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THE ASSOCIATION BETWEEN DEPRESSION, ANXIETY, STRESS AND DIETARY BEHAVIOR IN HIGH SCHOOL GIRLS IN TEHRAN

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Background: According to some studies, the impact of stress on eating behaviours can be associated with unhealthy food choices. The aim of this study was to investigate the relationship between depression, anxiety, stress scales and dietary behaviour in female high school students in Tehran.

Materials and Methods: In this cross-sectional study, 400 female high school students in Tehran were selected using multistage cluster sampling method. Data associated with stress, anxiety and depression were collected by a short questionnaire of depression anxiety stress scales (DASS-21). To study the dietary behaviour of students, 168 items food frequency questionnaire was used. The food frequency was assessed weekly, but food consumption units were not considered. Moreover, to assess the association between dietary behaviour and stress, anxiety and depression, Chi-square test and logistic regression was used.

Results: According to the results of this study, in students who had stress, depression and anxiety, the salt intake was found to be higher than normal students ($P=0.01, 0.02, 0.006$). While the students were anxious, fast food consumption was also

high ($P=0.07$). People with the stress, consumed less natural juices ($P=0.006$) and fruit ($P=0.02$), but depressed people only used natural fruit juice less ($P=0.03$).

Conclusion: Stress, anxiety and depression may affect dietary behaviour and lead to more consumption of unhealthy food.

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