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# **Mindful Eating and Wellbeing**

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## **Abstract**

Emerging evidence supports the application of mindful eating to individual health and wellbeing. The present study examined the relationship of mindful eating to specific health behaviour outcomes; physical activity and fruit and vegetable intake. The moderating influence of Self-Compassion and Self-Efficacy was also investigated. A total of 388 participants were recruited via an online quantitative questionnaire, which assessed demographics and health behaviours, as well as including the Mindful Eating Questionnaire, Self-compassion Scale-SF and the General Self-efficacy Scale. Results indicated mindful eating was significantly correlated with physical activity and fruit and vegetable intake. Self-Compassion and Self-Efficacy correlated highly with mindful eating practice, although played a minimal role in moderating the mindful eating and health behaviour relationship. Future studies could aim to include more detail around the specific types of exercise and foods being consumed in order to infer any health benefits. Findings have implications for the management of specific health indicators, including overweight, obesity, and restrictive eating disorders – these are discussed.

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