

# Excessive Food Consumption and related phenomenon in Czech population of adolescents

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## BACKGROUND

Lifestyle change, rapid development, food environment (Gearhardt et al., 2009)

Food as a reward or to enhance pleasant feelings (endorphins), dealing with stress, boredom, anger (Trifilieff & Martinez, 2014)

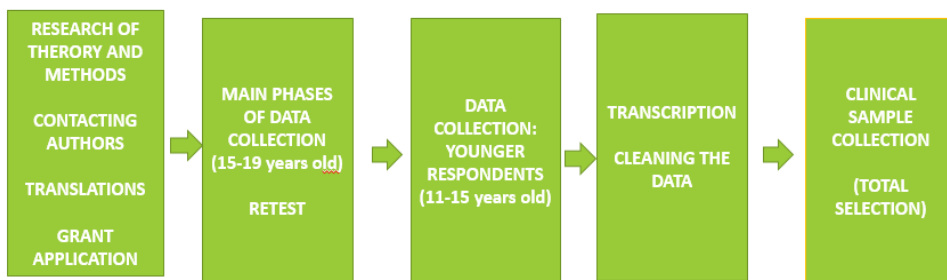
Psychological problems being solved by food (family problems, parents' conflicts, parents' relationship with children, relationships at school, schoolwork,...) (Halliday et al., 2014)

Obesity and overweight as a huge psychological burden, reducing the quality of life (Sanders et al., 2015)

Slim beauty ideal, nutrition advice, social media („perfect bodies and perfect lives“) (Raychaudhuri & Sanyal, 2012)

## METHODOLOGY

Adolescents aged 15-19: 3515 respondents, 39 schools  
Adolescents aged 11-15: 803 respondents, 12 schools  
Test-retest: 79 respondents  
Clinical sample (obesity treatment hospitals 11-19): 150 respondents



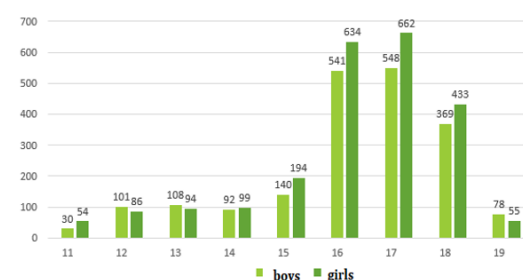
## METHODS

Sociodemographic Data Questionnaire (Pipová et al., 2019)  
Questionnaire of Eating and Physical Activities (Pipová et al., 2019)

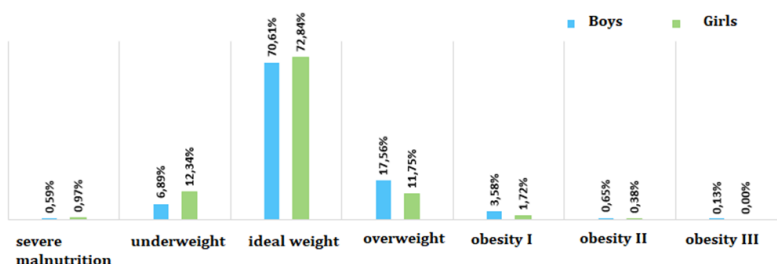
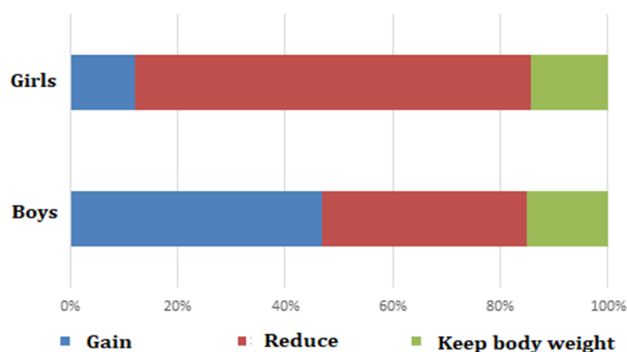
Modified Yale Food Addiction Scale 2.0 - mYFAS 2.0 (Schulte, Gearhardt, 2017)  
Eating Disorder Examination Questionnaire EDE – Q8 (Kliem, 2008)  
Food Cravings Questionnaire – trait-reduced FCQ-T-r (Meule, 2014)  
Impulsivity Scale– SIDD (Skopal, Dolejš, 2016)  
Unconditional Self-Acceptance Questionnaire (USAQ) (Chamberlain, Haaga, 2001)  
Relationship Structures Questionnaire (ECR-RS) (Chris Fraley, 2008)

Food Relationship Questionnaire (Pipová et al., 2019)

Age of participants



## RESULTS



## DISCUSSION & CONCLUSION

The overall results pointed out the discrepancy between the desired weight and also body image (44.7% of girls and 41.7% of boys are satisfied with their bodies). Adolescents tend to be extremely unsatisfied with their body weight despite the fact that the body has an objectively healthy weight. This brings a key areas of potential intervention programs.

## LITERATURE

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