

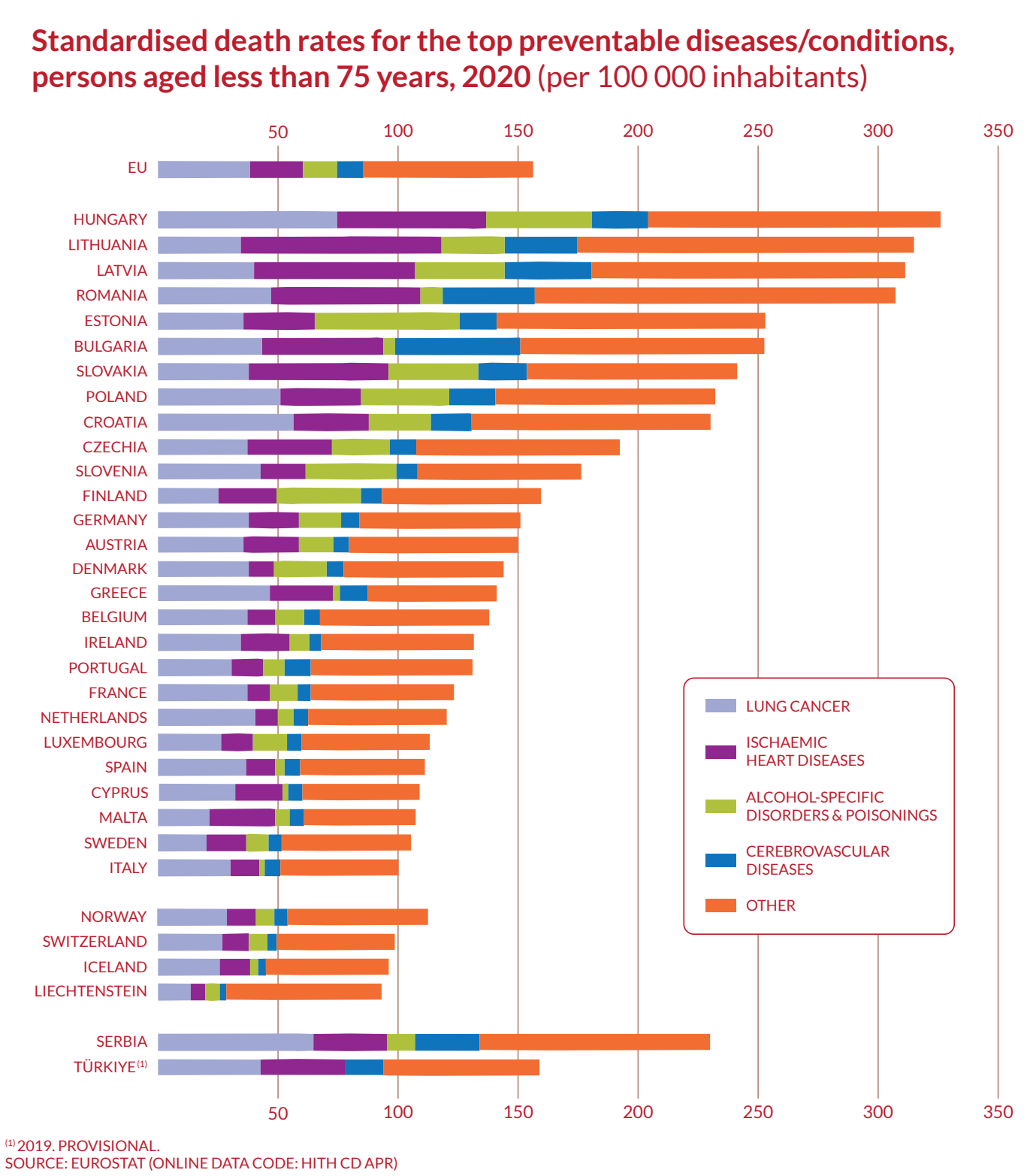
MINDiet Survey 2023

Experiences of the development and application of the MINDiet Score based on a novel health, lifestyle and wellbeing assessment tool

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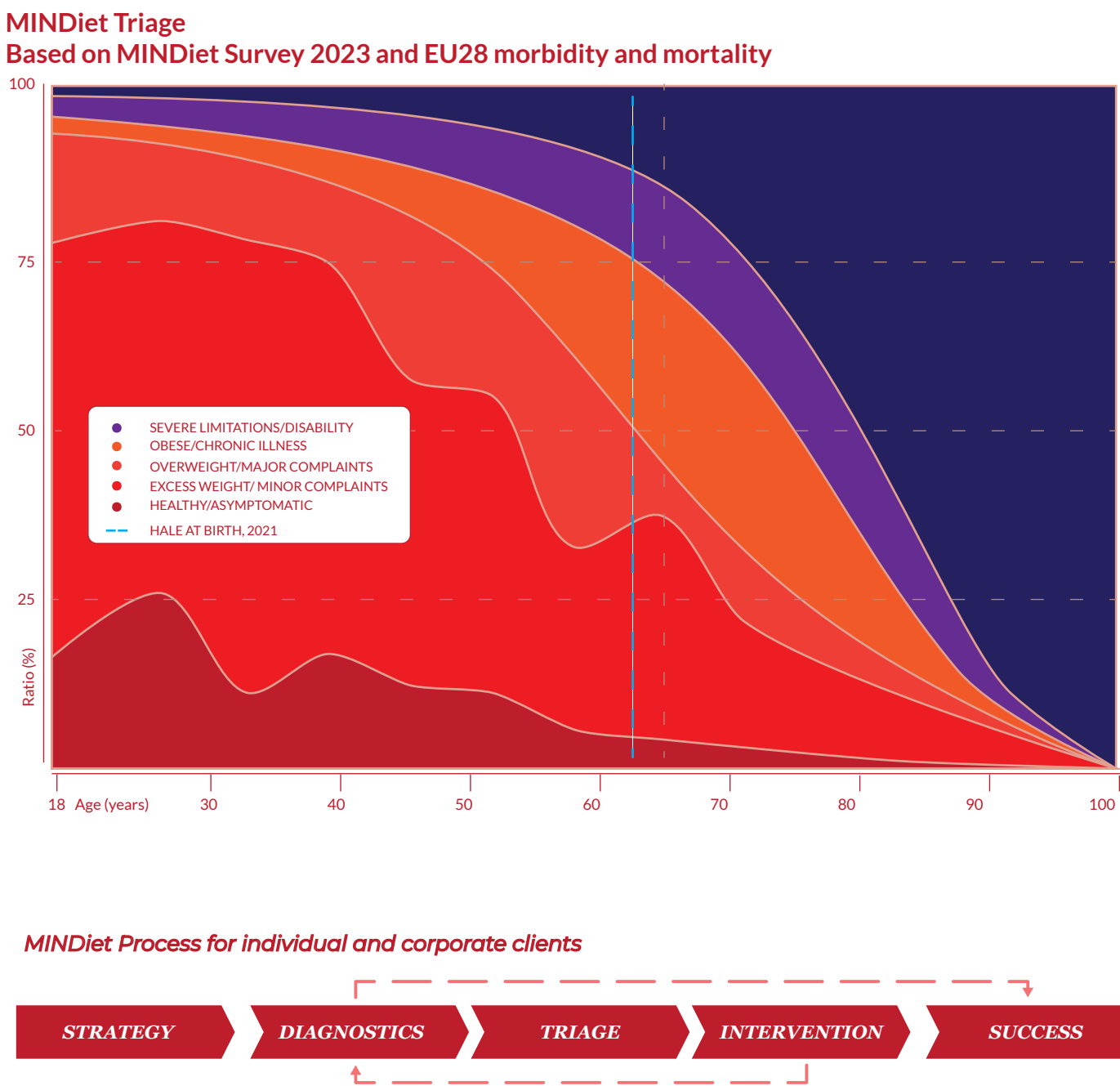
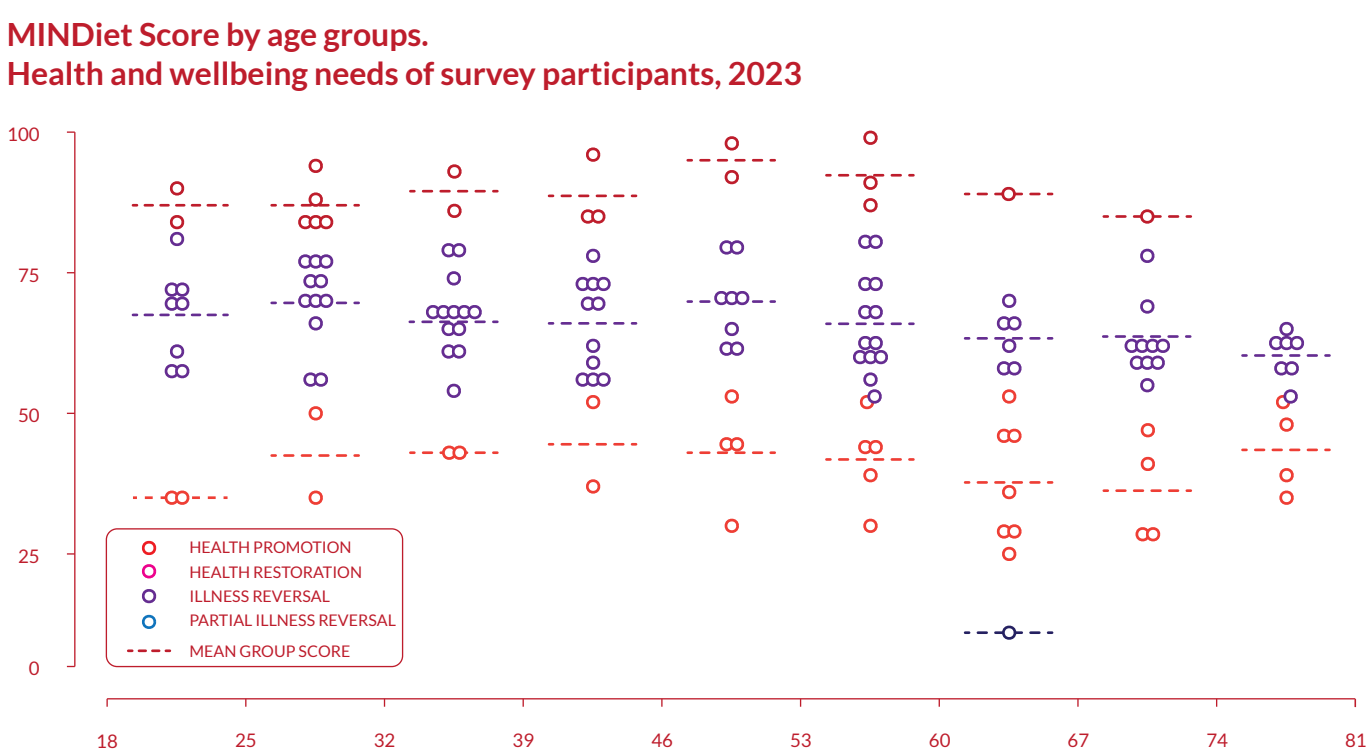
