

Hakcipta © tesis ini adalah milik pengarang dan/atau pemilik hakcipta lain. Salinan boleh dimuat turun untuk kegunaan penyelidikan bukan komersil ataupun pembelajaran individu tanpa kebenaran terlebih dahulu ataupun caj. Tesis ini tidak boleh dihasilkan semula ataupun dipetik secara menyeluruh tanpa memperolehi kebenaran bertulis daripada pemilik hakcipta. Kandungannya tidak boleh diubah dalam format lain tanpa kebenaran rasmi pemilik hakcipta.



**ASPEK PSIKOSOSIAL DALAM KALANGAN GOLONGAN OBES:
KAJIAN KES DI HOSPITAL SULTANAH BAHYAH,
ALOR SETAR, KEDAH**



NORFADILAWATI BINTI ALIAS

UUM
Universiti Utara Malaysia

SARJANA SASTERA (KERJA SOSIAL)

UNIVERSITI UTARA MALAYSIA

2016

Kebenaran Mengguna

Tesis ini dikemukakan sebagai memenuhi keperluan perguruan Ijazah Sarjana daripada Universiti Utara Malaysia (UUM). Saya dengan ini bersetuju membenarkan pihak perpustakaan Universiti Utara Malaysia mempamerkannya sebagai bahan rujukan umum. Saya juga bersetuju bahawa sebarang bentuk salinan sama ada secara keseluruhan atau sebahagian daripada tesis ini untuk tujuan akademik perlu mendapat kebenaran daripada penyelia tesis atau Dekan Awang Had Salleh Graduate School of Arts and Sciences terlebih dahulu. Sebarang bentuk salinan dan cetakan bagi tujuan komersial adalah dilarang sama sekali tanpa kebenaran bertulis daripada penyelidik. Pernyataan rujukan kepada penyelidik dan Universiti Utara Malaysia perlu dinyatakan jika rujukan terhadap disertasi ini dilakukan.

Kebenaran untuk menyalin atau menggunakan tesis ini sama ada secara sebahagian atau sepenuhnya hendaklah dipohon melalui:

Dekan Awang Had Salleh Graduate School of Arts and Sciences

UUM College of Arts and Sciences

Universiti Utara Malaysia

06010 UUM Sintok

Abstrak

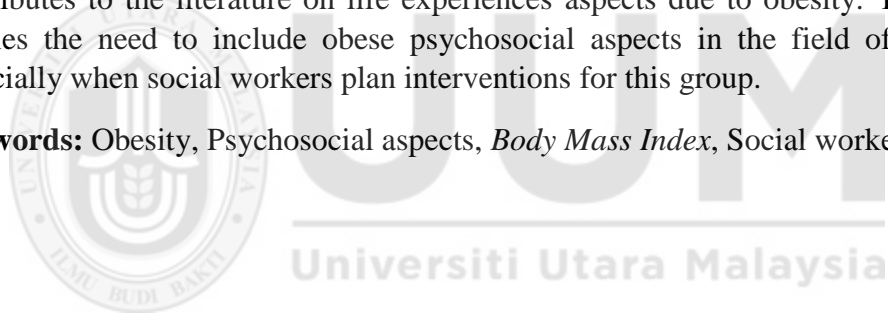
Obesiti telah dikenal pasti sebagai masalah kesihatan sejagat yang serius di seluruh dunia termasuk di negara maju dan sedang membangun. Malaysia telah tersenarai sebagai negara yang mempunyai penduduk obes tertinggi dalam kalangan negara Asia Tenggara dan negara ke-6 di rantau Asia Pasifik. Keadaan obesiti membebankan sistem penjagaan kesihatan, menjadi liabiliti kepada sumber ekonomi, dan memberi kesan ke atas aspek psikososial manusia. Kajian kualitatif ini bertujuan meneroka pandangan golongan obesiti terhadap aspek psikososial dengan memfokuskan kepada pengalaman hidup mereka. Tujuh orang perempuan dan tiga orang lelaki dalam lingkungan umur 26 hingga 45 tahun dengan *Body Mass Index* (BMI) ≥ 35 dipilih secara bertujuan berdasarkan populasi Klinik Diet, Hospital Sultanah Bahiyah, Alor Setar, Kedah. Hasil temu bual ditranskripsikan dan dianalisis secara tematik. Hasil analisis mendapati lima tema bagi aspek psikososial, iaitu stigma diskriminasi, faktor obesiti, pengalaman mengurangkan berat badan, kesejahteraan hidup terhad dan bebanan emosi. Dapatan kajian juga mendapati bahawa subjek kajian mempunyai pengalaman negatif dalam semua aspek kehidupan disebabkan oleh obesiti. Kajian ini menyumbang kepada ilmu berkaitan dengan aspek pengalaman kehidupan disebabkan oleh obesiti. Kajian juga memberi implikasi kepada perlunya melibatkan aspek psikososial golongan obes dalam bidang kerja sosial, khususnya dalam usaha pekerja sosial merancang intervensi kepada golongan ini.

Kata kunci: Obesiti, Aspek psikososial, *Body Mass Index*, Pekerja sosial.

Abstract

Obesity has been identified as a serious public health problem across the world including in developed and developing countries. Malaysia has been listed as the country with highest number of obese within South-East Asia and sixth in the Asia-Pacific Region. Obesity burdens the health care system, liable to economic resources, and affect the psychosocial aspect of human being. This qualitative study aims to explore the views of obese people in terms of psychosocial aspect focusing on their personal experiences. Seven females and three males aged 26 to 45 years with Body Mass Index (BMI) of ≥ 35 were purposely sampled from a population-based Klinik Diet at Hospital Sultanah Bahiyah, Alor Setar, Kedah. The interviews were transcribed and thematically analysed. The analysis indicated five themes for the psychosocial aspects, namely stigma and discrimination, factors of obesity, experience of losing weight, limited well-being and emotional burden. The findings also found that subjects in the study had negative life experiences in all aspects because of obesity. This study contributes to the literature on life experiences aspects due to obesity. The study also implies the need to include obese psychosocial aspects in the field of social work, especially when social workers plan interventions for this group.

Keywords: Obesity, Psychosocial aspects, *Body Mass Index*, Social worker.



Penghargaan

Syukur Alhamdulillah kerana akhirnya saya berjaya menyempurnakan kajian ini dalam tempoh yang ditetapkan. Sekalung penghargaan dan jutaan terima kasih khusus kepada penyelia saya, Prof. Madya Dr. Fuziah Shaffie yang telah banyak memberi bantuan, tunjuk ajar, nasihat dan tidak jemu memberi dorongan kepada saya sepanjang pelaksanaan kajian ini. Sokongan moral, kesabaran dan komitmen oleh beliau sepanjang pelaksanaan kajian ini amat saya hargai.

Ucapan terima kasih juga saya tujukan kepada pihak *National Medical Research Register* (NMRR) dan Hospital Sultanah Bahiyah, Alor Setar, Kedah kerana telah memberi kebenaran dan kerjasama yang baik untuk melaksanakan dan menjayakan kajian ini.

