Self-control, Fatigue and Body Weight Evidence from Transitions to Night Shifts

Rémi Yin*1 and Fabrice Etilé1

1Ecole d’Économie de Paris - Paris School of Economics (EEP-PSE) – Ecole d’Économie de Paris – 48 boulevard Jourdan 75014 Paris, France

Abstract

In this article, we examine and reconsider the relationship between Body Mass Index (BMI) and night work, and we analyze specifically the moderating role of self-control in this relationship. Using a German panel data set of 13,146 individuals followed between 2007 and 2014, we find significant cross-sectional correlations between evening and night work and BMI. However, fixed-effect regressions show that transitioning from a regular working schedule to evening and night work has a significant impact on body mass index, only for those individuals who score high on an impulsiveness scale and are assigned to irregular evening and night work schedules. Transitions to regular evening and night shifts have no effect on BMI. Additional regressions reveal that the result may be explained by changes in the propensity to implement health-conscious diet but are unrelated to changes in physical exercises. Our results are line with predictions of self-control theory about the role of trait impulsiveness and environmental factors in self-control depletion and impulsive behaviors.

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*Speaker