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Evaluation of Psychosocial Adjustment in Nutritional Obesity of Primary School Children

Thesis

Submitted for the fulfillment of PhD in Medical Childhood Studies

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بِسْمِ اللَّهِ الرَّحْمَنِ الرَّحِيمِ

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DEDICATION

TO

*My Mother, for all support, kindness and unlimited
care she gave me. From her; I understood the
meaning of persistence*

TO

*My sweetest heart Mariam and my beloved
Mohammed; for being so tolerant. To them I
dedicate my whole life wishing them a bright future.*

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Abstract

Background: Researchers, physicians, and parents have become increasingly concerned about both the short and long-term health and psychosocial consequences of childhood and adolescent obesity.

Aim: The aim of this study is to explore the relationship between nutritional obesity and psychosocial adjustment, self esteem, and perceptions of appearance in a clinical and sample of obese and overweight children.

Design: case control study

Patients and Methods: Target population were school-aged children aging from (9-11) years to guard against hormonal changes of puberty. The study was done on 104 patients; (54 obese, 50 overweight) compared to 50 nonobese children in the same school according to BMI percentile (WHO) standards. **Nutritional status** was assessed through measurements of weight, height, arm circumference, Waist and hip circumferences. **Familial Background**, of the children was recorded. **Dietary Intake** of children was recorded for every child by the use of the 24-hours recall method. **Cognitive Abilities. Psychosocial Behaviour** and **Academic School Achievement** of children were assessed using standardized methods.

Results:

There was significant difference between obese, overweight and nonobese children regarding anthropometric parameters weight/age, height/age, waist/hip and circumferences. Obese and overweight children had lower IQ scores than their peers with no significant difference in scores of memory and classification abilities. The obese

and overweight children showed Psychosocial problems in comparison to their peers in the form of depression, anxiety low self-esteem and ADHD. The study reported a high prevalence of teasing among obese and over weight group in relation to nomobese .The obese and overweight children showed more consumption of calories, fat and carbohydrates than their peers.

Conclusion:

Obesity affects psychosocial adjustment of children raising the importance of early detection and prevention of obesity in the form of nutritional and health education

Key words:

Obesity – Schoolchildren – Psychosocial – Cognition – Depression – Academic Performance – Body image.

LIST OF ABBREVIATIONS

ACDI	Arabic Children's Depression Inventory
ADHD	Attention Deficit Hyperactivity Disorder
ANOVA	One way analysis of variants
BI	Body Image
BMI	Body Mass Index
BMR	Basal Metabolic Rate
BP	Blood Pressure
CHD	Chronic Heart Disease
CNS	Central Nervous System
CVD	Cardiovascular Disease
DM	Diabetes Mellitus
DXA	Dual-Energy X Ray Absorptiometry
GSHS	Global School Health Survey
HAM	%Height for age of median
HB	Hemoglobin
Ht	Height
IDDM	Insulin Dependent Diabetes Mellitus
IQ	Intelligent Quotient
PSC	Pediatric Symptom Checklist
RDA	Recommended Daily Allowances
SD	Standard Deviation
SF	Skin folds
TV	Television
Vs	Versus
WAM	Weight for age of median
WHM	Weight for height of median
WHO	World Health Organization
WHR	Waist for hip ratio
Wt	Weight

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