

Weight Perception, Academic Performance, and Psychological Factors in Chinese Adolescents

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Objective: To investigate weight perception and related psychological factors in Chinese adolescents. **Methods:** A questionnaire on weight perception, academic performance, stress, hostility, and depression was completed by 6863 middle and high school students. Weight and height were measured. **Results:** Overweight perception was related to school-related stress and depression in both girls and boys ($P < 0.01$) and to hostility in boys ($P < 0.01$). Perceived over-

weight was related to lower GPA in girls only ($P < 0.05$). **Conclusions:** Distorted weight perception has a detrimental psychological impact on Chinese adolescents. These findings may contribute to the obesity research and to the development of future effective intervention programs in China.

Key words: weight perception, Chinese adolescents, psychological factors

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