

Previous researches show that when an individual is stressed through factors such as preparing for an exam or working in a high-paced environment, negative emotions tend to build up, which can increase the amount of food intake (Bongers and Jansen, 2016). However, some studies recently also shown that when a person is in a positive mood, it can also increase the amount of food intake, which contributes to weight gain and unhealthy eating (Bongers and Jansen, 2016). Understanding the relationships between emotion and food consumption may help to identify ways to bring awareness to calories consumption, thus reducing weight as a result. The feeling of happiness and the feeling of wanting food are both recorded for this research to see if both can be the cause of weight gain.

Reference

Bongers, P. and Jansen, A. (2016) 'Emotional Eating Is Not What You Think It Is and Emotional Eating Scales Do Not Measure What You Think They Measure', *Frontiers in Psychology*, 7. Available at: <https://www.frontiersin.org/article/10.3389/fpsyg.2016.01932> (Accessed: 18 February 2022).