



INTRODUCTION TO RESEARCH BMHP5005

Student: Anisoara Stoica

I.D: 1909636

Assignment1: OBESITY IN ADOLESCENCE CARE

Lecturer: Noura Mohamed

Table of Contents

Introduction	2
Background of the research topic.....	2
Methodology and methods	3
Importance of the ethical practice in research (including ethical codes and committees)	4
A thematic literature review (10 article)	5
Findings and discussions based on the review of the 10 published article	7
Conclusion	9
Recommendation for the future policy and practice.....	9
Reference list	10

Introduction

This assessment is based on the obesity problem during the adolescence period. First of all, it is important to say that adolescence or the teenage period is a transactional phase of human's life whereas the obesity problem is very common during the present days. The reason for adolescent obesity is based on some factors. These are the physical inactiveness, over and frequent eating, daily life diet with high carbohydrate, etc. Furthermore, hormonal imbalance is another crucial factor of adolescent obesity. The reasons for adolescent obesity are based on hormonal imbalances such as it focuses on hypothyroidism, polycystic ovary syndrome, Cushing syndrome, etc. (Aggarwal and Jain, 2018). Apart from the hormonal causes, other reasons are focusing on the psychological factor as well as the genetic problems. The purpose of this assessment is to focus on the identification and the detailed elaboration of obesity during the adolescence period and the assessment will also be emphasized on the solution of this issue. The assessment will be focused on the background along with the methodology, ethical practices, literature review, findings, and recommended strategies.

Background of the research topic

In addition to the introduction part, this has been observed that the research topic is based on the obesity problem within the adolescence period. Obesity within the adolescence period focuses on the deposition of fat within the body of teenagers as well as this is a long-termed disease that is tough to prevent. Further causes of adolescent obesity are based on gene factors, issues related to the socio-economic structure, imbalance within the metabolism rate, deficiency of the proper sleeping, latest unscientific modification of lifestyle (Nationwidechildrens, 2020). The problem of obesity can be observed by using the BMI (Body Mass Index). This assessment is based on the obesity problem of the teenage group within the UK. This has been observed that more than one-third of UK teenagers are suffering from the obesity problem during their adolescence period (Ucl News, 2020). These teenagers should follow some steps for resisting the obesity problems within the adolescence period. The observed treatment for this issue within the teenage group is based on the counseling of diet by reducing the amounts of the eaten calorie, a habit of regular exercising and observing of some recommended treatments for controlling the obese problems within the teenage groups of the UK. This has been recognized that the teenage problem of obesity is the root cause of type 2 diabetes, dyslipidemia, cancer issue, heart-related diseases, hypertension, etc. Apart from that, obesity may be the cause of psychological disorders like mood swings and

others. It has thereby been established that the research topic is very much crucial within the present days which should be solved by implementing the identified solutions.

Methodology and methods

Type of the research:

The research process is based on two methods as the qualitative method as well the quantitative method. This research-based assessment is related to the qualitative assessment. In the meantime, it is important to say that the methodology part of a research proposal has two prime sub-branches that are the primary data finding as well as the secondary data findings. As well as the qualitative and quantitative data findings have been derived from the primary data findings. Furthermore, it is important to say that the qualitative method is based on five other segments such as one to one interview, focused group related interview, ethnography based study, case study analysis along text analysis (Moser and Korstjens, 2018).

Collecting process of data:

In addition to the previous part, this has been recognized that the data collecting processes are focused on qualitative tools such as the online forum, online communities, web survey, and groups-triads-dyads along with the Depth interview (IDIs). On the other side, this has been recognized that the data collection method is based on the six steps. These are the identification of the issues for collecting data. After that, the selection of the issues is important for setting the goal, planning for observing the solution of the issues, and collecting data from authentic sources. Then the collecting processes of data are focusing on the interpretation of the data. Last, of all, it has thereby been established that the act on the result is based on the collecting processes of data. The following research has been done using thematic analysis of ten journal articles available online. The conclusion will be drawn based on the result found from the analysis of these journal articles.