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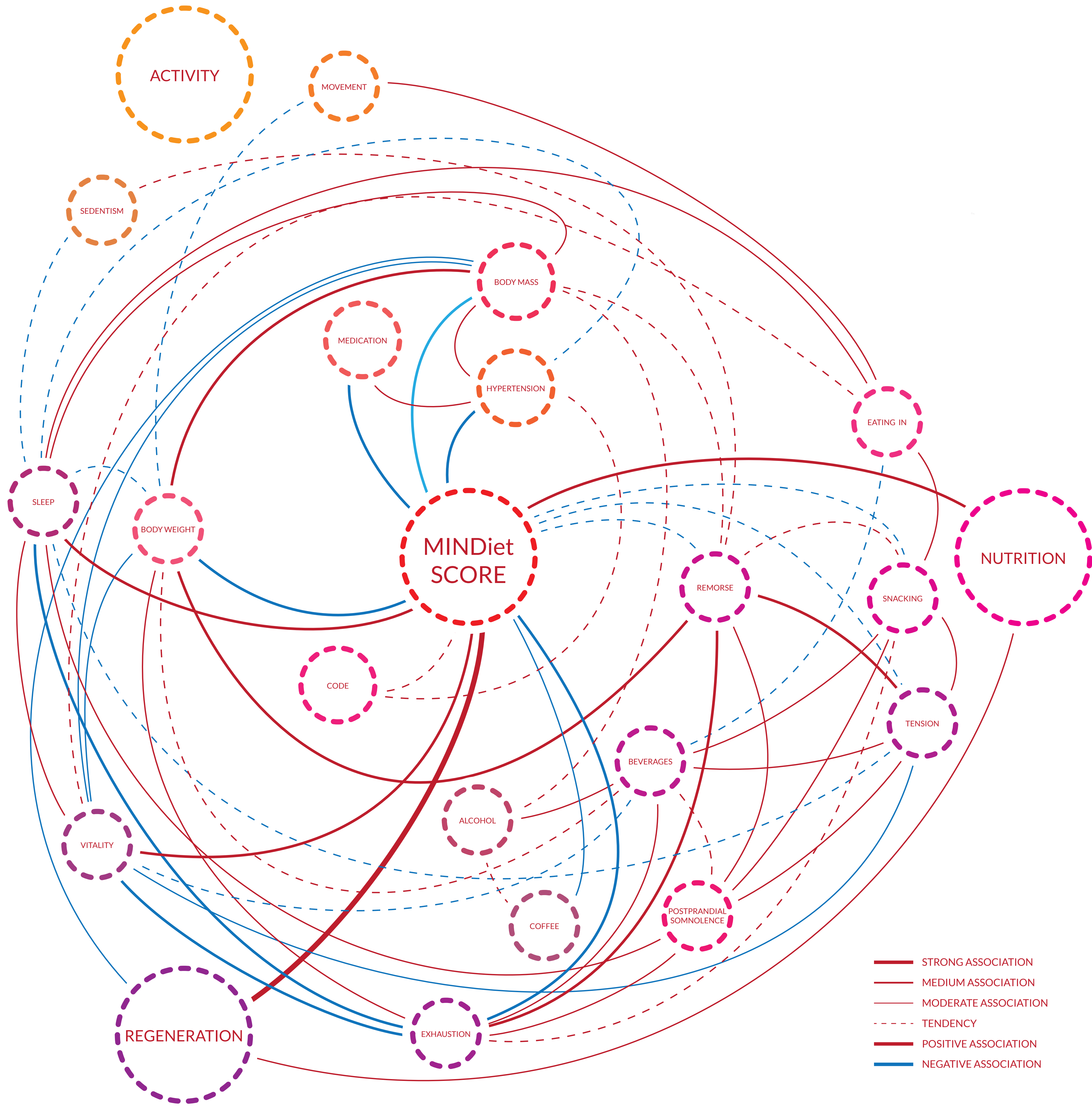
AIM Development of rapid health and wellbeing assessment for individual and corporate clients

METHOD The short health and wellbeing questionnaire was voluntarily answered by a Hungarian adult sample at public events.

RESULTS The MINDiet Score enables rapid health and wellbeing assessment of subjects and enhances the effectiveness of the MINDiet Triage. Statistical analysis revealed the associations of the MINDiet Score, Movement, Regeneration, Nutrition and their contributing factors.



CONCLUSIONS MINDiet Survey, the rapid health, lifestyle and wellbeing assessment tool allows individuals and corporate clients to better comprehend and further develop their case for change and act accordingly. The MINDiet Score assists subjects in the decision making process regarding their health improvement and lifestyle development goals.



