

The effect of daily fast food consumption, family size, weight-caused stress, and sleep quality on eating disorder risk in teenagers

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Purpose: Eating disorder (ED) is a common complication with disturbance of eating or eating-related behaviors that lead to physical and psychosocial disorders. The purpose of this study was to evaluate the association between eating disorders and daily fast food consumption, family size, weight-caused stress, and sleep quality in teenagers in Zanzan, Iran. **Methods:** Adolescent girl students aged 12–15 years ($n = 370$), selected in a cross-sectional study, completed the Eating Attitude Test-26 and Pittsburgh Sleep Quality Index questionnaires. The cluster random sampling method was used. Statistical analysis was performed using R software version 3.6.3. Logistic regression modeling was used for investigating the relationship between factors and odds of EDs. A p value of less than 0.05 was considered significant. **Results:** A significant relationship was found between family size ($OR = 0.77$, $p = 0.049$), fast food-daily consumption ($OR = 5.42$, $p = 0.043$), weight-caused stress ($OR = 12.47$, $p < 0.001$), and poor sleep quality ($OR = 1.70$, $p = 0.024$) and odds of eating disorder among teenage girls. **Conclusion:** A significant positive association was found between a low number of family members, daily fast food consumption, stress status, poor sleep quality and odds of EDs. However more longitudinal studies are required to confirm the results. © 2021, Springer Nature Switzerland AG.

Author keywords

Eating disorder; Family size; Fast food consumption; Sleep quality; Weight-caused stress