Analysis of data:

This section will be focused on the analytical phase of the data. This has already been recognized that the research assessment has been emphasized on the analysis of data in terms of the qualitative analysis which is a part of the primary data collection. This data will be collected from the analysis of ten selected journal articles that are relevant to the research topic. After ten different journal articles, it has been observed that obesity has become a crucial as well as a common problem within the teenage group of the UK. According to this research-based assessment, this has been observed that around one-third of the total teenagers of the UK have

been affected with the problems of obesity due to their imbalanced regular diet. Along with this, it has also been recognized that the analysis has identified the root causes of teenage obesity, symptoms of these disorders along the solving method of adolescent obesity. The core reasons for adolescent obesity are based on hormonal imbalance, overeating, intake of the high carb diet, insufficiency of sleep as well as psychological disorders. The symptoms of adolescent obesity can be recognized by observing the Body Mass Index (BMI). This has also been observed that BMI is a good indicator of body mass. Along with this, the Body Mass Index should be from the 85th to the 94th percentile. However, it has also been observed that the BMI percentile is 95th when it denotes the abnormality within the body due to adolescents obese (Cdc, 2021).

Identified research tools for solving the teenage obesity problems:

Different types of workshops can be the solving process or the research-based tools which will reduce the problems of obesity during the teenage period. These workshops will be emphasized on the root causes of teenage obesity along with the symptoms of this disorder. It has thereby been established that the obesity problems can be controlled by maintaining the proper it as well as by focusing on the prescribed rules of doctors and dieticians.

Importance of the ethical practice in research (including ethical codes and committees)

Ethical practice within the research can be focused on Research ethics. These research ethics are different from the normal ethics approaches. This can be said that the research ethics will be covered up with the ethical principles which are included in terms of honesty as well as the report data of the honesty, results, and methods. Along with this, it has also been observed in terms of the procedures along with the publication status. Ethics or moral principles are important within every single phase of a human's life. However, it has been observed that the ethics within the research method is necessary for promoting the actions and decisions which are related to teenage obesity. On the other side, this can also be said that some ethical codes are related to the research processes. Furthermore, this has been identified that the research methods are dependent on honesty, integrity, objectivity, carefulness, and openness. Apart from these, it will also be focused on the protection of confidential information which is related to the research method and showing respect to intellectual property (Bican *et al.* 2017). It has thereby been established that the issue of plagiarism should be reduced within terms of the importance of ethical practice.

A thematic literature review

As stated by Strasburger et al., (2014), it has been recognized within the first provided article that this is based on obesity and the adolescence period whereas the media is an important factor within the causes of teenage obesity. Moreover, it has also been observed that the technology is rapidly developing and most of the children are habituated with these new technologies within their free time during the present days. Furthermore, it has also been observed that the new generations always handle different and newly launched technical gadgets along with the equipment with the internet connections. As well, it has also been observed by the pediatricians that most of the children groups are addicted to these gadgets such as cell phones, iPods, newly invented and more technology-equipped televisions, etc. Along with this, the pediatricians are also getting cases that are based on the obesity problem within the adolescence period. So, it has thereby been observed that the increased use of technical gadgets and the internet are increasing the obesity problem within the teenage time within the UK.

The second article is also based on the lifestyle of the teenage groups during the adolescence period. Simultaneously, this article will be focused on the lifestyle during the excessive obese time. This article has also observed pediatric obesity which can be found within the age group of the children along with the teenage group. According to this article, this has also been recognized that the article has emphasized analytical study. From where it has been observed that various age groups are affected by obesity. However, the mean age of the study is 15.3 years (Modi et al., 2008). It has thereby been established that pediatric overweight is quite normal during the time phase of the present era.

According to (Shahnaz Golian et al., 2014), this has been focused on the anxiety, stress, and depression that come to the teenage girl due to obesity and lack of the so-called beautiful body image. Along with this, it has also been observed that the study has recognized that obesity is a major problem throughout the whole world. Furthermore, this issue of obesity damages the so-called body image within the teenage girl and it causes the teenage girl to drown in depression, anxiety, and stress. So, it has thereby been observed that depression is a harmful effect of obesity during the present days.

