

Bengt Nybelius Scholarship 2025

Eating Right, Sleeping Tight? The Evaluation Of The Student-Athlete Paradox

**Olga Papale^{1,2}, Emanuel Festino^{1,2}, Francesca Di Rocco^{1,2,3}, Marianna De Maio^{1,2},
Andrea Fusco⁴, and Cristina Cortis^{1,2}**

¹ Department of Human Sciences, Society and Health, University of Cassino and Lazio Meridionale, Cassino, Italy

² European University of Technology EUT+, Cassino, Italy

³ Department of Human Sciences and Promotion of the Quality of Life, “San Raffaele” Open University of Rome, Rome, Italy

⁴ Department of Medicine and Aging Sciences, University “G. d’Annunzio” of Chieti-Pescara, Chieti, Italy



Healthy lifestyle of athletes

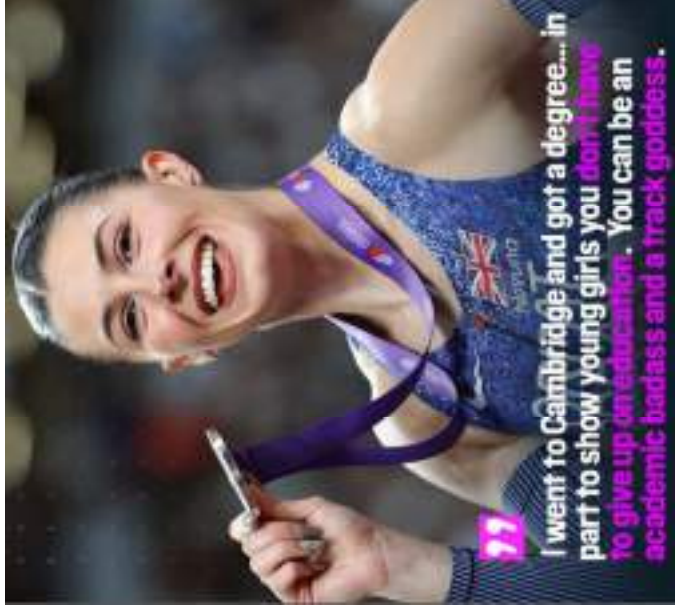


ent-athletes

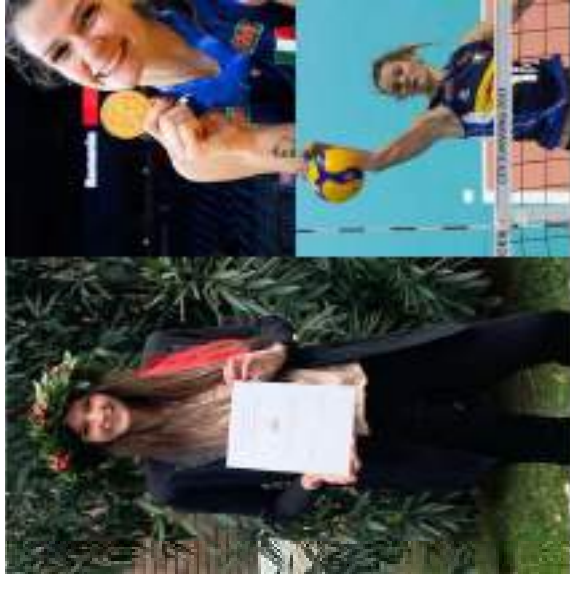
“A combination of sport and studies that helps them to achieve their educational and athletic goals, live satisfying private lives, and maintain their health and well-being” .



Arianna Follis, Artistic Gymnastics



Amy Hunt, Sprinter



Cristina Chirichella, Volleyball

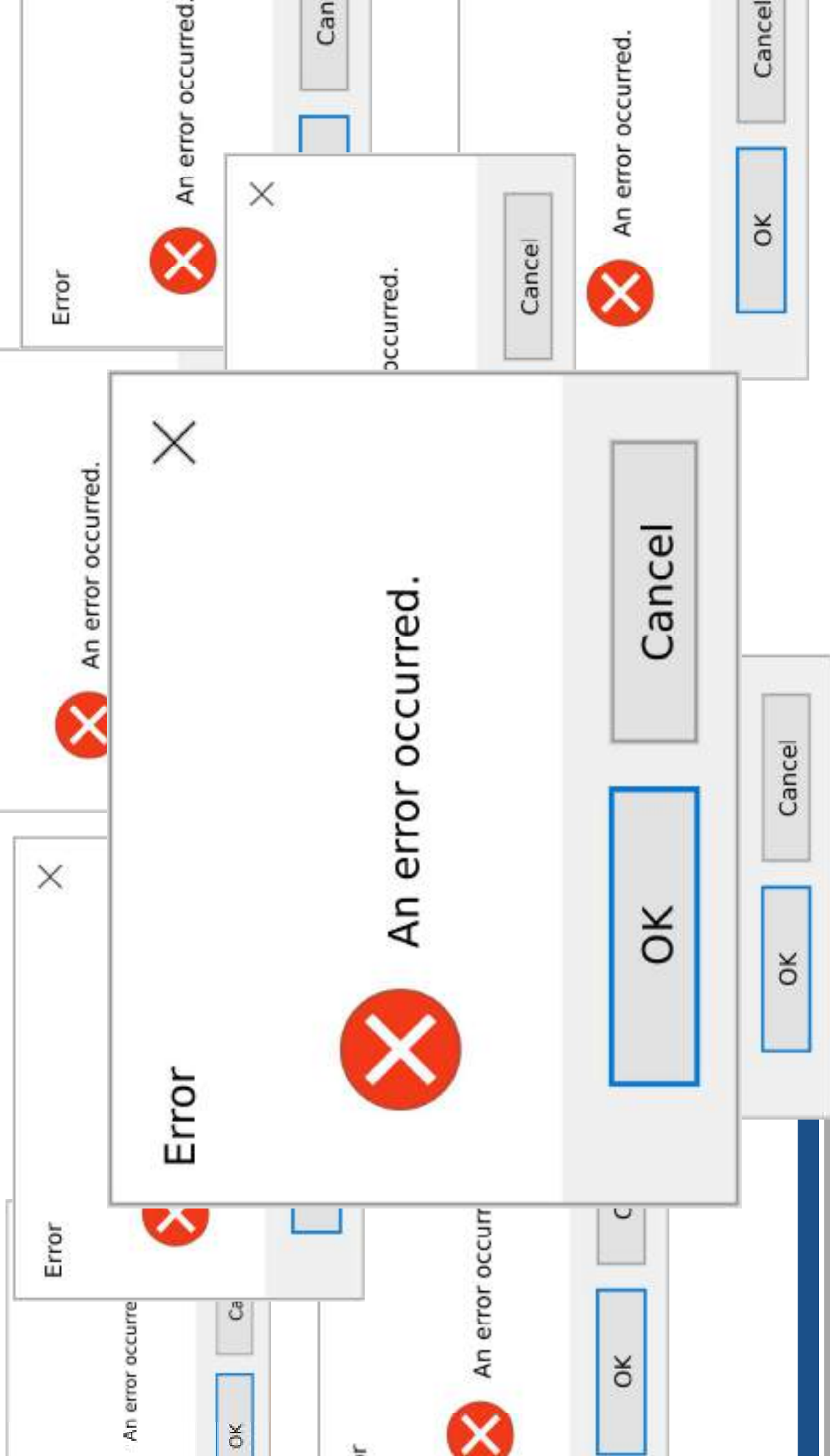
ale participation in sports and research