Penghargaan paling istimewa saya tujukan kepada ayahanda saya iaitu Alias Che Soda dan bonda saya, Jamilah Mohamed serta suami tercinta, Mohammad Azrip atas segala kasih sayang malah tidak jemu memberi dorongan terutamanya di waktu sukar dan tidak lupa juga pada anak yang disayangi, Muhammad Noah. Seterusnya, kepada semua saudara mara, adik beradik dan rakan-rakan seperjuangan di UUM yang turut memberi sokongan kepada saya serta para pensyarah di UUM yang turut sama terlibat secara langsung atau tidak langsung dalam menjayakan kajian ini. Sesungguhnya, jasa dan budi kalian amat saya hargai.

Senarai Kandungan

Kebenaran Mengguna.....	ii
Abstrak	iii
<i>Abstract</i>	iv
Penghargaan	v
Senarai Kandungan	vi
Senarai Jadual	vii
Senarai Rajah	viii
Senarai Singkatan.....	ix
BAB SATU PENDAHULUAN.....	1
1.1 Latar Belakang Kajian.....	2
1.2 Penyataan Masalah.....	4
1.3 Persoalan Kajian	8
1.4 Objektif Kajian.....	8
1.5 Kepentingan Kajian	9
1.6 Kepentingan Kajian Kepada Bidang Kerja Sosial	10
1.7 Kerangka Konsep Kajian.....	11
1.8 Definisi Konseptual	12
1.8.1 Obesiti	13
1.8.2 Psikososial.....	13
1.9 Rumusan	14
BAB DUA SOROTAN LITERATUR.....	15
2.0 Pendahuluan.....	15
2.1 Obesiti dan Kesihatan Fizikal.....	15
2.2 Obesiti dan Ekonomi.....	15
2.3 Stigma dan Diskriminasi.....	16
2.4 Faktor Obesiti.....	20
2.4.1 Aktiviti Fizikal	20
2.4.2 Makanan Segera.....	21
2.4.3 Genetik.....	23

2.4.4 Psikologi	24
2.5 Ejekan dan Tingkah Laku Buli	25
2.6 Pengasingan sosial	28
2.7 Kemurungan.....	30
2.8 Penghargaan Kendiri.....	33
2.9 Imej tubuh badan.....	35
2.10 Diet dan Gangguan Pemakanan	37
2.11 Kualiti Kehidupan	39
2.12 Intervensi Berkaitan Obesiti	41
2.13 Peranan Pekerja Sosial Berkaitan Obesiti	43
2.14 Teori Tingkah Laku Terancang.....	44
2.15 Rumusan	48
BAB TIGA METODOLOGI.....	50
3.0 Pendahuluan.....	50
3.1 Subjek Kajian.....	50
3.2 Prosedur Kajian.....	51
3.3 Reka Bentuk Kajian	52
3.4 Lokasi Kajian.....	53
3.5 Pengumpulan Data.....	53
3.6 Kajian Rintis	54
3.7 Instrumen Kajian.....	55
3.8 Analisis Data.....	56
3.9 Isu Etika.....	56
3.10 Rumusan	57
BAB EMPAT DAPATAN KAJIAN.....	58
4.0 Pendahuluan.....	58
4.1 Profil Individu Obes.....	58
4.1.1 Latar Belakang Subjek Kajian.....	59
4.1.1.1 Subjek A	60
4.1.1.2 Subjek B.....	60
4.1.1.3 Subjek C	60

4.1.1.4 Subjek D.....	61
4.1.1.5 Subjek E.....	61
4.1.1.6 Subjek F.....	61
4.1.1.7 Subjek G.....	61
4.1.1.8 Subjek H.....	61
4.1.1.9 Subjek I.....	62
4.1.1.10 Subjek J.....	62
4.2 Tema Hasil Kajian.....	62
4.2.1 Isu Psikososial.....	64
4.2.1.1 Stigma dan Diskriminasi.....	64
4.2.1.2 Faktor Obesiti.....	67
4.2.2 Kesan Psikososial.....	69
4.2.2.1 Kesejahteraan Hidup Terhad.....	69
4.2.2.2 Bebanan Emosi.....	73
4.2.3 Reaksi Individu Obes.....	76
4.2.3.1 Pengalaman Mengurangkan Berat Badan.....	77
4.3 Rumusan.....	80
BAB LIMA PERBINCANGAN, CADANGAN DAN RUMUSAN.....	79
5.0 Pendahuluan.....	81
5.1 Isu Psikososial Yang Dialami Oleh Individu Obes.....	81
5.2 Kesan Psikososial Yang Dialami Oleh Individu Obes.....	86
5.3 Reaksi Individu Obes Terhadap Keadaan Obesiti.....	89
5.4 Peranan Pekerja Sosial Terhadap Obesiti.....	91
5.5 Implikasi Kajian Terhadap Praktis Kerja Sosial.....	91
5.6 Limitasi Kajian.....	92
5.8 Cadangan Kajian Akan Datang.....	93
5.9 Kesimpulan.....	93
RUJUKAN.....	96

Senarai Jadual

Jadual 1.1 Formula BMI	3
Jadual 1.2 Klasifikasi Obesiti Populasi Asia	4
Jadual 4.1 Profil Pesakit Obes	59
Jadual 4.2 Petikan Temu Bual Pengalaman Stigma Dan Diskriminasi	65
Jadual 4.3 Petikan Temu Bual Isu Stigma Masyarakat.....	65
Jadual 4.4 Petikan Temu Bual Isu Stigma Ahli Keluarga	66
Jadual 4.5 Petikan Temu Bual Isu Stigma Majikan	66
Jadual 4.6 Petikan Temu Bual Aktiviti Fizikal Yang Rendah	67
Jadual 4.7 Petikan Temu Bual Amalan Pemakanan Tidak Sihat.....	68
Jadual 4.8 Petikan Temu Bual Keturunan.....	69
Jadual 4.9 Petikan Temu bual Pergerakan Fizikal Terhadap.....	71
Jadual 4.10 Petikan Temu Bual Penampilan Diri	72
Jadual 4.11 Petikan Temu Bual Kebersihan Diri.....	73
Jadual 4.12 Petikan Temu Bual Emosi Sedih	74
Jadual 4.13 Petikan Temu Bual Emosi Marah.....	75
Jadual 4.14 Petikan Temu Bual Emosi Kecewa	76
Jadual 4.15 Petikan Temu Bual Kegagalan Percubaan Mengurangkan Berat Badan.....	77
Jadual 4.16 Petikan Temu Bual Kaedah Mengurangkan Berat Badan	77

Senarai Rajah

Rajah 1.1 Kerangka konsep kajian.....	11
Rajah 2.1 Teori Tingkah Laku Terancang.....	45
Rajah 4.1 Tema hasil kajian.. ..	63



Senarai Singkatan

BED	<i>Binge Eating Disorder</i>
BMI	<i>Body Mass Index</i>
HRQOL	<i>Health Related Quality of Life</i>
HSB	Hospital Sultanah Bahiyah
IKU	Institut Kesihatan Umum
KKM	Kementerian Kesihatan Malaysia
NASW	<i>National Association of Social Workers</i>
NHMS	<i>National Health and Morbidity Survey</i>
NMRR	<i>National Medical Research Register</i>
UPM	Universiti Putra Malaysia
WHO	<i>World Health Organisation</i>



