply to me at all, or some of the time” 36 or 24.0% chose the response 2 applied to me to a considerable degree, or a good part of time. And 31 or 20.7% 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 applied to me some degree at all. Over all mean score of this item is 2.41

Table

0.15

I felt I wasn't worth much as a person (patients)

Item no:	Item	Frequency	Percentage	Mean	
37	I felt I wasn't worth much as a person.	0	32	21.3	2.55
		1	40	26.7	
		2	41	27.3	
		3	37	24.7	
Total		150	100		

Table 0.17 shows the frequency, percentage and means of the response to the question of “I felt I wasn't worth much as a person.” The patients show that their most common,41 or 27.3%

chose the response 2 “applied to me considerable degree” second most common 40 or 26.7% chose the response 1 “applied to me some degree” 37 or 24.7% chose the response 3 “applied to me very much” or a good part of time. And 32 or 21.3% 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. Over all mean score of this item is 2.55

Difference

The (students,) data reveals that the most common response is option 1, "applied to me to some degree," chosen by 47 individuals, constituting 31.3% of the sample. The overall mean score for this item among students is 2.41.

(Patients,) revealing a different pattern of responses. In this case, the most common response is option 2, "applied to me considerable degree," chosen by 41 individuals, constituting 27.3% of the sample. The overall mean score for this item among patients is 2.55

While both groups share similarities in terms of the question about self-worth, there are distinct differences in the frequency of responses and mean scores, highlighting the unique perspectives and experiences of students and patients in relation to feelings of self-worth.

Table 0.16

I felt that I was rather touchy (students)

Item no:	Item	Frequency	Percentage	Mean	
38	I felt that I was rather touchy.	0	44	29.3	2.27
		1	49	32.7	
		2	29	19.3	
		3	28	18.7	
		Total	150	100	

Table 0.18 shows the frequency, percentage and means of the response to the question of “I felt that I was rather touchy.” The student’s show that their most common,49 or 32.7% chose the response 1 “applied to me to some degree,” second most common 44 or 29.3% chose the response 0 “did not apply to me at all, or some of the time” 29 or 19.3% chose the response 2 applied to me to a considerable degree, or a good part of time. And 28 or 18.7% 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 applied to me some degree at all. Over all mean score of this item Is 2.27

Table 0.17

I felt that I was rather touch (patients)

Item no:	Item	Frequency	Percentage	Mean	
38	I felt that I was rather touchy.	0	38	25.3	2.35
		1	50	33.3	
		2	34	22.7	

	3	28	18.7
Total		150	100

Table 0.19 shows the frequency, percentage and means of the response to the question of “I felt that I was rather touchy.” The patients show that their most common, 50 or 33.3% chose the response 1 “applied to me some degree” second most common 38 or 25.3% chose the response 0 “did not apply to me at all” 34 or 22.7% chose the response 2 “applied to me considerable degree” or a good part of time. And 28 or 18.7% 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 2.35

Difference

The (students,) most prevalent response is option 1, "applied to me to some degree," chosen by 49 individuals, accounting for 32.7% of the sample. The overall mean score for this item among (students) is 2.27,

(Patients,) revealing a different distribution of responses. In this case, the most common response is option 1, "applied to me some degree," chosen by 50 individuals, constituting 33.3% of the sample. The overall mean score for this item among (patients) is 2.35

While both (students and patients) share a common theme of feeling touchy to some extent, there are differences in the frequency of responses and mean scores, reflecting nuanced variations in the experiences of these two distinct groups concerning sensitivity and touchiness.

Table 0.18

I felt scared without any good reason (students)

Item no:	Item	Frequency	Percentage	Mean
39	I felt scared without any good reason.	0	31	20.7
		1	35	23.3
		2	51	34.0
		3	33	22.0
Total		150	100	

Table 0.20 shows the frequency, percentage and means of the response to the question of “I felt scared without any good reason.” The student’s show that their most common ,51 or 34.0% chose the response 2 “applied to me considerable degree,” second most common 35 or 23.3% chose the response 1 “applied to me some degree, or some of the time” 33 or 22.0% chose the response 3 applied to me very much, or a good part of time. And 31 or 20.7% 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 considerable degree. Over all mean score of this item is 2.65

Table 0.19

I felt scared without any good reason (patients)

Item no:	Item	Frequency	Percentage	Mean
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39	I felt scared without any good reason.	0	35	23.3	2.57
		1	25	16.7	
		2	47	31.3	
		3	43	28.7	
Total			150	100	

Table 0.21 shows the frequency, percentage and means of the response to the question of “I felt scared without any good reason.” The patients show that their most common, 47 or 31.3% chose the response 2 “applied to me considerable degree” second most common 43 or 28.7% chose the response 3 “applied to me very much” 35 or 23.3% chose the response 0 “did not apply to me at all” or a good part of time. And 25 or 16.7% 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 2.57

Difference

The (students,) revealing that 34.0% of them, constituting the majority, selected response 2, "applied to me a considerable degree." the overall mean score for this item being 2.65.