However, Rancourt et al., (2017) contradicted that obesity is based on the crucial percentile of the BMI (Body Mass Index). Along with this the provided fourth article is based on the reasons which are related to the weight gain disorder during the adolescence period. As well as the article

has also been covered up with the investigational approach of the wait reducing mechanisms. Furthermore, the article on obesity during the teenage period is based on the changes in BMI. Apart from that, it has also been observed that the measurement of obesity is different for the different genders. This has thereby been established that the people of the surrounding area should encourage the teenage group to lose their weight by proper maintenance of the diet (Rancourt et al., 2017).

However, Gall et al., (2016) argued that the obesity problem is related to the emotional imbalance within the adolescence period during the present day. Furthermore, these sections will be focused on the role of body dissatisfaction during the time of the teenage period within the UK. Along with this, it has also been recognized that the loss of controlled eating within the adolescence period is a crucial cause. So, it can be said that the major part of this article is based on the dissatisfaction of the body within the teenage boys and girls which also hamper the emotional wellbeing of those teenage groups. According to the study of this article, it has been established that the girls are more depressive than the boy's group during the dealing of obesity and body images. On the contrary, Hayward et al., (2014) argued that body weight is not an important matter in terms of the Health-related quality of life during the adolescent period. As well as this article has also been observed in terms of the nexus between the weight statuses within the adolescence period along with the adolescent Howl (Health-related quality of life). Apart from that, it has also been recognized that adolescent obesity is a chronic disorder that also affects the psychiatric health of teenage boys and girls. According to a survey of the United States (among the high school students), this can be said that around 13% of students are overweight whereas 15.2% of students are going to be obese (Hayward et al., 2014). Above all, this has thereby been observed that the early age obesity during the teenage phase may cause the high blood pressure, asthma, cardiovascular disease along with the high cholesterol level.

As stated by (Bray et al., 2018), the seventh article is focusing on the promotion of the positive body image by teenage girls and boys as well as it would be focused on the losing of weight for achieving the positive image within the adolescence period. This particular article has grabbed attention which is based on the disorder of overeating during the teenage phase. As well, it has been focused on the root causes of obesity disorder. These are based on the continuous stress and tension due to the continuous and rapid progression within this modern era. Furthermore, this has also been observed that the speedy age is focusing on the depression and other psychological disorders during the adolescence period of the boys and girls of the UK.

As per the provided eighth article, this can be considered that psychological wellbeing and obesity disorder focus on a parallel line. Apart from that, the article has also been observed on the

multidisciplinary treatment of obesity (Fonvig et al., 2017). The purpose of this observed article is to focus on the investigation of the obese teenager who had the necessity of taking treatment for losing the unexpected deposition of fat. Along with this, the article has also been covered up with the analytical study. The study also focuses on the 1291 people included in children, teenage groups, and young adults along with the babies of two to eighty-two months (Fonvig et al., 2017). Furthermore, the case study has also been focused on the quality of life of the teenage group, their regular mood, and their appetite. Apart from that, this article has observed a cause of overeating that is related to a psychological disorder. When overeating can be observed as an important cause of obesity during the teenage phase, then it decreases the body image of the teenage groups. It has thereby been established that poor body image is crucial because of bullying or mobbing within the schools of the University.

This article is focusing on adolescent preference and its relationship with weight gaining. Furthermore, the article has also been recognized as the cause of psychological disorders due to the extreme gaining of weight (Puhl et al., 2017). As per the article and according to a survey, this can be said that there are over 30% of teenage boys and girls are suffering from the obesity problem. This article has also described an interesting fact which is based on the gender issue. The article has been noticed that most of the obsessed boys termed them as the 'Overweight' or 'Heavy'. On the other side, the girls are terming them as the 'curvy'. This also proves the body image factors within the identified article.

The last article is also based on the crucial problem of obesity during the adolescence phase of the boys and girls. As stated by (Goldfield et al., 2010), this can be said that the adolescence period is the most crucial phase where major boys and girls put on weight during the present days. Furthermore, the study of this article will be emphasized on the 1490 students as the sample whereas the students are from the seventh grade to the 12th grade. This article has also recognized that obese students are more depressive than students who are not suffering from obesity problems.