UUM
Universiti Utara Malaysia

Senarai Lampiran

Appendiks A Kebenaran menjalankan kajian dari UUM	113
Appendiks B Kebenaran menjalankan kajian dari NMRR.....	114
Appendiks C Kebenaran responden untuk di temu bual.....	116



BAB SATU

Pengenalan

1.0 Pendahuluan

Peningkatan obesiti sebanyak dua hingga tiga kali ganda dalam tempoh tiga dekad di seluruh dunia telah menunjukkan bahawa obesiti merupakan masalah kesihatan yang sangat serius (Walls, Backholer, Proietto & McNeil, 2012). Sebagai negara yang sedang mengalami perkembangan industri dan pembangunan pesat, Malaysia tidak terkecuali daripada terlibat dengan masalah ini. Malaysia telah tersenarai sebagai negara yang mempunyai penduduk obes paling tinggi dalam kalangan ASEAN dan tempat ke-6 di rantau Asia Pasifik (Kementerian Kesihatan Malaysia, 2015). Obesiti juga sering dikaitkan dengan peningkatan risiko terhadap penyakit yang mempengaruhi kualiti hidup manusia seperti diabetes, kardiovaskular, strok, hipertensi, masalah sendi, pelbagai jenis kanser dan kesihatan mental (Guh, Zhang, Bansback, Amarsi & Birmingham, 2009). Malahan, sebagai keadaan yang sukar untuk ditangani, obesiti turut meningkatkan kos kesihatan, mengurangkan produktiviti dan ekonomi negara (Cawley & Mayerhoefer, 2012).

Keadaan obesiti berlaku apabila berlakunya pengumpulan tisu adipos (lemak) dalam tubuh badan berikutan oleh pengambilan kalori yang tidak seimbang dengan kadar tenaga yang diperlukan (Barbour, 2011). Terdapat pelbagai faktor yang bertanggungjawab menjelaskan keadaan obesiti. Menurut Sylvia (2013), keadaan obesiti bergantung kepada

The contents of
the thesis is for
internal user
only

RUJUKAN

- Ajzen, I. & Driver, B.L. (1992). Application of the theory of planned behavior to leisure choice. *Journal of Leisure Research*, 24, 207-224.
- Ajzen, I. & Fishbein, M. (1980). *Understanding attitudes and predicting social behavior*. New Jersey: Prentice- Hall.
- Ajzen, I. (1991). The theory of planned behavior. *Organizational Behavior & Human Decision Processes*, 50(2), 179-211.
- Ajzen, I. (2005). *Attitudes, personality and behavior*. 2nd edition. New York: Open University Press.
- Alvarado, M., Murphy, M.M., & Guell, C. (2015). Barriers and facilitators to physical activity amongst overweight and obese women in an afro-caribbean population: a qualitative study. *International Journal of Behavioral Nutrition and Physical Activity*, 12(97), doi: 10.1186/s12966-015-0258-5.
- An, R. (2016). Fast-food and full-service restaurant consumption and daily energy and nutrient intakes in US adults. *European Journal of Clinical Nutrition*, 70, 97–103, doi:10.1038/ejcn.2015.104
- Anderson, D.A. & Wadden, T. A. (1999). Treating the obese patient: suggestions for primary care practice. *Archives of Family Medicine*, 8, 156-167.
- Ashmore, J.A., Friedman, K.E., Reichman, S.K., & Musante, G.J. (2008). Weight based stigmatization, psychological distress, and binge eating behaviour among obese treatment seeking adult. *Eating Behavior*, 9(2), 203-209.
- Ata, R.N. & Thompson, J.K. (2010). Weight bias in the media: a review of recent research. *Obesity Facts*, 3(1), 41-61. doi: 10.1159/000276547
- Barbour, S. (2011). *Obesity*. Farmington Hills, MI: Greenhave Press.
- Bauer, K.W., Yang, Y.W., & Austin, S.B. (2004). How can we stay healthy when you're throwing all this in front of us? Findings from focus groups and interviews in middle schools on environmental influences on nutrition and physical activity. *Health and Education Behavior*, 31, 34-36.
- Bergh, I., Simonsson, B., & Ringqvist, I. (2005). Social background, aspects of lifestyle,

body image, relations, school situation, and somatic and psychological symptoms in obese and overweight 15-year-old boy in a county in Sweden. *Scandinavian Journal of Primary Health Care*, 23, 95-101.

- Berry, D., Sheehan, R., Heschel, R., Knafl, K., Melkus, G., & Grey, M. (2004). Family-based interventions for childhood obesity: a review. *Journal of Family Nursing*, 10(4), 429-449.
- Bocca, G., Kuitert, M., Sauer, P., Stolk, R., Flapper, B., & Corpeleijn, E. (2014). A multidisciplinary intervention programme has positive effects on quality of life in overweight and obese pre-school children. *Acta Paediatr*, 103(9), 962-967.
- Boneberger, A., von Kries, R., Milde-Bush, A., Bolte, G., Rochat, M., & Ruckinger, S. (2009). Association between peer relationship problems and childhood overweight/obesity. *ACTA Paediatrica*, 98, 1950-1955.
- Boodai, S.A., & Reilly, J.J. (2013). Health related quality of life adolescents in Kuwait. *BMC Pediatrics*, 13, 105. doi: 10.1186/1471-2431-13-105.
- Braithwaite, I., Stewart, A.W., Hancox, R.J., Beasley, R., Murphy, R., & Mitchell, E.A. (2014). Fast-food consumption and body mass index in children and adolescents: an international cross-sectional study. *BMJ Open*, 4 (12), e005813. doi:10.1136/bmjopen-2014-005813
- Bryman, A. (2004). *Social research methods*. Oxford: University Press.
- Campbell, A., & Hausenblas, H. (2009). Effects of exercise interventions on body image: A meta-analysis. *Journal of Health and Psychology*, 14, 780-793.
- Carr, D., & Friedman, M.A. (2005). Is obesity stigmatizing? Body weight, perceived discrimination, and psychological well-being in the United States. *Journal of Health and Social Behavior*, 46 (3), 244-259.
- Cawley, J. & Mayerhoefer, C. (2012). The medical care costs of obesity: an instrumental variables approach. *Journal of Health Economics*, 31(1), 219-230. doi: 10.1016/j.jhealeco.2011.10.003
- Chua Yian Piaw. (2006). *Kaedah dan statistik penyelidikan: asas statistik penyelidikan buku 2*, Kuala Lumpur: McGraw-Hill (Malaysia) Sdn. Bhd.
- Colditz, G.A. (1992). Economic costs of obesity. *American Journal of Clinical Nutrition*, 55 (Suppl 2), 503S-507S.
- Corbin, J., & Strauss, A. (2014). *Basic of qualitative research: grounded theory*

procedures and techniques. London: Sage Publications.

