

Table 1 Loading factors and frequency of responses to items of the obesity-related distress scale by sex and by body mass index category

Item	Loading on factor	Communality	Males (n = 965)		Females (n = 968)		P-value	Normal weight (n = 1283)	At-risk of obesity (n = 518)		Obese (n = 103)		P-value
			No.	%	No.	%			No.	%	No.	%	
<b>Impaired social life</b>	0.85	0.72											
Never			726	79.3	811	85.2	706	55.0	258	49.8	32	31.1	< 0.001 <sup>b</sup>
Sometimes			99	10.8	63	6.6	289	22.5	132	25.5	30	29.1	
Yes			91	9.9	78	8.2	288	22.4	128	24.7	41	39.8	
<b>Low self-esteem</b>	0.83	0.70											
Never			728	79.6	800	84.0	675	52.6	241	46.5	41	39.8	0.005 <sup>b</sup>
Sometimes			68	7.4	51	5.4	199	15.5	105	20.3	14	13.6	
Yes			119	13.0	101	10.6	409	31.9	172	33.2	48	46.6	
<b>Difficulty in dressing</b>	0.83	0.68											
Never			728	79.6	801	84.1	731	57.0	249	48.1	34	33.0	< 0.001 <sup>b</sup>
Sometimes			92	10.1	62	6.5	203	15.8	125	24.1	29	28.2	
Yes			95	10.4	89	9.3	349	27.2	144	27.8	40	38.8	
<b>Dyspnoea on effort</b>	0.83	0.61											
Never			749	81.9	845	88.8	804	62.7	294	56.8	54	52.4	0.05 <sup>b</sup>
Sometimes			66	7.2	55	5.8	191	14.9	106	20.5	15	14.6	
Yes			100	10.9	52	5.5	288	22.4	118	22.8	34	33.0	
<b>Difficulty in daily activities</b>	0.80	0.62											
Never			752	82.2	867	91.1	844	65.8	322	62.2	51	49.5	< 0.001 <sup>b</sup>
Sometimes			86	9.4	45	4.7	177	13.8	100	19.3	31	30.1	
Yes			77	8.4	40	4.2	262	20.4	96	18.5	21	20.4	
<b>Poor communication with others</b>	0.78	0.56											
Never			809	88.5	880	92.4	946	73.7	377	72.8	67	65.0	0.348 <sup>b</sup>
Sometimes			53	5.8	43	4.5	154	12.0	76	14.7	20	19.4	
Yes			52	5.7	29	3.0	183	14.3	65	12.5	16	15.5	
<b>Being criticized by others</b>	0.75	0.70											
Never			734	80.2	822	86.3	829	64.6	271	52.3	39	37.9	< 0.001 <sup>b</sup>
Sometimes			96	10.5	64	6.7	232	18.1	124	23.9	36	35.0	
Yes			85	9.3	66	6.9	222	17.3	123	23.7	28	27.2	
<b>Avoiding looking in mirrors</b>	0.73	0.54											
Never			809	88.4	865	90.9	954	74.4	365	70.5	63	61.2	0.01 <sup>b</sup>
Sometimes			51	5.6	48	5.0	155	12.1	74	14.3	25	24.3	
Yes			55	6.0	39	4.1	174	13.6	79	15.3	15	14.6	

<sup>a</sup>Chi-square test; <sup>b</sup>Somers D ordinal test.