

معهد الدراسات العليا للطفولة قسم الدراسات الطبية

تقييم للتكيف النفسى في سمنة الطفولة لأطفال المرحلة الابتدائية

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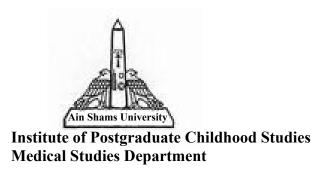
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Evaluation of Psychosocial Adjustment in Nutritional Obesity of Primary School Children

Thesis
Submitted for the fulfillment of PhD in Medical Childhood Studies

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بسم اللة الرحمن الرحيم

قَالَ رَبِّ اشْرَحْ لِي صَدْرِي (٢٦) وَيَسِّرْ لِي أَمْرِي (٢٦) وَاحْلُلْ عُقْدَةً مِّن لِّسَانِي (٢٧) يَفْقَهُوا قَوْلِي

صدق الله العظيم سورة: طه

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.

<u>Aim</u>: 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 over weight 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 ABBREVIATONS

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 Absorptiometery

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 foldsTV 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

 List of Abbreviations

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