- Creswell, J.W. (2012). *Educational research: planning, conducting and evaluating quantitative and qualitative research (4th ed.)*. Boston: Pearson.
- Davis, B., & Carpenter, C. (2009). Proximity of fast-food restaurants to schools and adolescent obesity. *American Journal of Public Health, 99*(3), 505-510.
- Dallman, M.F. (2010). Stress-induced obesity and the emotional nervous system. *PMC, 21*(3), 159-165. doi: 10.1016/j.tem.2009.10.004
- Daniels, S.R. (2006). The consequences of childhood overweight and obesity. *The Future of Children, 16*(1), 47-67. Retrieved from <http://www.jstor.org/stable/3556550>.
- Drewnowski, A. (2009). Obesity, diet, and social inequalities. *Nutrition Reviews, 67*(Suppl 1), S36–39. doi:10.1111/j.1753-4887.2009.00157.x
- Eisenberg, M. E., Neumark-Sztainer, D., & Story, M. (2003). Associations of weight-based teasing and emotional well-being among adolescents. *Archives of Pediatrics & Adolescent Medicine, 157*, 733-738.
- Eisenberg, M. E., Neumark-Sztainer, D., Haines, J., & Wall, M. (2006). Weight-teasing and emotional well-being in adolescents: Longitudinal findings from Project EAT. *Journal of Adolescent Health, 38*, 675-683.
- Elfhag, K. & Rossner, S. (2005). Who succeeds in maintaining weight loss? A conceptual review of factors associated with weight loss maintenance and weight regain. *Obesity Reviews, 6*(1), 67-85.
- Eliadis, E. (2006). The role of social work in the childhood obesity epidemic. *Commentary, 51*(1), 86-88.
- Erermis, S., Cetin, N., Tamar, M., Bukusoglu, N., Akdeniz, F., & Gokses, D. (2004). Is obesity a risk factor for psychopathology among adolescents? *Pediatrics International, 46*(3), 296-301.
- Fabris de Souza, S.A., Faintuch, J., Valezi, A.C., Sant'Anna, A.F., Gama-Rodrigues, J.J., de Batista Fonseca, I.C. (2005). Postural changes in morbidly obese patients. *Obese Surgery, 15*, 1013-1016.
- Falkner, N.H., Neumark-Sztainer, D., Story, M., Jeffery, R.W., Buehring, T., & Resnick, M.D. (2001). Social, educational, and psychological correlates of weight status in adolescents. *Obesity Research, 9*, 32-42.

- Farah Wahida Rezali, Yit Siew Chin & Bakaratus Nisak Mohd Yusof. (2012). Obesity-related behaviors of Malaysian adolescents: a sample from Kajang district of Selangor state. *Nutrition Research Practice*, 6(5): 458-465 doi: 10.4162/nrp.2012.6.5.458.
- Field, A., Austin, S., Taylor, C., Malspeis, S., Rosner, B., & Rockett, H. (2003). Relation between dieting and weight change among preadolescents and adolescents. *Pediatrics*, 112(4), 900-906.
- Field, A., Austin, S., Taylor, C., Malspeis, S., Rosner, B., & Rockett, H. (2003). Relation between dieting and weight change among preadolescents and adolescents. *Pediatrics*, 112(4), 900-906.
- Finkelstein, E.A., Ruhm, C.J., & Kosa, K.M. (2005). Economic causes and consequences of obesity. *Annual Review Public Health*, 26, 239– 257.
- Fishbein, M., & Ajzen, I. (1975). *Belief, attitude, intention, and behavior: an introduction to theory and research*. MA: Addison-Wesley.
- Flegal, K.M., Graubard, B.I., Williamson, D.F., & Gail, M.H. (2005). Excess death associated with underweight, overweight, and obesity. *JAMA: The Journal of the American Medical Association*, 293(15), 1861-1867.
- Flodmark, C.E., Lissau, I., Moreno, L.A., Pietrobelli, A., & Widhalm, K. (2004). New insights into the field of children and adolescent's obesity: the European perspective. *International of Journal Obesity and Related Metabolic Disorder*, 28 (10), 1189-1196. doi:10.1038/sj.ijo.0802787.
- Friedman, J.M. (2009). Leptin at 14 years of age: an ongoing story. *American Journal of Clinical Nutrition*, 89 (Supplement), 973S-979S.
- Friedman, M.A. & Brownell, K.D. (1995). Psychological correlates of obesity: moving to the next research generation. *Psychological Bulletin*, 117(1), 3-20.
- Gabrielson, S. (2008). Men's experiences of living with obesity. Department of Nursing Sciences. Lulea University of Technology.
- Geliebter, A. & Aversa, A. (2003). Emotional eating in overweight, normal weight, and underweight individuals. *Eating Behaviors*, 3, 341-347.
- George, M.N.T. (2005). Stress, psychosocial factors, and the outcomes of anxiety, depression, and substance abuse in rural adolescents (Doctoral dissertation). Retrieved from <http://d-scholarship.pitt.edu/9282/1/georgenmt2005.pdf>

- Gitau, T.M., Micklesfield, L.K., Pettifor, J.M., & Norris, S.A. (2014). Ethnic differences in eating attitudes, body image and self-esteem among adolescent females living in urban South Africa. *Journal of Psychiatry, 17*, 468-474. doi: <http://dx.doi.org/10.4172/1994-8220.1000101>
- Glanz, K., J.F. Sallis, B.E. Saelens, & L.D. Frank. (2005). Healthy nutrition environments: concepts and measures. *American Journal of Health Promotion, 19*, 330-333.
- Goldfield, G., Moore, C., Henderson, K., Bucholz, A., Obeid, N., & Falment, M. (2010). Body dissatisfaction, dietary restraint, depression and weight status in adolescents. *Journal of School Health, 80*(4), 186-192.
- Griffiths, L., Parson, T., & Andrew, H. (2010). Self-esteem and quality life in obese children and adolescents: a systematic review. *International Journal of Pediatric Obesity, 5*(4), 282-304.
- Griffiths, L., Wolke, D., Page, A., Horwood, T. & the ALSPAC Study Team. (2006). Obesity and bullying: different effects for boys and girls. *Archives of Disease in Childhood, 91*(2), 121-125.
- Grimladi, D., & Van Etten, D. (2010). Psychosocial adjustment following weight loss surgery. *Journal of psychosocial nursing and mental health services, 48*(3), 24-29.
- Guest, G., MacQueen, K., & Namey, E. (2012). *Applied thematic analysis*. Thousand Oaks. CA: Sage.
- Guest, G., Namey, E.E., & Mitchell, M.L. (2013). *Collecting Qualitative Data: A field manual for applied research*. United States: Sage Publications.
- Guh, D., Zhang, W., Bansback, N., Amarsi, Z., & Birmingham, C.L. (2009). The incidence of co-morbidities related to obesity and overweight: a systematic review and meta-analysis. *BMC Public Health, 9*(8), 80-88. doi: 10.1186/1471-2458-9-88
- Guyatt, G.H., & Feeny, D.H. (1993). Measuring health-related quality of life. *Annals International Medical, 118*(8), 622-629. doi:10.7326/0003-4819-118-8-199304150-00009
- Haines, J., & Neumark-Sztainer, D. (2006). Prevention of obesity and eating disorders: a consideration of shared risk factors. *Health Education Research, 21*, 770-