International Olympic Committee, 2024; International University Sports Federation, 2024; Kegelaers J., 2024

Physical Health in Female S

Physical Health in Female S



ical Health

State of well-being that enables people to cope with life stresses, achieve their goals,
work productively and contribute to their community

ical Health

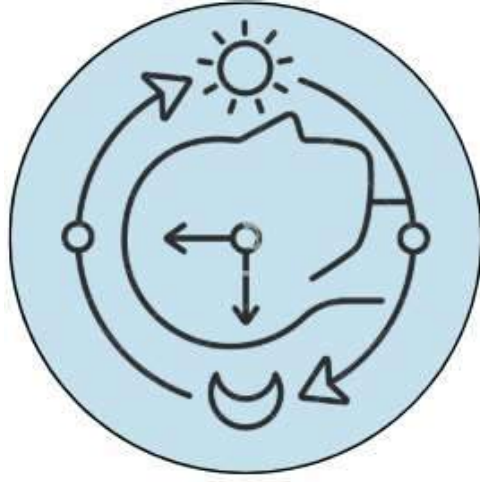
State of well-being that enables people to cope with life stresses, achieve their goals, work productively and contribute to their community



Sleep



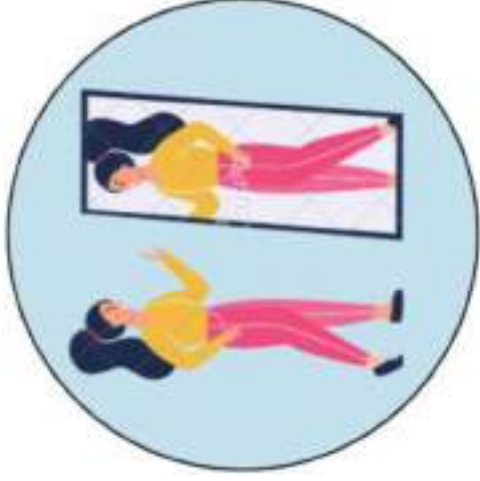
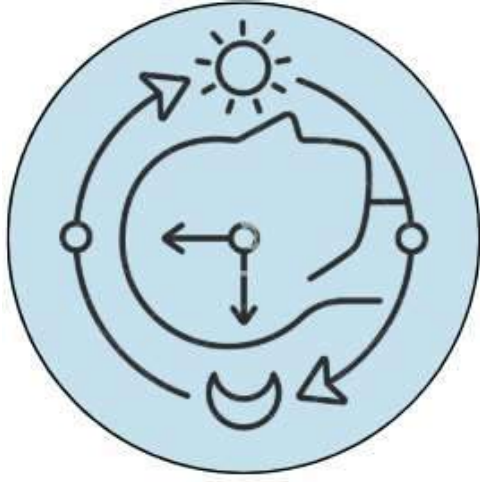
Sleep



Chronotype

Sleep

Body Image

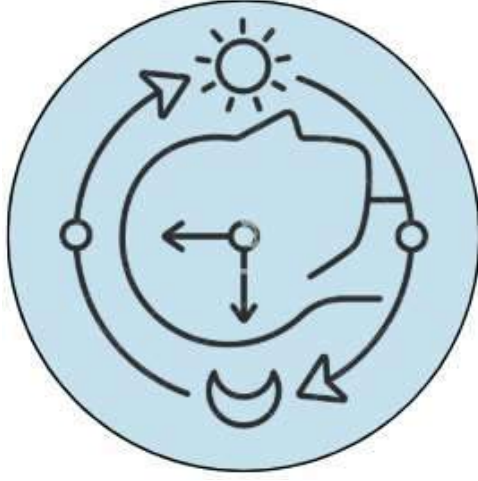
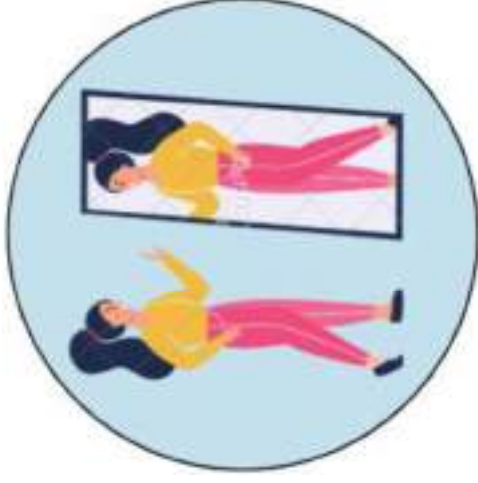