Association	Kendall's τ	p	Interpretation
MINDiet SCORE - NUTRITION	0.240 ***	< .001	HIGHER MINDiet SCORE BETTER NUTRITION
MINDiet SCORE - REGENERATION	0.350 ***	< .001	HIGHER MINDiet SCORE BETTER REGENERATION
REGENERATION - NUTRITION	0.285 ***	< .001	BETTER REGENERATION BETTER NUTRITION
MINDiet SCORE - BODY MASS	-0.405 ***	< .001	HIGHER MINDiet SCORE LOWER BODY MASS
MINDiet SCORE - BODY WEIGHT	-0.303 ***	< .001	HIGHER MINDiet SCORE LOWER BODY WEIGHT
MINDiet SCORE - COFFEE	0.154 **	.013	HIGHER MINDiet SCORE LOWER COFFEE CONSUMPTION
MINDiet SCORE - EXHAUSTION	0.248 ***	< .001	HIGHER MINDiet SCORE LOWER EXHAUSTION
MINDiet SCORE - HYPERTENSION	-0.467 ***	< .001	HIGHER MINDiet SCORE LOWER HYPERTENSION
MINDiet SCORE - MEDICATION	0.425 ***	< .001	HIGHER MINDiet SCORE LOWER MEDICATION
MINDiet SCORE - REMORSE	0.151 *	.016	HIGHER MINDiet SCORE LOWER REMORSE
MINDiet SCORE - SLEEP	0.242 ***	< .001	HIGHER MINDiet SCORE BETTER SLEEP
MINDiet SCORE - SNACKING	0.146 *	.018	HIGHER MINDiet SCORE LOWER SNACK & SWEET CONSUMPTION
MINDiet SCORE - TENSION	0.151 *	.014	HIGHER MINDiet SCORE LOWER TENSION
MINDiet SCORE - VITALITY	0.312 ***	< .001	HIGHER MINDiet SCORE HIGHER VITALITY
MEDICATION - REGENERATION	0.191 **	.007	LOWER MEDICATION BETTER REGENERATION
MEDICATION - NUTRITION	0.151 *	.030	LOWER MEDICATION BETTER NUTRITION
MEDICATION - HYPERTENSION	-0.243 **	.003	MORE MEDICATION HIGHER HYPERTENSION
HYPERTENSION - BODY MASS	0.276 ***	< .001	HIGHER HYPERTENSION HIGHER BODY MASS
HYPERTENSION - SLEEP	-0.144 *	.046	LOWER HYPERTENSION BETTER SLEEP
BODY MASS - BODY WEIGHT	0.398 ***	< .001	LOWER BODY MASS LOWER BODY WEIGHT
BODY MASS - EXHAUSTION	0.159 **	.010	LOWER BODY MASS LOWER EXHAUSTION
BODY MASS - REGENERATION	0.242 ***	< .001	LOWER BODY MASS BETTER REGENERATION
BODY MASS - SLEEP	0.223 ***	< .001	HIGHER BODY MASS BETTER SLEEP
BODY MASS - VITALITY	0.19 **	.002	LOWER BODY MASS HIGHER VITALITY

Association	Kendall's τ	p	Interpretation
BEVERAGES - ALCOHOL	0.145 *	.039	LOWER BEVERAGE CONSUMPTION LOWER ALCOHOL CONSUMPTION
BEVERAGES - BODY WEIGHT	0.136 *	.047	LOWER BEVERAGE CONSUMPTION LOWER BODY WEIGHT
BEVERAGES - EXHAUSTION	0.198 **	.003	LOWER BEVERAGE CONSUMPTION LOWER EXHAUSTION
BEVERAGES - POSTPRANDIAL SOMNOLENCE	0.172 *	.011	LOWER BEVERAGE CONSUMPTION LOWER POSTPRANDIAL SOMNOLENCE
BEVERAGES - SNACKING	0.211 **	.002	LOWER BEVERAGE CONSUMPTION LOWER SNACK & SWEET CONSUMPTION