- Haines, J., Neumark-Sztainer, D., Eisenberg, M., & Hannan, P. (2006). Weight teasing and disordered eating behaviors in adolescents: Longitudinal findings from projects EAT (Eating Among Teens). *Pediatrics, 117*(2), e209-e215.
- Hamzaid, H., Talib, R.A., Azizi, N.H., Maamor, N., Reilly, J.J., & Wafa, S.W. (2011). Quality of life of obese children in Malaysia. *International Journal of Pediatrics Obesity, 6*, 450-454.
- Hayden-Wade, H.A., Stein, R.I., Ghaderi, A., Saelens, B.E., Zabinski, M.F., & Wilfey, D.E. (2005). Prevalence, characteristics, and correlates of teasing experiences among overweight children vs. non-overweight peers. *Obesity Research, 13*, 1381-1392.
- Hebi, M.R., & Xu, J. (2001). Weighing the care: physician reaction to the size of a patient. *Journal of the International Association for the Study of Obesity, 25* (8), 1246-1252.
- Herva, A., Laitinen, J., Miettunen, J., Veijola, J., Karvonen, J.T., Lakshy, K., & Joukamaa, M. (2006). Obesity and depression: results from the longitudinal Northern Finland 1966 Birth Cohort Study. *International Journal of Obesity, 3*, 520-527.
- Heuer, C.A., McClure, K.J., Puhl, R.M. (2011). Obesity stigma in online news: a visual content analysis. *Journal of Health Communication, 16*, 976-987. doi: 10.1080/10810730.2011.561915
- Israel, A., & Ivanova, M. (2002). Global and dimensional self-esteem in preadolescent and early adolescent children who are overweight: age and gender differences. *International Journal of Eating Disorders, 3*, 424-429. doi: 10.1002/eat.100448.
- Institut Kesihatan Umum (IKU). *Kajian morbiditi dan kesihatan kebangsaan. (2015) Nutritional Status. Kementerian Kesihatan Malaysia. Retrived from <http://www.moh.gov.my/index.php/pages/view/1142>*
- Institut Kesihatan Umum (IKU). *National Health and Morbidity Survey (2011) Nutritional Status. Ministry of Health, Malaysia. Retrived from <http://www.moh.gov.my/index.php/pages/view/1142>*
- Janssen, I., Craig, W., Boyce, W., & Pickett, W. (2004). Associations between

- overweight and obesity with bullying behaviors in school aged children. *Pediatrics*, 113(5), 1187-1194.
- Jestad, S.J., Boutelle, K.N., Ness, K.K., & Stice, E. (2010). Prospective reciprocal relations between physical activity and depression in female adolescents. *Journal of Consulting Clinical Psychology*, 78(2), 268–272.
- Jodkowska, M., Oblacinska, A., Tabak, I., & Radiukiewicz, K. (2010). The role of physical education teachers to support overweight and obese pupils. *Medycyna Wieku Rozwoj*, 4(2), 197-206.
- Kamil Abidalhussain Aboshkair, Saidon Amri, Kok Lian Yee, & Bahaman Abu Samah. (2011). Assessment of weight status of secondary school children in Selangor, Malaysia. *Australian Journal of Basic and Applied Sciences*, 5(9), 1675-1682.
- Karasu, S.R. & Karasu, T.B. (2010). *The gravity of weight: a clinical guide to weight loss and maintenance*. Washington: American Psychiatric Publishing.
- Keating, C.L., Moodie, M.L., & Swinburn, B.A. (2011). The health-related quality of life overweight and obese adolescents-a study measuring body mass index and adolescent-reported perceptions. *International Journal of Paediatric Obesity*, 6 (5-6), 434-441. doi: 10.3109/17477166.2011.590197.
- Keery, H., Boutelle, K., van den Berg, P., & Thompson, J. K. (2005). The impact of appearance-related teasing by family members. *Journal of Adolescent Health*, 37 (2), 120-127.
- Kementerian Kesihatan Malaysia. (2015). Retrieved from <http://aktif.myhealth.gov.my/>
- Kim, O., & Kim, K. (2001). Body weight, self-esteem, and depression in Korean female adolescents. *Adolescence*, 36(142), 315-322.
- Kiviruusu, O., Kontinen, H., Huurre, T., Aro, H., Marttunen, M. & Haukkala, A. (2016). Self-esteem and body mass index from adolescence to mid-adulthood. A 26-year follow-up. *International Journal of Behavioral Medicine*, 23(3), 355-363.
- Kristjansson, A.L., Sigfusdottir, I.D., & Allegrante, J.P. (2010). Health behavior and academic achievement among adolescents: the relative contribution of dietary habits, physical activity, body mass index, and self-esteem. *Health Education*

and Behavior, 37(1), 51-64. doi: 10.1177/1090198107313481

- Kruger, D.J., Greenbergh, E., Murphy, J.B., DiFazio, L.A., & Youra, K.R. (2014). Local concentration of fast-food outlets is associated with poor nutrition and obesity. *America Journal of Health Promotion*, 28(5), 340-343. doi: 10.4278/ajhp.111201-QUAN-437.
- Kruger, J., Galuska, D.A., Serdula, M.K., & Jones, D.A. (2004). Attempting to lose weight: specific practices among U.S. adults. *American Journal of Preventive Medicine*, 26(5), 402-406.
- Kutob, R.M., Senf, J.H., Crago, M., & Shisslak, C.M. (2010). Concurrent and longnitunidal predictors of self esteem in elementary and middle school girls. *Journal Science of Health*, 80 (5), 240-248. doi: 10.1111/j.1746-1561.2010.00496.x.
- Lewis, S., Thomas, S.L., Blood, R.W., Castle, D.J., Hyde, J., & Komesaroff, P.A. (2011). How do obese individuals perceive and respond to the different type of obesity stigma that they encounter in daily lives? a qualitative study. *Social Science and Medicine*, 73(9), 1349-1356.
- Luppino, F.S., de Wit, L.M., Bouvy, P.F., Stijnen, T., Cuijpers, P., Penninx, B.W., & Zitman, F.G. (2010). Overweight, obesity, and depression: a systematic review and meta analysis of logitudinal studies. *Archives of General Psychiatry*, 67 (3): 220-229. doi: 10.1001/archgenpsychiatry.2010.2.
- Lincoln, Y., & Guba, E. (1985). *Naturalistic inquiry*. Beverly Hills CA: Sage Publication.
- Loveman, E., Frampton, G.K., Shepherd, J., Picot, J., Cooper, K., Bryant, J. Welch, K. & Clegg, A. (2011). The clinical effectiveness and cost-effectiveness of long-term weight management schemes for adults: a systematic review. *Health Technology Assessment*, 15(2): 1-182.
- Lawrence, S., Hazlett, R. & Hightower, P. (2010). Understanding and acting on the growing childhoofd and adolescent weight crisis: a role for social work. *Health and Social Work*, 35(2), 147-153.
- Markey, C. N., & Markey, P. M. (in press). Body Image. In. R. Levesque (Ed.) *Encyclopedia of Adolescence*.
- MacLean, L., Edwards, N., Garrad, M., Sims-Jones, N., Clinton, K., & Ashley, L. (2009). Obesity, stigma and public health. *Health Promo International*, 24

(1), 88-93.

