

Health Locus of Control and Outcomes of Holistic Nutritional Counseling

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## **Abstract**

The relationships of multidimensional health locus of control scores to changes in health symptom survey scores were examined in a population of 10 holistic nutritional counseling patients. Health symptom survey parameters include self report assessment of 18 physical symptom areas (head/throat, eyes, ear, lungs, heart, digestion, etc.). The multidimensional health locus of control instrument covers internal, external, and chance belief systems. Data were collected at the initial appointment at the author's holistic nutritional counseling private practice and again at 6 weeks post-intervention. There were significant health improvements (11.1 %) pre- to post- health symptom survey results in the treatment group over the control group. There was also a significant relationship ( $p < 0.05$ ) between Chance health locus of control scores and the regression analysis residuals indicating that the higher the individual's belief in Chance locus of control, the higher the regression residual and thus, the lower the improvement in overall health. There was also a negative correlation between Chance locus of control scores and Internal locus of control scores, and a positive correlation between Chance locus of control scores and External locus of control scores.