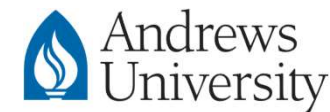# Exploring the relationship between baking, resilience, and psychological wellbeing

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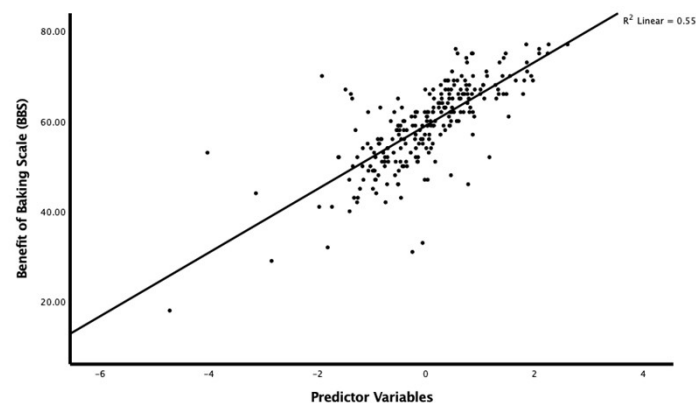tszyan@andrews.edu ✉

Educational level:

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School of Social and Behavioral Sciences

References

Is baking satisfaction predicted by the mental wellness variables of perceived stress, psychological distress, happiness, self-efficacy, and resilience?

Background information

- Engaging in cooking behaviors reduce stress under the condition of without choosing[4], depression[7], anxiety[2], and somatic complaints[1]
- Engaging in such behaviors has been associated with better mental wellbeing, such as increasing resilience[6], promoting happiness[5], and improving self-efficacy[7]
- Practically no studies have examined how these variables combined are associated with better mental health wellbeing through engaging in baking activities (i.e., bread, cookies, cakes, pies, pastries, etc.)

Methodology

1. IRB approval was obtained (21-131).
2. MTurk participants were provided an online link to the study.
3. Participants volunteered for the study and gave informed consent prior to completing the six scales and demographic questionnaire.
4. The study took approximately 20 minutes to complete.
5. Participants that completed the study were compensated $.025.

Predictor Variables

This linear regression plots different predictor variables against the baking satisfaction scale (BBS) (R^2=0.557). The predictor variables are 4-item Subjective Happiness Scale (SHS), 18-item Brief Symptom Inventory (BSI-18), New General Self-Efficacy Scale (NGSE), 2-item Perceived Stress Scale (PS), and 10-item Connor-Davidson Resilience Scale (CD-RISC).

Linear Regression Results for SHS, BSI-18, NGSE, PS, and CD-RISC predicting BBS among MTurk Sample (*N*=246)

Variable	*B*	95% CI for *B* LL	UL	*SE B*	β	R^2	ΔR^2
Module						.56	**.56*****
Constant	16.90	10.74	23.05	3.12	—		
CD-RISC	.290	.125	.455	.084	**.20*****		
BSI-18	-.036	-.086	.014	.025	-.077		
SHS	.61	.32	.91	.15	**.24*****		
PS	-.26	-.85	.33	.30	-.048		
NGSE	6.38	4.53	8.23	.94	**.41*****		

Note. CI = confidence interval; LL = lower limit; UL = upper limit.
***p < .001. F (5,240) = 40.29, p < 0.001, ΔR^2 = .56, F change (5, 240) = 60.288, p<.001

Demographic

Race: **74% are white**

Mean age: **35 years old**

Male
47%

Female
52%

57.3% are college level 🎓

Conclusion

- The higher the baking satisfaction, the more benefits could gain from baking
- Under the condition of the participants with higher baking satisfaction, baking can can serve as an enhancement for happiness, resilience, self-efficacy

Acknowledgment

Subjects who are high in baking satisfaction tend to exhibit positive mental wellness behaviors that are high in self-efficacy, happiness, and resiliency.