Chronotype

Sleep



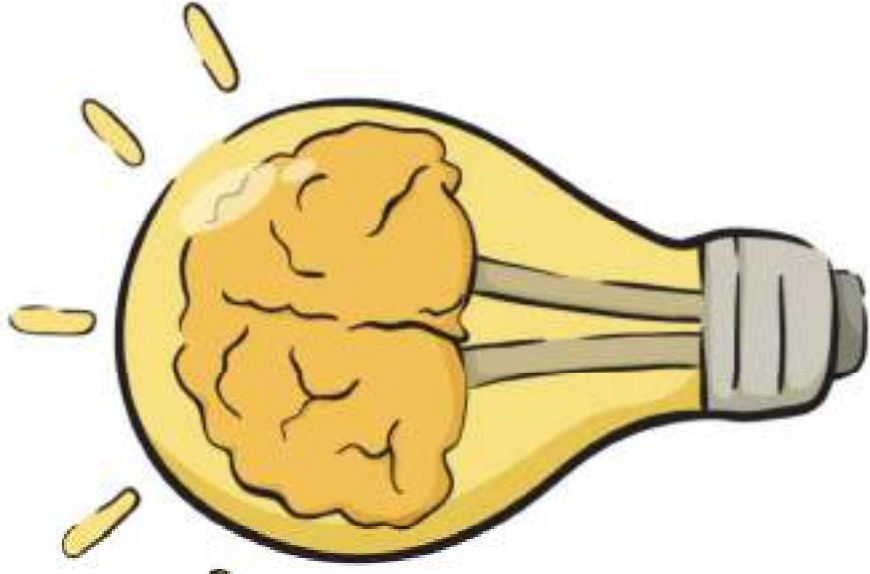
Body Image



Chronotype

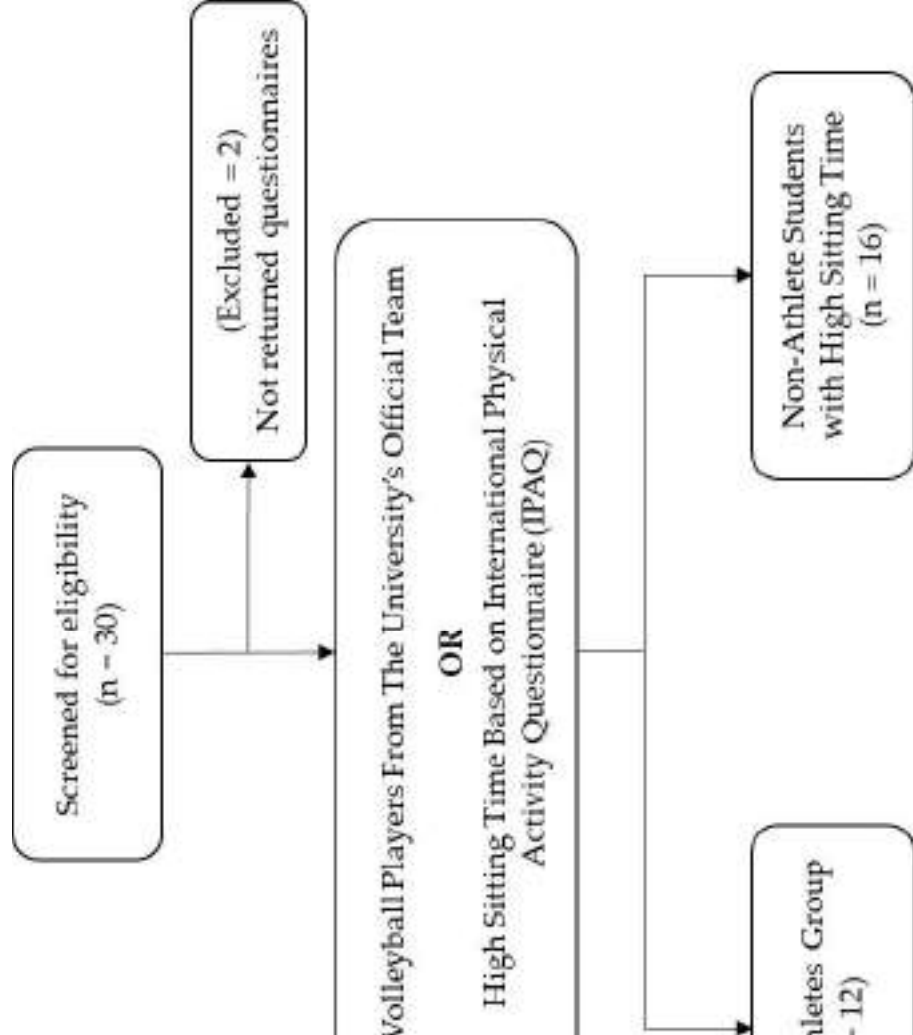
Nutrition





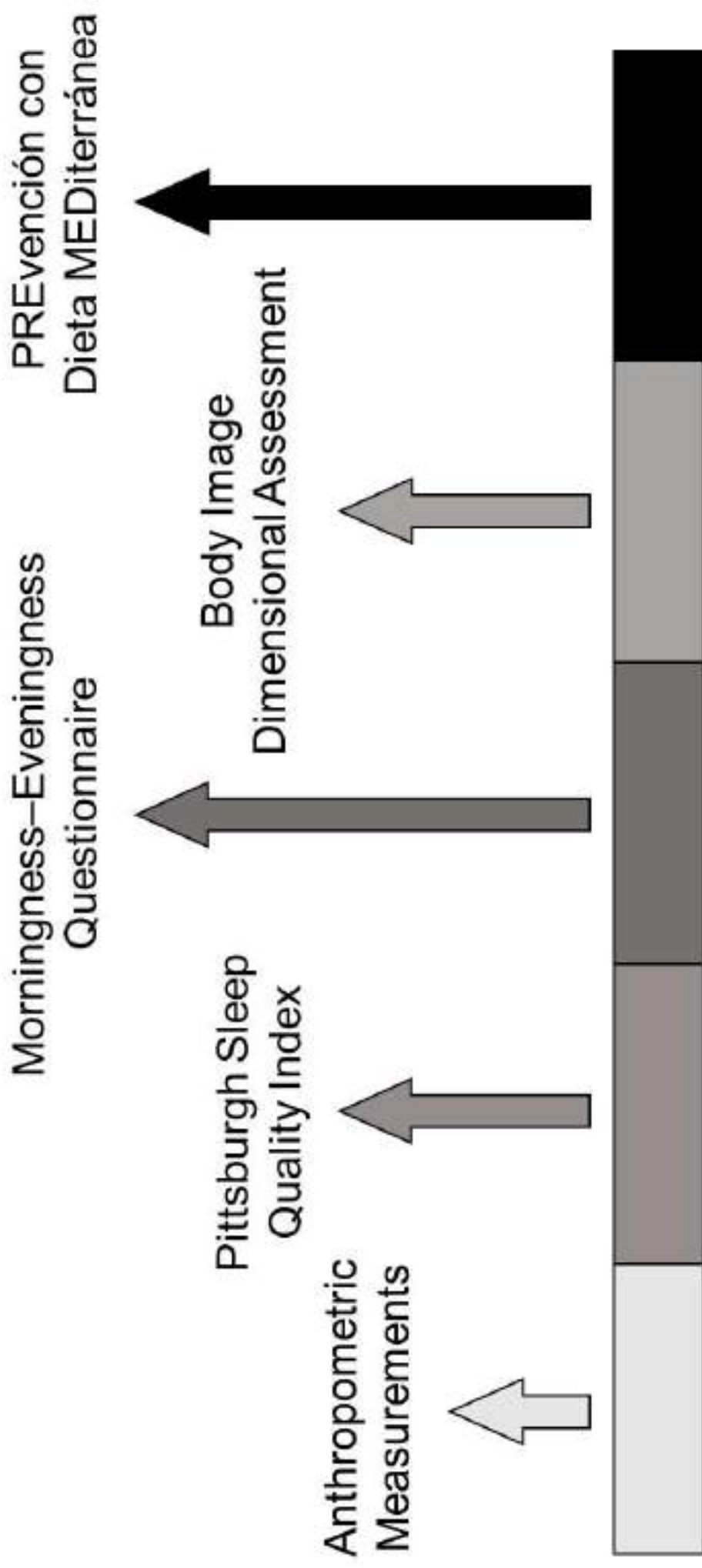
To evaluate sleep quality, chronotype, body dissatisfaction and adherence to the Mediterranean diet among female student-athletes compared to their sedentary peers