- Magallares, A., Morales, J.F., & Rubio, M.A. (2011). The effect of work discrimination on the well-being of obese people. *International Journal of Psychology and Psychological Therapy*, 11(2), 255-267.
- Mahathevan, R. (2007). The obesity epidemic in Malaysia: seeking solutions through public health interventions and policies. *Malaysian Journal of Public Health Medicine*, 7(2), 2-3.
- Martin, J. (2010). The development of ideal body image perceptions in the United States. *Nutrition Today*, 45(3), 179-186.
- Martins, C.R., Delegrani, A., Matheus, S.C., & Petroski, E.L. (2010). Body image dissatisfaction and its relationship with nutritional status, body fat and anorexia and bulimia symptoms in adolescents. *Rev de Psiquiatr Rio Gde Sul*, 32(1), 132-135.
- McClure, A.C., Tanski, S.E., Gerrard, M., & Sargent, J.D. (2010). Characteristics associated with low self-esteem among US adolescents. *Academic Pediatrics*, 10(4), 238-244.e2 doi: 10.1016/j.acap.2010.03.007
- McGregor, S., McKenna, J., Gately, P. & Hill, A.J. (2016). Self-esteem outcomes over summer camp for obese youth. *Pediatric Obesity*, DOI: 10.1111/ijpo.12093
- Miller, T., Birch, M., Mauthner, M., & Jessop, J. (Eds). (2012). *Ethics in qualitative research*. London: Sage Publications.
- Mohamud, W.N.W., Musa, K.I., Khir, A.S.M., Ismail, A.A.S., Ismail, I.S., Kadir, K.A., ... Bebakar, W.M.W. (2011). Prevalence of overweight and obesity among adult Malaysians: an update. *Asia Pacific Journal Clinical Nutrition*, 20(1), 35-41.
- Montgomerie, A.M., Chittleborough, C.R., & Taylor, A.W. (2014). Physical inactivity and incidence of obesity among south australian adults. *PLoS ONE*, 9 (11), e112693. doi:10.1371/journal.pone.0112693
- Mooney, E., Farley, H., & Strugnell, C. (2009). A qualitative investigation into the opinions of adolescent females regarding their body image concerns and dieting practices in the Republic of Ireland (ROI). *Appetite*, 52, 485-491.
- Moroshko, I., Brennan, L., & O'Brien, P. (2011). Predictors of dropout in weight loss interventions: a systematic review of the literature. *Obesity Reviews*, 12(11):

- Musher-Eizenman, D.R. & Holub, S.C. (2007). Comprehensive feeding practices questionnaire: validation of a new measure of parental feeding practices. *Journal of Pediatric Psychology, 32*, 960–972.
- Nemiary, D., Shim, R., Mattox, G., & Holden, K. (2012). The relationship obesity and depression among adolescents. *Psychiatric Annals, 42*(8), 305-308. doi: 10.3928/00485713-20120806-09.
- Neuman, W.L. (2000). *Social research methods: qualitative and quantitative approaches*. Boston: Allyn & Bacon.
- Neumark-Sztainer, D., Falkner, N., Story, M., Perry, C., Hannan, P., & Mulert, S. (2002). Weight teasing among adolescents: correlation with weight status and disordered eating behaviors. *International Journal of Obesity, 26*, 123-131.
- Neumark-Sztainer, D., Wall, M., Guo, J., Story, M., Haines, J. & Eisenbergh, M. (2006). Obesity, disordered eating, and eating disorders in a longitudinal study of adolescents: How do dieters fare 5 years later? *Journal of American Dietetic Association, 106*, 559-568.
- Neumark-Sztainer, D., Wall, M., Haines, J., Story, M., Sherwood, N., & van der Bergh, P. (2007). Shared risk and protective factors for overweight and disordered eating in adolescents. *American Journal of Preventive Medicine, 33*(5), 359-369.
- Norliza Ibrahim, Foong Min Moy, Intan Attikah Nur Awalludin, Zainuddin Ali, & Ikram Shah Ismail. (2014). The health-related quality of life among pre-diabetics and its association with body mass index and physical activity in a semi-urban community in Malaysia-a cross sectional study. *BMC Public Health, 14*(298), doi:10.1186/1471-2458-14-298
- Nyman, V.M.K., Prebensen, A.K., Gullvi, E.M. (2010). Obese women's experience of encounters with midwives and physicians during pregnancy and childbirth. *Midwifery, 26*, 424–429. doi: 10.1016/j.midw.2008.10.008. PMID:19100667
- Ofei, F. (2005). Obesity- a preventable disease. *Ghana Medical Journal, 39* (3), 98-101.
- Ofei, F. (2007). Obesity-a preventable disease. *Ghana Medical Journal, 41*(3), 145.
- Ogden, C.L., Yanovski, S.Z., Carroll, M.D., & Flegal, K.M. (2007). The epidemiology

of obesity. *Gastroenterology*, 132(1), 2087-102.

- Okop, K.F., Mukumbang, F.C., Mathole, T., Levitt, N. & Puoane, T. (2016). Perceptions of body size, obesity threat and the willingness to lose weight among black south African adults: a qualitative study. *BMC Public Health*, 16(365), 1-13.
- Orth, U., Robins, R.W., Widaman, K.F., & Conger, R.D. (2014). Is low self-esteem a risk factor for depression? Findings from a longitudinal study of Mexican-origin Youth. *Developmental Psychology*, 50(2): 622-633.
- Ozier, A.D., Kendrick, O.W., Knol, L.L., Leeper, J.D., Perko, M., & Burnham, J. (2007). The eating and appraisal due to emotions and stress (EADES) questionnaire: development and validation. *Journal of the American Dietetic Association*, 107(4), 619-628.
- Palmeira, A.L., Branco, T.L., Martins, S.C., Minderico, C.S., Silva, M.N., Vieira, P.N., Barata, J.T., Serpa, S.O., Sardinha, L.B., Teixeira, P.J. (2010). Change in body image and psychological well-being during behavioral obesity treatment: association with weight loss and maintenance. doi: 10.1016/j.bodyim.2010.03.002
- Pan, L., Freedman, D.S., Gillespie, C., Park, S., & Sherry, B. (2011). Incidences of obesity and extreme obesity among US adults: findings from the 2009 behavioral risk factor surveillance system. *Population Health Metrics*, 9, 56. doi: 10.1186/1478-7954-9-56
- Park, .BH., Lee, M.S., & Hong, J.Y. (2009). The stages of physical activity and exercise behavior: an integrated approach to the theory of planned behavior. *Asia Pacific Journal of Public Health*, 21, 71-83.
- Pearce, M., Boergers, J., & Prinstein, M. (2002). Adolescent obesity, overt and relational peer victimization and romantic relationship. *Obesity Research*, 10(5), 386-393.
- Pinhas-Hamiel, O., Singer, S., Pilpel, N., Fradkin, A., Modan, D., & Reichman, B. (2006). Health-related quality of life among children and adolescents: associations with obesity. *International Journal of Obesity*, 30(2): 267-272.
- Pitayatienanon, P., Butchon, R. , Yothasamut, J., Aekplakorn, W., Teerawattananon, Y., Suksomboon, N. & Thavorncharoensap, M. (2016). Economic costs of

