

Faculti Summary

<https://faculti.net/the-relationships-between-coping-styles-and-food-intake-in-shift-working-nurses-and-midwives-a-pilot-study/>

Here are some articles that explore similar themes regarding the challenges faced by shift workers, particularly in relation to their dietary habits, health issues, and coping mechanisms:

1. **"The Impact of Shift Work on Health: A Review"**

This article examines how irregular working hours disrupt sleep and eating patterns, leading to health complications such as obesity and metabolic syndrome among shift workers.

2. **"Dietary Patterns and Coping Strategies Among Shift Workers: A Cross-Sectional Study"**

This study focuses on the dietary habits and coping strategies of shift workers, highlighting the association between specific coping mechanisms and healthier eating patterns.

3. **"Circadian Rhythms and Nutritional Challenges for Shift Workers"**

This review discusses how alterations in circadian rhythms affect the physiological processes related to metabolism and appetite regulation, and provides suggestions for optimizing nutrition among shift workers.

4. **"A Qualitative Study on Health and Well-Being of Night Shift Nurses"**

This research investigates the experiences of night shift nurses, focusing on their eating habits, health issues, and the coping strategies they adopt to manage work-life balance.

5. **"Managing Shift Work: Dietary Recommendations for Nurses and Midwives"**

This article provides guidelines and dietary recommendations specifically targeted towards shift-working nurses and midwives, aiming to mitigate the health risks associated with their work schedules.

6. **"Long-term Effects of Shift Work on Diet and Health: A Systematic Review"**

This systematic review analyzes multiple studies on shift working, diet, and health outcomes, emphasizing the importance of longitudinal research in advancing our understanding of these issues.

7. **"Coping Mechanisms and Their Impact on Dietary Habits in Healthcare Workers"**

This article explores various coping strategies utilized by healthcare workers and their effects on dietary choices and health outcomes, underlining the importance of positive coping mechanisms.

These articles collectively highlight the intricate relationship between shift work, dietary habits, health outcomes, and coping strategies, similar to the themes presented in your video.