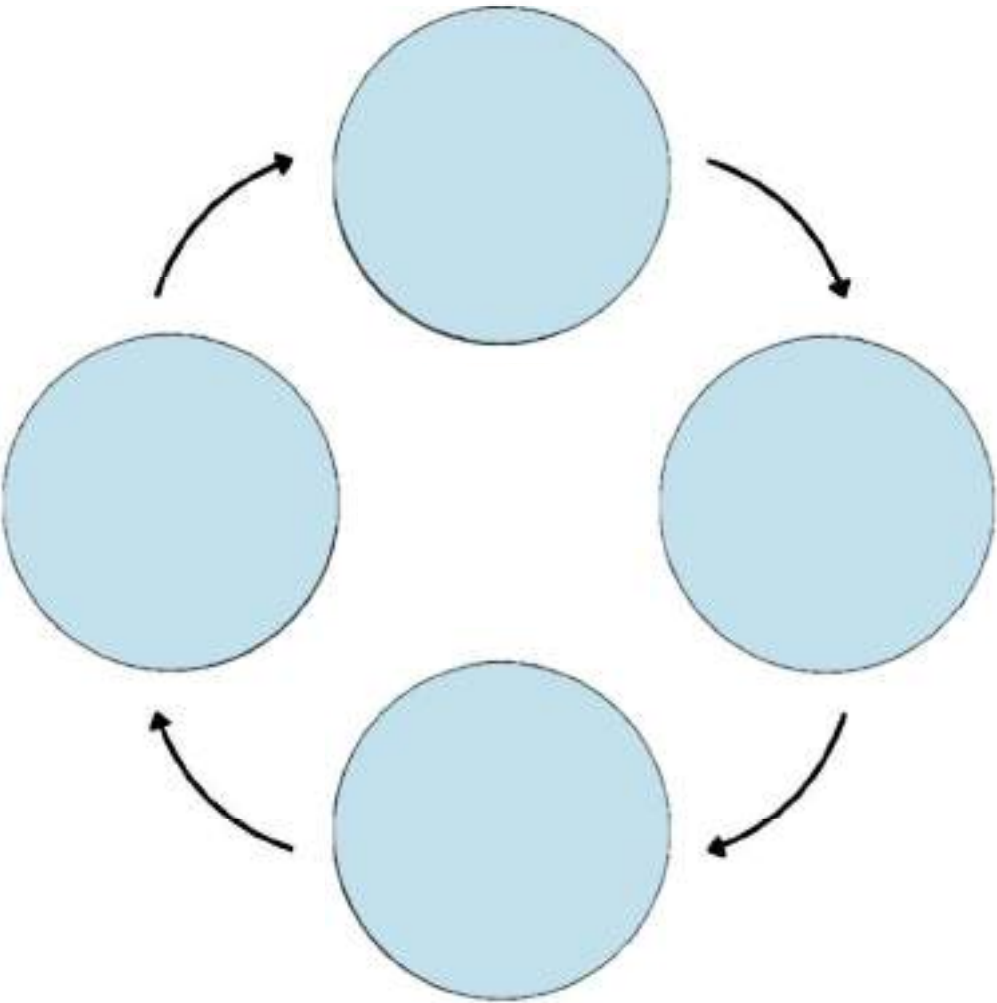
Materials & Methods



	Student-Athlete (n = 12)		Non-Athlete Student with High Sitting Time (n = 16)	
	Mean ± SD	(Min – Max)	Mean ± SD	(Min – Max)
Age (years)	21.6 ± 2.4	(19 – 26)	24 ± 3.2	(20 – 28)
Body Mass (kg)	64.3 ± 8.1	(52 – 76)	64 ± 8.2	(52 – 76)
Body Height (cm)	168 ± 7	(159 – 180)	164 ± 5	(153 – 175)
BMI (kg/m ²)	22.5 ± 2.3	(18.8 – 25.9)	23.8 ± 2.8	(19.2 – 28.8)

Materials & Methods

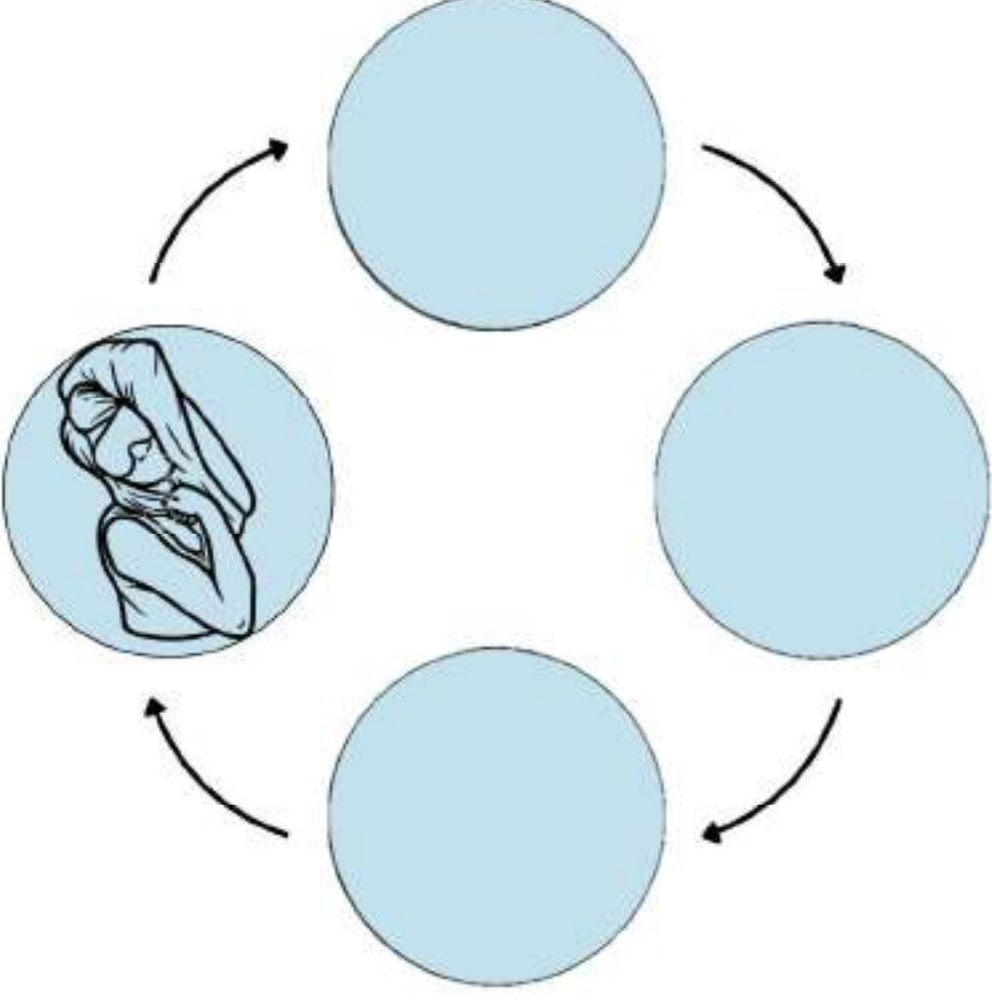




Pittsburgh Sleep Quality Index (PSQI)

