

Table 5 Eating and dieting habits: mean scores of respondents on the obesity-related distress scale and frequency of responses by distress category

Eating and dieting habits	Obesity distress score	P-value ^a	Non-distressed (n = 920)		Distressed (n = 1013)		P-value ^b
	Mean (SD)		No.	%	No.	%	
Speed of eating							
Eats slowly	12.8 (4.7)	0.51	459	49.9	476	47.0	0.20
Eats rapidly	12.9 (4.7)		461	50.1	537	53.0	
Seeks to eat light food							
Never	12.2 (4.7)	< 0.001	568	61.9	460	45.4	< 0.001
Sometimes	13.4 (4.9)		232	25.3	343	33.9	
Always	14.2 (4.9)		118	12.9	210	20.7	
Tries to empty his dish							
No	12.8 (4.9)	0.33	194	21.1	201	19.9	0.51
Yes	12.9 (4.7)		725	78.9	809	80.1	
Tries to count calories							
Yes	13.5 (4.9)	< 0.001	225	24.5	297	29.3	0.016
No	12.7 (4.6)		695	75.5	715	70.7	
Tries to empty his/her plate							
Yes	12.9 (4.7)	0.63	194	21.1	201	19.9	0.51
No	12.8 (4.9)		725	78.9	809	80.1	
Encouraged by the media to eat food							
Yes	13.4 (4.8)	< 0.001	433	47.2	592	58.4	< 0.001
No	12.3 (4.5)		485	52.8	421	41.6	
Likes to eat between meals							
Never	12.5 (4.9)	0.136	171	18.6	161	15.9	0.285
Sometimes	12.9 (4.4)		332	36.1	381	37.6	
Always	13.1 (4.9)		416	45.3	471	46.5	
Eats when psychologically distressed							
No	12.3 (4.5)	< 0.001	650	70.7	562	55.5	< 0.001
Yes	13.9 (4.8)		270	29.3	450	44.5	
Ever been on weight-loss diet							
No	12.5 (4.6)	< 0.001	769	84.0	708	70.0	< 0.001
Yes	14.3 (4.7)		147	16.0	303	30.0	
Ever taken drugs to lose weight							
No	12.8 (4.7)	< 0.001	893	97.7	963	95.3	0.003
Yes	14.9 (5.1)		21	2.3	48	4.7	
Urged by media to lose weight							
No	12.0 (4.4)	< 0.001	649	70.7	511	50.5	< 0.001
Yes	14.2 (4.9)		269	29.3	501	49.5	
Urged by family to lose weight							
No	12.2 (4.7)	< 0.001	734	80.0	588	58.3	< 0.001
Yes	14.4 (4.4)		184	20.0	421	41.7	

^aKruskal-Wallis test; ^bchi-squared test.
SD = standard deviation.