

## Obesity 2018: The association between depression, anxiety, stress and dietary behavior in high school girls in Tehran- Hajifaraji M- Shahid Beheshti University of Medical Sciences, Iran

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**Background:** According to some studies, the impact of stress on eating behaviors can be associated with unhealthy food choices. The objective of this study was to investigate the relationship between depression, anxiety, stress scales, and dietary behavior in high school students in Tehran. **Materials and methods:** In this cross-sectional study, 400 high school students in Tehran were selected using the multi-stage cluster sampling method. Data associated with stress, anxiety, and depression were obtained using a brief depression anxiety stress scale questionnaire (DASS21). To study the dietary behavior of the students, the 168-item food frequency questionnaire was used. Food frequency was assessed weekly, but food consumption units were not considered.

Furthermore, to assess the association between dietary behavior and stress, anxiety and depression, the Chi-square test and logistic regression were used. **Results:** According to the results of this study, in the students who had stress, depression and anxiety, it was observed that the salt intake was higher than that of the normal students ( $P = 0.01, 0.02, 0.006$ ). While the students were anxious, fast food consumption was also high ( $P = 0.07$ ) with stress, he consumed less natural juices ( $P = 0.006$ ) and fruit ( $P = 0.02$ ), but depressed people only used less natural fruit juice ( $P = 0.03$ ). **Bottom Line:** Stress, anxiety, and depression can affect diet behavior and lead to increased consumption of unhealthy foods. **Background and objective:** According to the literature, stress, anxiety and depression can cause polyphagia and overweight and unhealthy food choices. The objective of this study was to investigate the relationship between depression, anxiety, stress scales, and

dietary behavior in high school students in Tehran. **Methods:** In this cross-sectional study of 400 high school students in Tehran, they were selected by cluster sampling in various stages method. Data associated with stress, anxiety, and depression were obtained using a short Depression Anxiety Stress Scales questionnaire (DASS-21). To study the dietary behavior of the students and the weekly frequency of food consumption, the food frequency questionnaire was used. **Results:** Regarding the results of this research, 49.8% of the students had stress levels, 56.3% anxiety and 55.3% of them had depression levels. According to the results of this study, the students who had stress, depression and anxiety, their salt intake was higher than that of 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 stress use less natural juice ( $P = 0.006$ ) and fruit ( $P = 0.02$ ), but depressed people only use less natural fruit juice ( $P = 0.03$ ). **Conclusion:** Students with levels of stress, depression and anxiety compared to students without them have undesirable eating habits and these problems can affect the behavior of the diet more towards unhealthy foods. More studies are needed to clarify the relationships between stress, depression and anxiety with dietary behavior. They were very good conferences and I also enjoyed them. Students with levels of stress, depression and anxiety compared to normal students, have more undesirable eating habits, such problems can lead the behavior of the diet to unhealthy foods. More studies are required to clarify the relationships between dietary behavior and stress, depression, and anxiety.