Findings and discussions

Obesity in adolescents is associated with a range of social problems, including difficulties securing an apprenticeship or a job or finding a partner

As opined by (Bray et al., 2018), all these consequences have resulted in high health sector costs. While effective and validated therapeutic methods for teenage patients with obesity and bariatric

surgery in randomized controlled studies are possible, their frequency fails in clinical practice as adherence to treatments is poor in adolescents and most adolescents with obesity remain in the absence of medical treatment. While efficient and regulated trials have been seen. Therefore, it is important to improve compliance with therapy and recognize therapeutic obstacles.

The high prevalence of obesity in childhood and adolescence has major public health consequences

The high incidence of obesity in infancy and youth has significant effects on public health as it is short-term and long-term linked to different chronic diseases. Our research aimed to investigate the potential connectivity between obesity and obesity, cardiorespiratory activity, and muscle performance for four years in teens. The physical and body mass index (BMI) was calculated based on the potential correlates between overweight, obesity, and cardiorespiratory output and muscle results of teens between 14 and 18 years. The findings indicated that in children over 4 years cardiorespiratory activity improved substantially, but only seasonal fluctuation in aerobic behavior of girls occurred. Muscle output of both boys and girls has improved greatly (Puhl et al., 2017). Conversely, obesity and cardiorespiratory-muscle performance were seen. Overweight was also inverse to cardiorespiratory efficiency, but no association with muscular strength was seen. To deter short- and long-term harmful consequences, avoiding enhanced BMI and physical exercise is important for teen wellbeing.

Treatment practices have not been effective at reducing adolescent obesity at the population level

Obesity is epidemic across the globe, with extreme obesity rising at least 4 times during the last 35 years. The number of patients with obesity has increased. Often obese young people have over adiposity, which puts them at a higher risk for developing problems driven by obesity, such as type 2 diabetes which cardiovascular disease, and adversely affects mental and emotional wellbeing. Because adolescence is a unique transformation phase characterized by substantial changes in physiology and development, disorders due to obesity may often impair teenage growth and development. It is important, yet difficult to have evidence-based care services personalized and suitable for the teenage population (Rancourt et al., 2017). Multifactorial etiology and dramatic increases in obesity in the teen years make the management of teenage obesity increasingly complicating. The treatment practices addressed in this study include an outline of research supporting existing obesity behavior, pharmacology, surgery, and deviations. It is necessary to remember, though, that these practices were not successful in decreasing community teen obesity.

Conclusion

This can be concluded that the research assessment is based on the obesity problem within the adolescence period. This assessment will be focused on the root causes of the obesity problem during the teenage period. This has been observed that there are many causes such as the thyroid and other hormonal imbalance, overeating of junk food, and the technology-based lazy life. Furthermore, (apart from the introduction) the assessment has focused on the background based on the obesity problem during teenage. As well as the particular assessment has emphasized the methodology which is based on the one-to-one interview session (qualitative approach). Apart from that, the assessment has focused on the literature review part which is based on the 10 different articles. The assessment has also been focused upon the findings and discussions which have emphasized five different questions and these were asked to the five different people of five different areas. Last, of all, the assessment can thus be concluded that it has identified some causes of adolescent obesity which is important to overcome and the strategies will be discussed within the next point.

Recommendation for the future policy and practice

This assessment has observed some causes of adolescent obesity which can be removed by implementing the following practices.

- Taking on healthy and organic food instead of the intake of junk food.
- Incorporation of healthy snacks for reducing the frequency of appetite.
- Drinking sufficient water is very much important for reducing adolescent times' excessive body weight.
- Less consumption of sugary food is important for reducing the obesity problems
- A low-carb diet can help an obese teenager to reduce his or her extra deposited fat.
- Work out is also important for reducing body fat and gradually it will decrease obesity within the adolescence period.
- Taking more vegetables and fruits helps to reduce body fat during teenage time.
- In taking of low glycaemic intake, food is essential for reducing the extra deposited fat.
- Above all, regularly checking body weight is essential. This is because it may help a teenager to control his regular life pattern from an unhealthy way to a healthy way.