Patients to the same question. In this case, 31.3% of patients, forming the largest segment, selected response 2, "applied to me a considerable degree." The overall mean score for patients on this item is slightly lower at 2.57

This variation in response distribution indicates a difference between students and patients, with a higher percentage of patients n 2, "applied to me a considerable degree," compared to students.. These distinctions highlight the diverse experiences and perceptions of fear without a clear reason between the two groups.

Table 0.20

I felt that life wasn't worthwhile (students)

Item no:	Item		Frequency	Percentage	Mean
40	I felt that life wasn't worthwhile.	0	40	26.7	2.63
		1	31	20.7	
		2	24	16.0	
		3	55	36.7	
Total			150	100	

Table 0.22 shows the frequency, percentage and means of the response to the question of “I felt that life wasn't worthwhile.” The student’s show that their most common ,55 or 36.7% chose the response 3 “applied to me very much,” second most common 40 or 26.7% chose the response 0 “did not apply to me at all, or some of the time” 31 or 20.7% chose the response 1 applied to me some degree, or a good part of time. And 24 or 16.0% chose the response 2 “applied to me 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 applied to me very much. Over all mean score of this item is 2.63

Table 0.21
I felt that life wasn't worthwhile (patients)

Item no:	Item	Frequency	Percentage	Mean
40	I felt that life wasn't worthwhile.	0	41	27.3
		1	35	23.3
		2	24	16.0
		3	50	33.3
Total		150	100	

Table 0.23 shows the frequency, percentage and means of the response to the question of “I felt that life wasn't worthwhile.” The patients show that their most common, 50 or 33.3% chose the response 3 “applied to me very much” second most common 41 or 27.3% chose the response 0 “did not apply to me at all” 35 or 23.3% chose the response 1 “applied to me some degree” or a good part of time. And 24 or 16.0% chose the response 2 “applied to me considerable degree” This indicates that the majority of people select option 3 applied to me very much. Over all mean score of this item

Difference

The (students) responses, it is evident that the most common choice was response 3, "applied to me very much," selected by 55 individuals, constituting 36.7% of the total. The overall mean score for this item was calculated as 2.63.

(Patients) the most prevalent choice was also response 3, "applied to me very much," with 50 (patients) 33.3% selecting this option. The overall mean score for this item is 2.55

While both groups exhibit a predominant inclination towards response 3, indicating a strong perception that life wasn't worthwhile, slight variations exist in the distribution of responses between students and patients. Additionally, the overall mean scores for each group suggest a relatively negative outlook on life, with the student group having a mean score of 2.63 and the patient group lacking this specific information.

Limitations and Future Research Implications

The current study has a few limitations. The researcher gathered data from the higher education level of university students studying in Islamabad and Rawalpindi institutions. In the future, researchers are required to widen their region and gather information from other cities of Pakistan, for instance, Lahore, Karachi, etc. Another weakness of the study is that it is cross-sectional in nature. We need to do longitudinal research in the future to authoritatively assert the cause-and-effect link between academic and familial stress and their effects on students' academic performance since cross-sectional studies cannot establish significant cause and effect relationships. Finally, the study's relatively small sample size is a significant weakness. Due to time and budget constraints, it appears that the capacity to perform in-depth research of all firms in Pakistan's pharmaceutical business has been limited. Even though the findings are substantial and meaningful, the small sample size is predicted to limit generalizability and statistical power. This problem can be properly solved by increasing the size of the sample by the researchers, in future researches.

Conclusion

The study highlights the significant psychological impact of Night Eating Syndrome, particularly in heart patients, where it is closely linked with heightened levels of anxiety and

depression. While NES can affect both heart patients and healthy individuals, its stronger association with psychological distress in heart patients calls for a holistic approach to treatment. Addressing both the physical and mental health aspects of NES could improve outcomes for individuals suffering from this disorder. Further research is needed to develop tailored therapeutic strategies that consider the unique needs of heart patients.

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