- obesity in Thailand: a retrospective cost-of-illness study. *BMC Health Services Research*, 14, 146, 1-7.
- Poeta, L.S., Duarte Mde, F., Giuliano Ide, C., & Mota, J. (2013). Interdisciplinary intervention in obese children and impact on health and quality of life. *Journal of Pediatric*, 89(5), 499-504.
- Pratt, L.A. & Brody, D.J. (2014). Depression and obesity in the U.S adulthood population, 2005-2010. *NCHS Data Brief*, 167(10), 1-8.
- Presnell, K., Bearman, S., & Stice, E. (2004). Risk factors for body dissatisfaction in adolescent boys and girls: a prospective study. *International Journal of Eating Disorders*, 36, 389-401.
- Puhl, R., & Heuer, C.A. (2009). The stigma of obesity: a review and update. *Obesity*, 17, 941-964.
- Puhl, R.M. & Brownell, K.D. (2003). Psychosocial origins of obesity stigma: towards changing a powerful and pervasive bias. *Obesity Reviews*, 4(4), 213-227.
- Puhl, R.M. & Brownell, K.D. (2006). Confronting and coping with weight stigma: an investigation of overweight and obese adults. *Obesity (Silver Spring)*, 14(10), 1802-1815.
- Puhl, R.M., & Brownell, K.D. (2006). Confronting and coping with weight stigma: an investigation of overweight and obese adults. *Obesity (Silver Spring)* 14, 1802-1815. doi: 10.1038/oby.2006.208
- Puhl, R.M., & Heur, C.A. (2010). Obesity stigma: important consideration for public health, *American Journal of Public Health*, 100(6), 1019-1027.
- Puhl, R.M., & Latner, J.D. (2007). Stigma, obesity, and the health of the nation's children. *Psychology Bulletin*, 133, 557-580.
- Puhl, R.M., Luedicke, J., & Heuer, C. (2011). Weight-based victimization toward overweight adolescents: observations and reactions of peers. *Journal of School Health*, 81(11), 696-703.
- Puhl, R.M., Moss-Racusin, C.A., & Schwartz, M.B. (2007). Internalization of weight bias: implications for binge eating and emotional well-being. *Obesity*, 15, 19-23.
- Raj, M., & Kumar, R.K. (2010). Obesity in children & adolescents. *Indian Journal*

Medical Research, 132(5), 598-607.

- Rampal, L., Rampal, S., Geok Lin Khor, Azhar Md Zain, Shafie Ooyub, Ramlee Rahmat, Siraioon Noor Ghani, & Krishnan, J. (2007). A national study on the prevalence of obesity among 16127 Malaysian, *Asia Pacific Journal of Clinical Nutrition*, 16(3), 561-566.
- Rancangan Malaysia Ke-10 (2011). Retrieved from <http://www.epu.gov.my/tenth-malaysia-plan-10th-mp->
- Rankinen, T., Perusse, L., Weisnagel, S.J., Snyder, E.E., Chagnon, Y.C., & Bouchard, C. (2002). The human obesity gene map: the 2001 update. *Obesity Research*, 10(3), 196-243.
- Richardson, L. P., Davis, R., Poulton, R., McCauley, E., Moffitt, T. E., & Caspi, A. (2003). A longitudinal evaluation of adolescent depression and adult obesity. *Archives of Paediatrics & Adolescent Medicine*, 157(8), 739-745.
- Rieger, E., Dean, H.Y., Steinbeck, K.S., Caterson, I.D., & Manson, E. (2009). The use of motivational enhancement strategies for the maintenance of weight loss among obese individuals: a preliminary investigation. *Diabetes Obes Metab*, 11(6), 637-640.
- Robson, C. (1993). *Real world research*. Oxford: Blackwell.
- Roehling, M.V., Roehling, P.V., & Pichler, S. (2007). The relationship between body weight and perceived weight-related employment discrimination: the role of sex and race. *Journal of Vocational Behavior*, 71, 2007, 300-318. doi:10.1016/j.jvb.2007.04.008
- Rutters, F., Nieuwenhuizen, A.G., Lemmens, S.G., Born, J.M., Westerterp-Plantenga, M.S. (2009). Acute stress-related changes in eating in the absence of hunger. *Obesity (Silver Spring)*, 17(1), 72-77.
- Sabitha Marican. (2006). *Kaedah penyelidikan sains sosial*. Selangor: Prentice Hall Pearson Sdn. Bhd.
- Sach, T.H., Barton, G.R., Doherty, M., Muir, K.R., Jenkinson, C., & Avery, A.J. (2007). The relationship between body mass index and health-related quality of life: comparing the EQ-5D, EuroQol VAS and SF-6D. *International Journal of Obesity*, 31(1), 189-196.
- Sakinah, H., Seong-Ting, C., Rosniza, R., & Jayah, K.P. (2012). Socio-demographic,

- dietary and physical activity determinants of adolescents overweight and obesity in Kelantan. *Health and the Environment Journal*, 3(1), 44-53.
- Sallis, J.F. & Glanz, K. (2009). Physical activity and food environments: solutions to the obesity epidemic. *The Milbank Quarterly*, 87 (1), 123-154.
- Sarwer, D.B., Wadden, T.A., Moore, R.H., Eisenbergh, M.H., Raper, S.E., & Williams, N.N. (2010). Changes in quality of life and body image after gastric bypass surgery. *Surgery for Obesity and Related Disease*, 6 (6), 608-614. doi: 10.1016/j.soard.2010.07.015.
- Scholtz, S. & Morgan, J.F. (2009). Obesity and psychiatry. *Psychiatry*, 8(6), 198-202.
- Seidman, I. (2006). *Interviewing as qualitative research: a guide for researchers in education and the social sciences*. New York: Teachers College Press.
- Senf., J.H., Shisslak, C.M. & Crago, M.A. (2006). Does dieting lead to weight gain? A four-year longitudinal study of middle school girls. *Obesity (Silver Spring)*, 14(12), 2235-2241.
- Serlachius, A., Hamer, M. & Wardle, J. (2007). Stress and weight change in university students in the United Kingdom. *Physiology and Behavior*, 92(4), 548-553.
- Shariff, A.H., Sazlina, S.G., & Shamsul, A.S. (2007). Obesity among urban primary school children. *JUMMEC*, 10(1), 17-20.
- Shariff, Z.M., & Khor, G.L. (2005). Obesity and household food insecurity: evidence from a sample of rural households in Malaysia. *European Journal of Clinical Nutrition*, 59, 1049-1058.
- Sherina Mohd Sidik & Rampal, L. (2009). The prevalence and factors associated with obesity among adult women in Malaysia. *Asia Pacific Family Medicine*, 8(1), 1-6. doi: 10.1186/1477-056X-8-2
- Slyvia, R. & Karasu, M.D. (2012). Of mind and matter: psychological dimension of obesity. *American Journal of Psychotherapy*, 6 (22), 111-126.
- Smolak, L. (2004). Body image in children and adolescents: Where do we go from here? *Body Image*, 1, 15-28.
- Steiger, A.E., Allemand, M., Robins, R.W., & Fend, H.A. (2014). Low and decreasing self-esteem during adolescence predict adult depression two decades later. *Journal of Personality and Social Psychology*, 106(2), 325-338.

