

Supporting Evidence for Implementation # 4:

Psychosocial Benefits of Cooking Interventions: A Systematic Review

APA Reference:

Farmer, N., Leonard, K., Ross, A. (2018). Psychosocial benefits of cooking interventions: A systematic review. *The National Institute of Health Clinical Center*, 45(4), 167-180. doi: 10.1177/1090198117736352.

Level of Evidence:

Level I: Systematic Review

Summary:

The focus of the article was to explore the effects of cooking interventions on psychosocial outcomes. In a scoping systematic review of 11 articles, the article studied current research surrounding psychosocial elements such as mental health, mood, psychosocial affect, self-confidence, self-esteem, socialization and rehabilitation (Farmer et al., 2018, p3). The findings suggest that there is evidence supporting psychosocial effects and cooking including a decreased risk for anxiety and depression (Farmer et al., 2018, p 7). The findings go further in explaining the benefits of group socialization which has positive psychosocial outcomes in many reviewed studies.

Although the study was unclear in stating if group cooking tasks improved psychosocial elements were directly from cooking itself or cooking with others, nonetheless the outcome was improvement in mood. This article supports our session protocol in hosting a group cooking task with refugee women. We found that at the end of the session women appeared

to have adopted more positive moods as evident by their facial expressions and friendly gestures. The article also states that cooking groups enhance elements of multitasking and increased executive function which was pressed further in learning english words while preparing the meal (Farmer et al., 2015, p 8). Additionally, the study states that cooking interventions might provide a “reminiscence therapy experience” which is rooted in being able to recall items more easily due to pleasurable memories (Farmer et al., 2015, p 7). This reminiscence therapy experience is apart of our expectations in that the women would better retain the words learned by providing a memorable experience surrounding the educational portion.