10-items

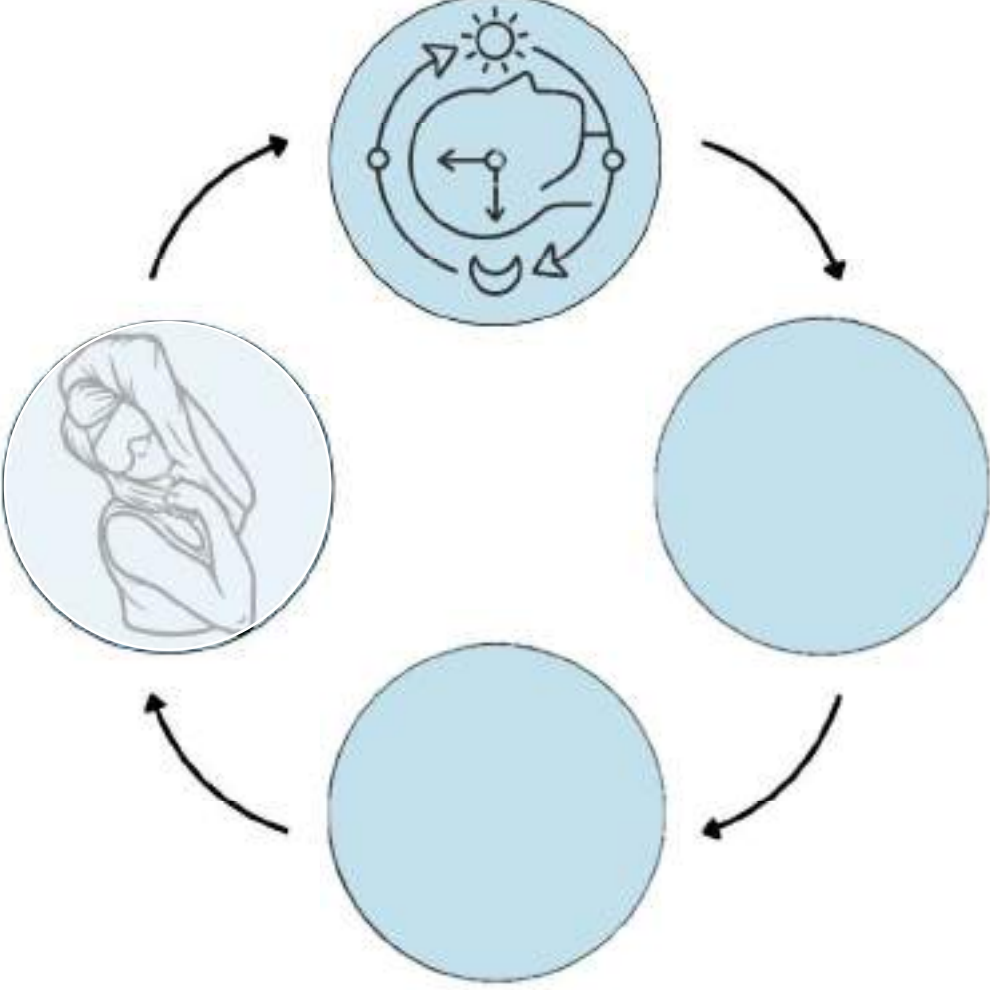
< 5: good sleep quality; ≥ 5 : poor sleep quality.



Pittsburgh Sleep Quality Index (PSQI)

10-items

< 5: good sleep quality; ≥ 5 : poor sleep quality.



Morningness–Eveningness Questionnaire (MEQ)

19-items

16 – 30: evening type

31 – 41: moderately evening type

42 – 58: neither type

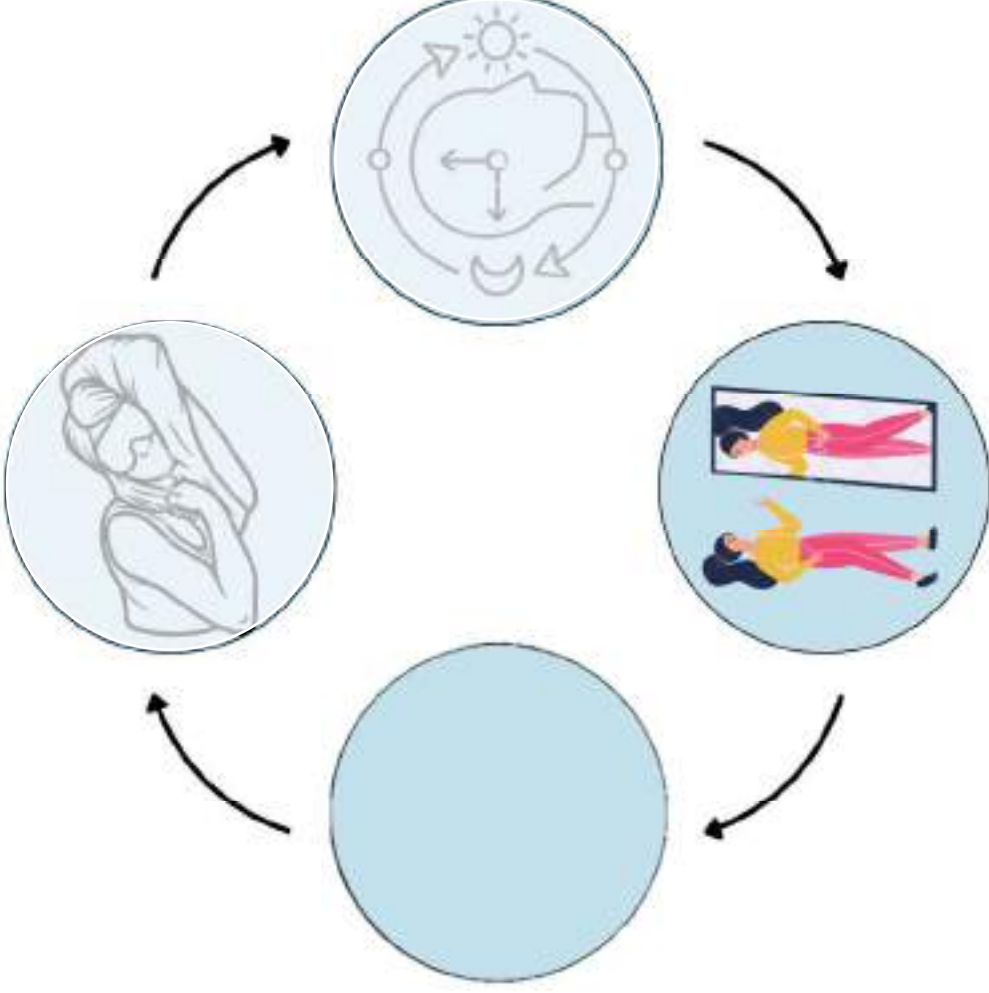
59 – 69: moderately morning type

70 – 86: morning type

Pittsburgh Sleep Quality Index (PSQI)

10-items

< 5: good sleep quality; ≥ 5 : poor sleep quality.



