

18th World Congress on Clinical Nursing & Practice

September 21-22, 2018 | Prague, Czech Republic

Investigation of comparison of diets and conflict management style influencing diet selection

At our undergraduate nursing institution, faculties are encouraged to develop interprofessional curricula. As psychology and nutrition faculty, the authors designed a program to integrate nutrition, statistics and psychological decision-making. First, undergraduate students demonstrated a limited understanding of how dietary manipulation impacts overall nutrient consumption. A 30 minutes presentation highlighted how variability in meal selection impacted the daily recommendations for calories, fiber, sodium, protein, saturated fat and added sugar. Second, student healthy and unhealthy food decision-making appeared to be associated with conflict management styles. We were interested in exploring intrapersonal and interpersonal conflict styles in relation to dietary choices. In this educational intervention, participants were traditional nursing students (56 freshmen, 78 sophomores) and 58 nursing students in the accelerated program. They completed the intrapersonal food choices questionnaire (IFCQ) and the interpersonal conflict handling styles questionnaire (ICHS), (Leung & Kim, 2007). The IFCQ is an adaption of the ICHS reflecting conflict between healthy and unhealthy food choices. The second year students (N=76) and the accelerated (SDAP, N=53) students completed the IFCQ and ICHS as comparison groups designed to replicate the intrapersonal and interpersonal findings from the first year students. Cox (2003) reports the importance of intrapersonal and interpersonal comparisons. Quantitative & qualitative results are that (1) the analysis of the cognitive knowledge pre-post questions found the 30-minute intervention was significant (dependent t-test, $p=0.001$), (2) qualitative theme analysis (based on open-ended questions) revealed meaning, relevancy to nursing practice, and (3) the interdisciplinary team reported experiential learning. Correlational significance ($p<0.01$) was found for four interpersonal/intrapersonal conflict types i.e. compromising, integrating, obliging and avoiding/smoothing.

Biography

Dale M Hilty is an Associate Professor at the Mt Carmel College of Nursing. He received his PhD degree in Counseling Psychology from the Department of Psychology at the Ohio State University. He has published articles in the areas of Psychology, Sociology and Religion. Between April 2017 and April 2018, his 10 research teams published 55 posters at local, state, regional, national and international nursing conferences.

dhilty@mccn.edu



Dale M Hilty

Ohio State University, USA

Co-Author

Aimee Shea

Ohio State University, USA

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