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Title: Sex differences in body dissatisfaction, overweight, and dietary restraint among adolescents in Shiraz, Iran  
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Abstract: BACKGROUND: Adolescence may be a crucial period for developing obesity. Psychosocial functioning of the adolescents is often overlooked in the complications of increase weight. One of these complications is body dissatisfaction.  
Objectives: The objective of this study was to investigate the sex differences in body dissatisfaction, and its interrelation with obesity and dietary restraint among adolescents in Shiraz, Iran.  
Methods and materials: Participants of this cross sectional study were 289 males and 249 females aged 14-18 years, selected from high schools of Shiraz using a multistage random sampling technique. Respondents were first subjected to a self-administered questionnaire asking information about eating behavior, socioeconomic, and personal variables. Moreover, their perception about their body shape was asked through Likert type questions. Measurements including height and weight were done based on standard protocols. BMI z-scores and weight status were estimated based on the WHO reference tables. Overweight including obesity (OWOB) was defined as having a BMI z - score ≥ 1SD.  
Results: According to WHO references no significant differences was found between males and females in prevalence of overweight including obesity (OWOB). However, females were significantly more dissatisfied with their body shape than males ($\chi^2=13.74, p=0.017$). Only in females positive and significant associations existed between body dissatisfaction with obesity ($\chi^2=22.65, p=0.000$) and dietary restraint ($\chi^2=10.99, p=0.001$). Using logistic regression and adjusting for sex and other probable covariates, females (OR=2.06, 95% CI: 1.86-3.60), OWOB subjects (OR=2.08, 95% CI: 1.21-3.60), and those with dietary restraint (OR=2.26, 95% CI: 1.04-4.90) were about 2 times more likely to be dissatisfied with their body shape. In contrast, subjects who consumed dietary supplements (OR=0.21, 95% CI: 0.05-0.99) and those who obtained a higher meal score (OR=0.88, 95% CI: 0.80-0.97) were less likely to be dissatisfied with their body shape.  
Conclusion: The findings of this study indicated a sex difference in body dissatisfaction and dietary restraints but not in prevalence of OWOB in Iranian adolescents. Expectedly higher body dissatisfaction and dietary restraint were founded in females than in males. The result was stronger especially in heavier females. Helping adolescents especially females to acquire a logical perception of their body shape, teaching them to follow healthier dietary habits, and encouraging obese to correct their weight status in an accurate way may markedly improve their body image and decrease erroneous eating behavior among them.  
sex difference; body dissatisfaction; overweight; dietary restraint, adolescents  
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