Introduction: Childhood obesity is a growing epidemic and affected by multiple factors. However, interactive influences of these factors are infrequently studied globally in prediction of school-aged obesity.

Objectives: The study aimed to investigate the psychopathological, family and school-based factors associated with obesity among primary school-aged children.

Method and Materials: In a cross-sectional study, 307 children including 104 children with obesity (>2SD Body Mass Index for age z-score) and 203 children with normal weight were selected by multistage cluster sampling among primary school children from March to June 2012 in Esfahan, Iran. Participants were completed the Diagnostic Interview Schedule for Children (DISC), the Family-of-Origin Scale and the Demographical questionnaire. Binary logistic regression was used for analysis of the data.

Results: Anxiety disorders, Mood disorders, and Disruptive disorders were related to incidence of obesity in childhood (P < 0.001). Responsibility, Openness to others, Empathy and Conflict resolution in family were related to decreased childhood obesity (P < 0.001). Also, higher parental literacy and living in higher income homes were best important predictors of reduced childhood obesity (P < 0.001). In addition, interpersonal problems in schools, bullying, and scholastic dropouts/failures was the main predictor of childhood obesity (P < 0.001).

Conclusion: Childhood psychiatric disorders, familial and school-based factors were significantly associated with obesity among school-aged children in this Iranian sample. These findings emphasize on designing the evidence-based health policies and tailored interventions for children with regard to these factors.

Key words: Obesity, children, psychiatric disorders, family, school

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