BEVERAGES - TENSION	0.178 **	.008	LOWER BEVERAGE CONSUMPTION LOWER TENSION
BEVERAGES - EXHAUSTION	0.284 ***	< .001	LOWER BEVERAGE CONSUMPTION LOWER EXHAUSTION
BEVERAGES - ALCOHOL	0.168 *	.015	LOWER BEVERAGE CONSUMPTION LOWER ALCOHOL CONSUMPTION
BEVERAGES - REMORSE	0.153 *	.023	LOWER BEVERAGE CONSUMPTION LOWER REMORSE
BEVERAGES - BODY WEIGHT	0.169 **	.012	LOWER BEVERAGE CONSUMPTION LOWER BODY WEIGHT
BEVERAGES - EATING IN	0.18 **	.006	LOWER BEVERAGE CONSUMPTION MORE EATING IN
BEVERAGES - POSTPRANDIAL SOMNOLENCE	0.208 ***	< .001	LOWER BEVERAGE CONSUMPTION LOWER POSTPRANDIAL SOMNOLENCE
BEVERAGES - REMORSE	0.215 ***	< .001	LOWER BEVERAGE CONSUMPTION LOWER REMORSE
BEVERAGES - SNACKING	0.2 **	.002	LOWER BEVERAGE CONSUMPTION LOWER SNACK & SWEET CONSUMPTION
BEVERAGES - TENSION	0.247 ***	< .001	LOWER BEVERAGE CONSUMPTION LOWER TENSION
BEVERAGES - POSTPRANDIAL SOMNOLENCE	0.366 ***	< .001	LOWER BEVERAGE CONSUMPTION LOWER POSTPRANDIAL SOMNOLENCE
BEVERAGES - REMORSE	0.374 ***	< .001	LOWER BEVERAGE CONSUMPTION LOWER REMORSE
BEVERAGES - BODY WEIGHT	0.137 *	.039	LOWER BEVERAGE CONSUMPTION LOWER BODY WEIGHT
BEVERAGES - EXHAUSTION	0.152 *	.022	LOWER BEVERAGE CONSUMPTION LOWER EXHAUSTION
BEVERAGES - REMORSE	0.254 ***	< .001	LOWER BEVERAGE CONSUMPTION LOWER REMORSE
BEVERAGES - BODY WEIGHT	-0.145 *	.025	LOWER BEVERAGE CONSUMPTION LOWER BODY WEIGHT
BEVERAGES - EXHAUSTION	0.161 **	.014	LOWER BEVERAGE CONSUMPTION LOWER EXHAUSTION
BEVERAGES - TENSION	0.384 ***	< .001	LOWER BEVERAGE CONSUMPTION LOWER TENSION
BEVERAGES - POSTPRANDIAL SOMNOLENCE	0.155 *	.018	LOWER BEVERAGE CONSUMPTION LOWER POSTPRANDIAL SOMNOLENCE
BEVERAGES - REMORSE	0.132 *	.048	LOWER BEVERAGE CONSUMPTION LOWER REMORSE
BEVERAGES - SNACKING	0.191 **	.004	LOWER BEVERAGE CONSUMPTION LOWER SNACK & SWEET CONSUMPTION
BEVERAGES - TENSION	0.522 ***	< .001	LOWER BEVERAGE CONSUMPTION LOWER TENSION
BEVERAGES - EXHAUSTION	0.309 ***	< .001	LOWER BEVERAGE CONSUMPTION LOWER EXHAUSTION
BEVERAGES - REMORSE	0.133 *	.047	LOWER BEVERAGE CONSUMPTION LOWER REMORSE
BEVERAGES - BODY WEIGHT	0.196 **	.003	LOWER BEVERAGE CONSUMPTION LOWER BODY WEIGHT
BEVERAGES - EATING IN	0.164 *	.011	LOWER BEVERAGE CONSUMPTION MORE EATING IN
BEVERAGES - POSTPRANDIAL SOMNOLENCE	0.401 ***	< .001	LOWER BEVERAGE CONSUMPTION LOWER POSTPRANDIAL SOMNOLENCE
BEVERAGES - REMORSE	0.243 ***	< .001	LOWER BEVERAGE CONSUMPTION LOWER REMORSE

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