

Prediction of dietary habits according type of Mizaj in non-athletic youth

M. A. Safari, M. Koushkie Jahromi, F. Khormai, A. S. Zar*

Abstract:

Background and Purpose: Results of studies have introduced different causes for diet habits including socio-economic status, education, and nutritional knowledge. But temper or Mizaj has not been considered yet. According to traditional medicine, Mizaj can determine physical, psychological and affection characteristics. So, the purpose of present study was prediction of dietary habits according to hotness and coldness of Mizaj in non-athletic youth

Methods and Materials: This study was a kind of descriptive – correlational which was performed cross sectional at 1393. 280 collegiate students (male: 102, femal: 178) were selected as subjects of the study through random stratified sampling method. A Standard questionnaire was used for determining Mizaj and a research made validated questionnaire was used for evaluating dietary habits. Multiple regression tests was used for data analysis.

Results: hotness and coldness of Mizaj was significant predictor of dietary habits ($P=0.008$), but moistness and dryness were not significantly correlated to dietary habits.

Conclusion: According to study findings, increasing hotness score is negative predictor of dietary habits. Probably dietary habits can be provided according to Mizaj type, but regarding to lack of enough related research every recommendations require more future research

Keywords: Mizaj, dietary habits, non-athlete youth.

Corresponding Author: Salehzar@gmail.com