Morningness–Eveningness Questionnaire (MEQ)

19-items

16 – 30: evening type

31 – 41: moderately evening type

42 – 58: neither type

59 – 69: moderately morning type

70 – 86: morning type

Body Image Dimensional Assessment (BIDA)

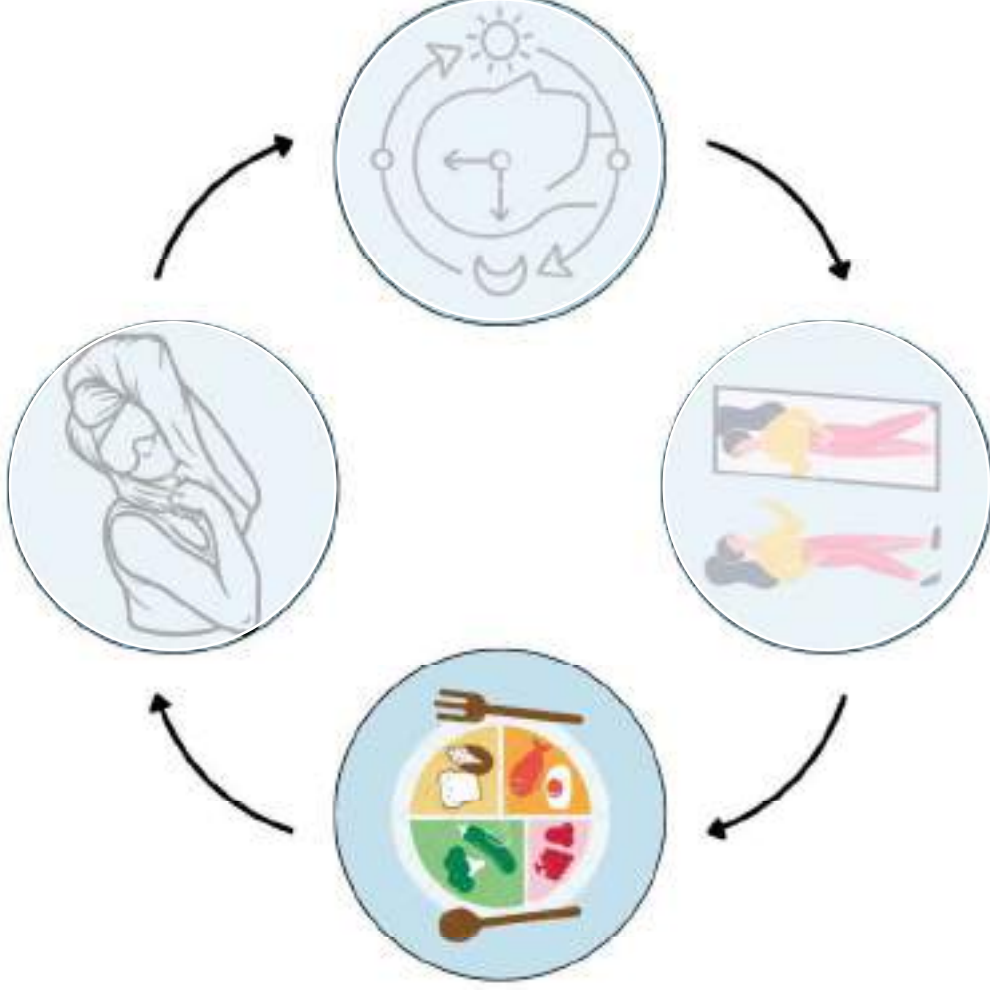
4-items

Body Dissatisfaction, Sexual Body Dissatisfaction, Comparative Body Dissatisfaction, Body Dissatisfaction Index

Pittsburgh Sleep Quality Index (PSQI)

10-items

< 5: good sleep quality; ≥ 5 : poor sleep quality.



Morningness–Eveningness Questionnaire (MEQ)

19-items

16 – 30: evening type

31 – 41: moderately evening type

42 – 58: neither type

59 – 69: moderately morning type

70 – 86: morning type

Intervención con Dieta Mediterránea (PREDIMED)

14-items

5: low adherence;

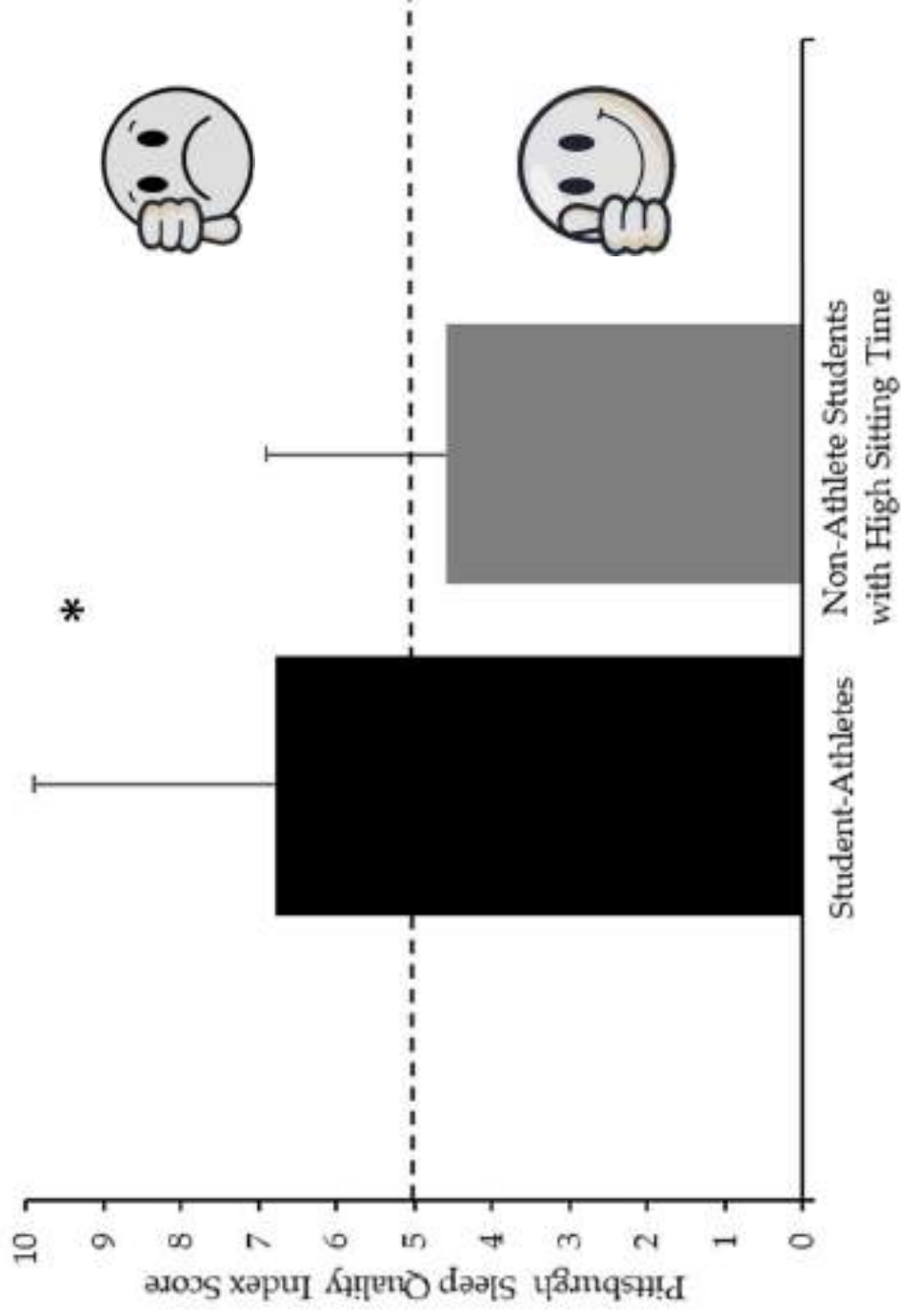
average adherence;