- Stern, M., Mazzeo, S. E., Gerke, C. K., Porter, J. S., Bean, M. K., & Laver, J. H. (2007). Gender, ethnicity, psychosocial factors, and quality of life among severely overweight, treatment-seeking adolescents. *Journal of Pediatric Psychology, 32*(1), 90-94.
- Stevens, V.L., Jacobs, E.J., Sun, J., Patel, A.V., McCullough, M.L., Teras, L.R., & Gapstur, S.M. (2012). Weight cycling and mortality in a large prospective study. *American Journal of Epidemiology, 175*(8), 785-792.
- Stice, E. (2002). Risk and maintenance factors for eating pathology: A meta-analytic review. *Psychological Bulletin, 128*(5), 825-848.
- Stice, E., Presnell, K., Shaw, H., & Rohde, P. (2005). Psychological and behavioral risk factors for obesity onset in adolescent girls: a prospective study. *Journal of Consulting and Clinical Psychology, 73*(2), 195-203.
- Storch, E., Milsom, V., DeBraganza, N., Lewin, A., Geffken, G., & Silverstein, J. (2007). Peer victimization, psychosocial adjustment, and physical activity in overweight and at risk for overweight youth. *Journal of Pediatric Psychology, 32*(1), 80-89.
- Strauss, R., & Pollack, H. (2003). Social marginalization of overweight children. *Archives of Paediatric and Adolescent Medicine, 157*, 746-752.
- Sulaiman Masri (2003). *Kaedah penyelidikan dan panduan penulisan*. Kuala Lumpur: Utusan Publication.
- Swinburn, B.A., Sacks, G., Hall, K.D., McPherson, K., Finegood, D.T., Moodie, M.L., & Gortmaker, S.L. (2011). The global obesity pandemic: shaped by global drivers and local environments. *Lancet, 378*(9793), 804–814.
- Sylvia, R.K. (2013). Psychotherapy-lite: obesity and the role of the mental health practitioner. *American Journal of Psychotherapy, 67*(1), 1-20.
- Trogdon, J.G., Finkelsteinm E.A., Hylands, T., Dellea, P.S., Kamal-Bahl, S.J. (2009). Indirect costs of obesity: a review of the current literature. *Obesity Reviews, 9*(5), 489-500. doi: 10.1111/j.1467-789X.2008.00472.x
- Tanofsky-Kraff, M., Wilfley, D.E., Young, J.F., Mufson, L, Yanovski, S.Z., Glasofer, D.R., & Salaita, C.G. (2007). Preventing excessive weight gain in adolescents: Interpersonal psychotherapy for binge eating. *Obesity, 15*(6), 1345-55.
- Tomiyama, A.J., Dallman, M.F. & Epel, E.S. (2011). Comfort food is comforting to

those most stressed: Evidence of the chronic stress response network in high stress women. *Psychoneuroendocrinology*, 36(10), 1513–1519.

Torres, S.J., & Nowson, C.A. (2007). Relationship between stress, eating behavior and obesity. *Nutrition*, 23 (11-12), 887-894. doi: <http://dx.doi.org/10.1016/j.nut.2007.08.008>

Tunceli, K., Li, K. & Williams, L.K. (2006). Long term effects of obesity on employment and work implication among U.S. adults 1986 to 1999. *Obesity*, 14, 1637-1646.

Trzesniewski, K. H., Donnellan, M. B., Moffitt, T. E., Robins, R. W., Poulton, R., & Caspi, A. (2006). Low self-esteem during adolescence predicts poor health, criminal behaviour, and limited economic prospects during adulthood. *Developmental Psychology*, 42, 381–390. doi: 10.1037/0012-1649.42.2.381

UN Refugee Agency website (2009). *Psychosocial Support*. Retrieved from <http://www.unhcr.org/4c98a5169.pdf>

Wake, M., Salmon, L., Waters, E., Wright, M. & Hesketh, K. (2002). Parent-reported health status of overweight and obese Australian primary school children: a cross-sectional population survey. Retrieved from <http://szawww.nature.com/favicon.ico>

Walls, H.L., Backholer, K., Proietto, J., McNeil, J.J. (2012). Obesity and trends in life expectancy. *Journal of Obesity*, 4(4), 1- 4. doi: 10.1155/2012/107989

Wang, C.Y., McPherson, K., Marsh, T., Gortmaker, S., Brown, M. (2011). Health and economic burden of the projected obesity trends in the USA and the UK. *Lancet*, 378(9793), 815-825. doi: 10.1016/S0140-6736(11)60814-3.

Wang, F. & Veugelers, P.J. (2008). Self-esteem and cognitive development in the area of the childhood obesity epidemic. *Obesity Reviews*, 9(6), 615-623. doi: 10.1111/j.1467-789X.2008.00507.x

Weinshenker, N. (2002). Adolescence and body image. *School Nurse News*, 19 (3), 13-16.

World Health Organization (WHO) website (2016). *Obesity and overweight*. Retrieved from <http://www.who.int/mediacentre/factsheets/fs311/en/>

WHO *Experts Consultation* (2004). Appropriate body-mass index for Asian populations and its implications for policy and intervention strategies. *Lancet*, 363, 157-163.

- Williams, S.L. & Mummery, K. (2011). Links between adolescent physical activity, body mass index and adolescent and parent characteristic. *Health, Education and Behavior*, 1, 1-11. doi: 10.1177/1090198110385772
- Wing, R.R. & Phelan, S. (2005). Long term weight loss maintenance, *The American Journal of Clinical Nutrition*, 82(1): 222S-225S.
- Withrow, D. & Alter, D.A. (2011). The economic burden of obesity worldwide: a systematic review of the direct costs of obesity. *Obesity Reviews*, 12, 131-141.
- World Health Organization (2014). BMI Classification. Retrieved from http://apps.who.int/bmi/index.jsp?introPage=intro_3.html
- Yang, W., Kelly, T., & He, J. (2007). Genetic epidemiology of obesity. *Epidemiology Reviews*, 29(1), 49-61.
- Yit Siew Chin, Mohd Nasir Mohd Talib, Zalilah Mohd Shariff & Geok Lin Khor. (2008). Development of multi-dimensional body image scale for Malaysian female adolescents. *Nutr Res Pract*, 2(2), 85-92. doi: 10.4162/nrp.2008.2.2.85
- Ying-Ping, C., Hong-Mei, W., Edwards, T.C., Ting, W., Xiao-Ying, J., Yi-Ran, L., Patrick, D.L. (2015) Factors Influencing Quality of Life of Obese Students in Hangzhou, China. *PLoS ONE* 10(3): e0121144. doi:10.1371/journal.pone.0121144.
- Zalilah, M.S., Mirnalini, K., Khir, G.L., Merlin, A., Bahaman, A.S., & Norimah, K. (2005). Estimates and distribution of body mass index in a sample of Malaysian adolescents. *Medical Journal Malaysia*, 61(1), 48-58.
- Zastrow, C. (2010). *Introduction to social work and social welfare: empowering people, 10th edition*. Cengage Learning: Canada.
- Zellner, D.A., Loiza, S., Gonzalez, Z., Pita, J., Morales, J., Pecora, D. & Wolf, A. (2006). Food selection changes under stress. *Physiology and Behavior*, 87(4), 789-93.