

INTRODUCTION TO RESEARCH BMHP5005

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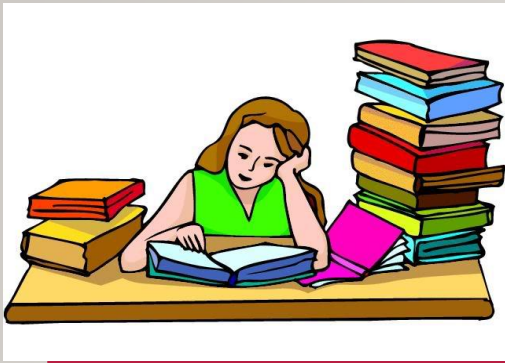
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VIVA

**IMPACTS OF OBESITY ON MENTAL
HEALTH IN ADOLESCENCE**



LITERATURE REVIEW FOCUS

The study aims to find out the impact of obesity on mental health in the adolescence and these are the search objectives:

- a) What impacts does being obese have on the adolescents in the future?
- b) What are the reasons adolescents become obese at young age?
- c) Are the obese adolescents likely to become obese adults?
- d) Do obese adolescents have more mental issues than their peers of normal weight?

The research questions:

- Future impacts obesity on the adolescents, especially mental health.
- The reasons for obesity at young age.
- If the obese adolescents were likely to remain obese in future years.
- If the obese adolescents have more mental issues than their normal weight peers.

METHODS

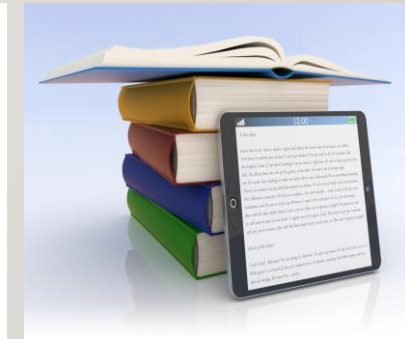
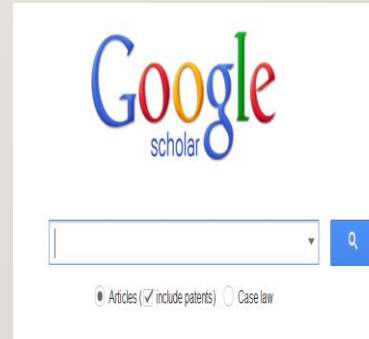
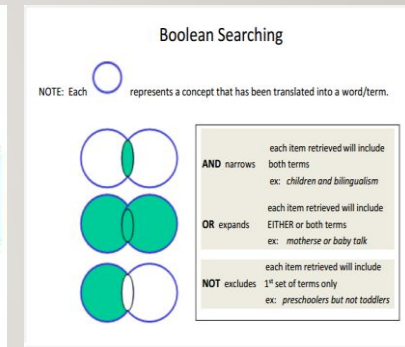
This research was secondary

Key words used:

Obesity, obese, adolescence, adolescents, risk factors, mental health, self-esteem, depression, anxiety, eating disorders, discrimination, stereotyping, victimisation, body dissatisfaction and suicidal thoughts.

Data Sources:

Google scholar, PubMed, Boolean operators and ScienceDirect



INCLUSION AND EXCLUSION CRITERIA

Inclusion Criteria:

- * Topic having researched on obesity and mental health
- * Articles published in the year 2000 onwards.
- * Topics that narrowed down to childhood and adolescence stage.
- * For the websites that were used they had to be authentic.

Exclusion Criteria:

- * literatures that were used were those that were published earlier than 2000.
- * No literatures meeting the above qualities will be excluded due to geographic area of where the research was carried out.

FINDINGS & KEY THEMES

The key findings that were established

Adolescence obesity risk factors: (Bhuiyan, Zaman and Ahmed,2013; Eker,2017)



Future implications of adolescence obesity:
(Lifshitz,2008; Serwer and Polonsky, 2016)



Under the each of the themes various findings were determined, as follows”

- The biggest risk factors of obesity at young age are limited physical activity and poor nutritional diets.

- The obese adolescents were likely to remain obese even in adulthood and that their obese adolescents were likely to develop eating disorders which would extend to adulthood.

FINDINGS & KEY THEMES

The key findings that was established after the literature.

Mental health impacts of obesity at adolescence stage. (Van Vuuren et al., 2019; Serwer and Polonsky, 2016)



Under this theme various findings were determined:

Obesity in adolescents were associated with several mental health impacts. Which include

- Depressed than the normal weight peers.
- Anxiety disorders compared to their normal weight peers.
- Low self-esteem.
- Psychosocial problems such as relationship issues, family issues and engaging in substance abuse