0: high adherence.

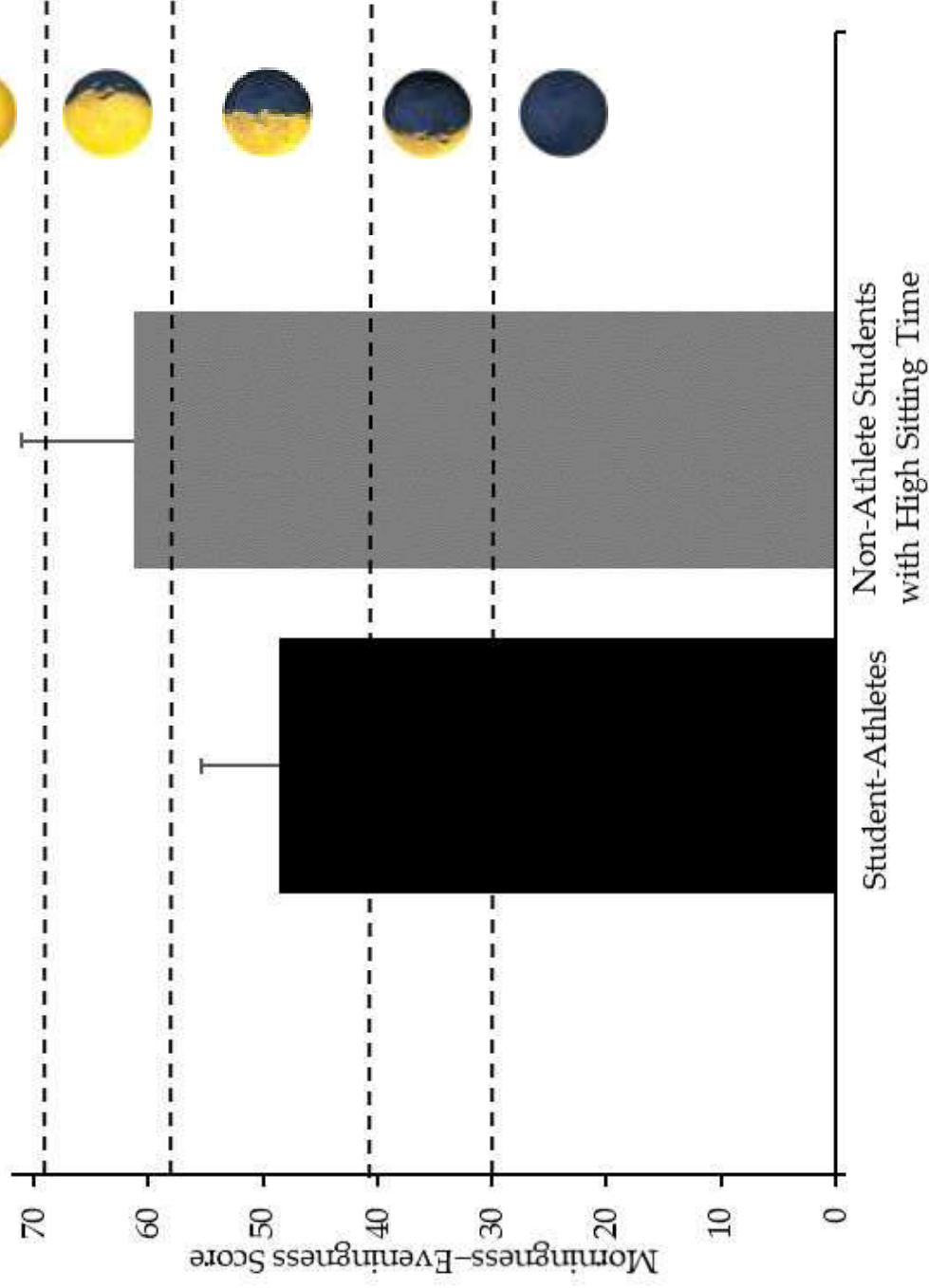
Body Image Dimensional Assessment (BIDA)

