

Table 4 Food consumption behaviour: mean scores of respondents on the obesity-related distress scale and frequency of responses by distress category

Food consumption	Obesity distress score	<i>P</i> -value ^a	Non-distressed (<i>n</i> = 920)		Distressed (<i>n</i> = 1013)		<i>P</i> -value ^b
	Mean (SD)		No.	%	No.	%	
<i>Fast food (times/week)</i>		0.39					0.33
0	12.5 (4.5)		40	4.3	40	3.9	
1-3	12.8 (4.7)		651	70.8	703	69.4	
4-7	13.1 (4.9)		225	24.5	263	26.0	
>7	14.8 (5.2)		4	0.4	7	0.7	
<i>Lebanese dishes (times/week)</i>		0.44					0.05
0	12.5 (4.9)		77	8.4	63	6.2	
1-3	12.8 (4.6)		470	51.1	501	49.5	
4-7	13.1 (4.8)		366	39.8	445	43.9	
>7	11.6 (4.1)		7	0.8	4	0.4	
<i>Fruit juice (times/week)</i>		0.11					0.71
0	12.6 (4.7)		63	6.9	62	6.1	
1-3	12.8 (4.6)		439	47.8	500	49.4	
4-7	13.1 (4.8)		406	44.2	448	44.3	
>7	10.0 (2.3)		11	1.2	2	0.2	
<i>Soft drinks (times/week)</i>		0.03					0.11
0	12.1 (4.8)		94	10.2	64	6.3	
1-3	12.8 (4.7)		381	41.5	435	42.9	
4-7	13.1 (4.8)		429	46.7	504	49.8	
>7	11.9 (4.3)		15	1.6	10	1.0	
<i>Milk and dairy products (times/week)</i>		0.37					0.05
0	12.5 (5.1)		127	13.8	94	9.3	
1-3	13.0 (4.7)		308	33.5	359	35.5	
4-7	12.9 (4.7)		478	52.0	545	53.9	
>7	13.9 (5.0)		7	0.8	14	1.4	
<i>Sweets and candies (times/week)</i>		0.28					0.57
0	12.5 (4.7)		38	4.1	36	3.6	
1-3	12.9 (4.7)		380	41.3	407	40.3	
4-7	13.0 (4.7)		487	53.0	562	55.6	
>7	11.1 (4.0)		14	1.5	6	0.6	
<i>Potato chips and popcorn (times/week)</i>		< 0.001					0.006
0	12.6 (4.7)		57	6.2	51	5.0	
1-3	12.5 (4.6)		471	51.3	462	45.6	
4-7	13.4 (4.9)		378	41.1	497	49.1	
>7	10.1 (2.6)		13	1.4	3	0.3	
<i>Vegetables and fruits (times/week)</i>		0.18					0.017
0	11.8 (4.5)		48	5.2	32	3.2	
1-3	12.9 (4.8)		251	27.3	254	25.1	
4-7	13.0 (4.7)		613	66.6	712	70.3	
>7	13.1 (4.1)		8	0.9	15	1.5	

^aKruskal-Wallis test; ^bSomers' D test.
SD = standard deviation.