It has thereby been established that the maintenance of the recommended strategies will reduce the excessive rate of the obesity problem within the teenage period and these will ensure a healthy future for the young world.

Reference

- Aggarwal, B. and Jain, V., 2018. Obesity in children: definition, etiology and approach. *The Indian Journal of Pediatrics*, 85(6), pp.463-471.
- Bican, P.M., Guderian, C.C. and Ringbeck, A., 2017. Managing knowledge in open innovation processes: an intellectual property perspective. *Journal of Knowledge Management*.
- Bray, Isabelle et al., 2018. Promoting positive body image and tackling overweight/obesity in children and adolescents: A combined health psychology and public health approach. *Preventive medicine*, 116, pp.219–221.
- CDC, (2021), *Body Mass Index: Considerations for Practitioners*: [Available at: <https://www.cdc.gov/obesity/downloads/bmiforpractitioners.pdf>]
- Cilius Esmann Fonvig et al., 2017. Subjective evaluation of psychosocial well-being in children and youths with overweight or obesity: the impact of multidisciplinary obesity treatment. *Quality of life research*, 26(12), pp.3279–3288.
- Gall, Kelly et al., 2016. Obesity and emotional well-being in adolescents: Roles of body dissatisfaction, loss of control eating, and self-rated health. *Obesity (Silver Spring, Md.)*, 24(4), pp.837–842.
- Goldfield, Gary S et al., 2010. Body Dissatisfaction, Dietary Restraint, Depression, and Weight Status in Adolescents. *The Journal of school health*, 80(4), pp.186–192.
- Hayward, J et al., 2014. When ignorance is bliss: weight perception, body mass index and quality of life in adolescents. *International journal of obesity*, 38(10), pp.1328–1334. Available at: https://whel-primo.hosted.exlibrisgroup.com/primo-explore/fulldisplay?docid=TN_cdi_pubmedcentral_primary_oai_pubmedcentral_nih_gov_4189380&context=PC&vid=44WHELF_UWTSD_VU1&lang=en_US&search_scope=CSCOP_EVERYTHING&adaptor=primo_central_multiple_fe&tab=tab1&query=any%2Ccontains%2Cimpact%20obesity%20adolescents%20body%20image&offset=0
- Modi, Avani C et al., 2008. Weight-specific Health-related Quality of Life in Adolescents With Extreme Obesity. *Obesity (Silver Spring, Md.)*, 16(10), pp.2266–2271.
- Moser, A. and Korstjens, I., 2018. Series: Practical guidance to qualitative research. Part 3: Sampling, data collection and analysis. *European Journal of General Practice*, 24(1), pp.9-18.
- Nation Wide Children (2020), *Obesity in Teens*: [Available at: <https://www.nationwidechildrens.org/conditions/health-library/obesity-in-teens>]

Puhl, R M et al., 2017. Adolescent preferences and reactions to language about body weight. *International journal of obesity (2005)*, 41(7), pp.1062–1065.

Rancourt, Diana et al., 2017. Longitudinal impact of weight misperception and intent to change weight on body mass index of adolescents and young adults with overweight or obesity. *Eating behaviors : an international journal*, 27, pp.7–13.

Shahnaz Golian et al., 2014. The relationship between body image of obese adolescent girls and depression, anxiety and stress. *Payesh*, 13(4), pp.433–440.

Strasburger et al., 2014. *Children, adolescents, and the media* Third., Los Angeles, Calif.: SAGE.

Ucl News, (2020), *Poorer teens at substantially greater risk of obesity*: [Available at: <https://www.ucl.ac.uk/news/2020/dec/poorer-teens-substantially-greater-risk-obesity#:~:text=More%20than%20one%20third%20of,study%20led%20by%20UCL%20researchers.&text=At%20age%2017%2C%20just%20over,levels%20between%20males%20and%20fe> males.]