

Uzun N. The Relationship between Obesity and Healthy Lifestyle Behaviors, Parental Control and Depression among Adolescents: Protective and Risk Factors of Obesity

SUMMARY

The prevalence of obesity is increasing rapidly all over the world. In this study, behavioral, physiological, and psychosocial risk factors of obesity were investigated. The sample of the study was 9th, 10th and 11th high school students in Aydın. Participants' body mass index (BMI) which is age and gender-specific was determined. As a result of the analysis, 12,3% of adolescents has been found overweight and obese. When the behavioral, physiological, and psychological factors of obesity were analysed all together; in addition to having the overweight individuals in the family, earlier puberty, lower water consumption and eating food fast, perceived psychological control from psychological factors predicted BMI increasement also. These results indicate that psychological factors are important in the development of the obesity.

Key words: Obesity, risk factors, psychological control, health behavior