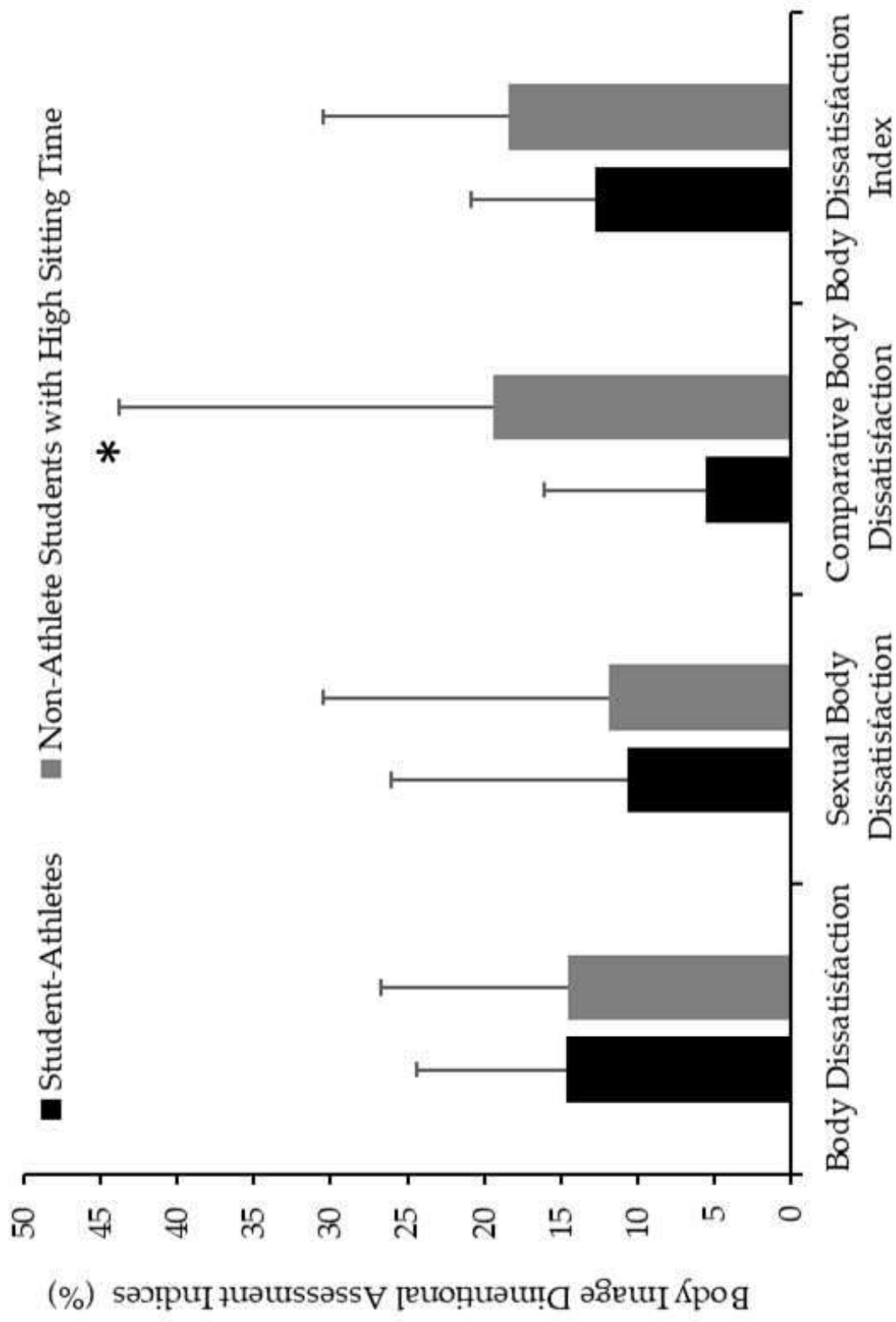
4-items

Body Dissatisfaction, Sexual Body Dissatisfaction,
Comparative Body Dissatisfaction, Body Dissatisfaction Index

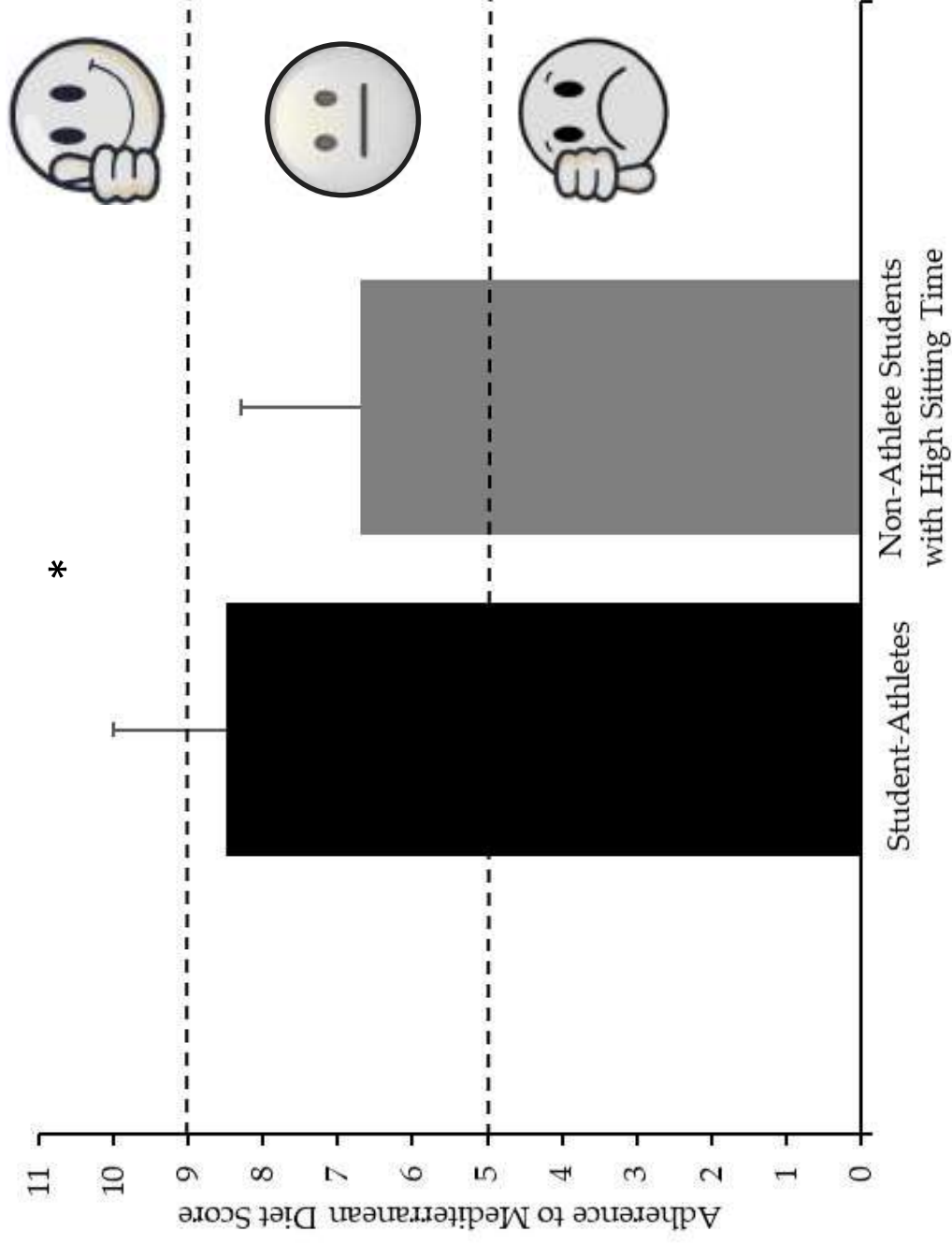


Results





Results



Heaney S., 2011; Cupisti, A., 2002

Home Message



+



-



Knowledge



an Performance Lab (HPL)



Papale
Student



Emanuel Festino
Ph.D. Student



Francesca Di Rocco
Ph.D.



De Maio
D.



Andrea Fusco
Ph.D. Europaeus, FECSS



Cristina Cortis
Ph.D., FACSM, FECSS





Thank you for the attention.

I am happy to answer (if I can) any questions

