



Weight Stigma Model on Quality of Life Among Children in Hong Kong: A Cross-Sectional Modeling Study

Chia-Wei Fan¹, Chieh-hsiu Liu², Hsin-Hsiung Huang³, Chung-Ying Lin^{4,5,6,7*} and Amir H. Pakpour^{8,9}

¹ Department of Occupational Therapy, AdventHealth University, Orlando, FL, United States, ² National Cheng Kung University Hospital, College of Medicine, National Cheng Kung University, Tainan, Taiwan, ³ Department of Statistics and Data Science, University of Central Florida, Orlando, FL, United States, ⁴ Institute of Allied Health Sciences, College of Medicine, National Cheng Kung University, Tainan, Taiwan, ⁵ Department of Occupational Therapy, College of Medicine, National Cheng Kung University, Tainan, Taiwan, ⁶ Department of Public Health, National Cheng Kung University Hospital, College of Medicine, National Cheng Kung University, Tainan, Taiwan, ⁷ Department of Rehabilitation Sciences, Faculty of Health and Social Sciences, The Hong Kong Polytechnic University, Hung Hom, Hong Kong, ⁸ Social Determinants of Health Research Center, Research Institute for Prevention of Non-communicable Diseases, Qazvin University of Medical Sciences, Qazvin, Iran, ⁹ Department of Nursing, School of Health and Welfare, Jönköping University, Jönköping, Sweden

OPEN ACCESS

Edited by:

María Angeles Peláez-Fernández,
University of Malaga, Spain

Reviewed by:

Veronica Guardabassi,
University of Bologna, Italy
Jose Heliodoro Marco,
University of Valencia, Spain

*Correspondence:

Chung-Ying Lin
cylin36933@gmail.com

Specialty section:

This article was submitted to
Personality and Social Psychology,
a section of the journal
Frontiers in Psychology

Received: 16 November 2020

Accepted: 12 March 2021

Published: 22 April 2021

Citation:

Fan C-W, Liu C-h, Huang H-H,
Lin C-Y and Pakpour AH (2021)
Weight Stigma Model on Quality of
Life Among Children in Hong Kong:
A Cross-Sectional Modeling Study.
Front. Psychol. 12:629786.
doi: 10.3389/fpsyg.2021.629786

We proposed a model to examine the relationship among different types of weight-related stigmas and their relationship to quality of life (QoL). We recruited 430 dyads of elementary school children [mean age = 10.07 years; $n_{\text{boy}} = 241$ (56.0%); $n_{\text{overweight}} = 138$ (32.1%)] and their parents. Parents completed QoL instruments about their children assessing generic QoL and weight-related QoL. Children completed QoL instruments assessing generic QoL and weight-related QoL and stigma scales assessing experienced weight stigma, weight-related self-stigma, and perceived weight stigma. Experienced weight stigma was significantly associated with perceived weight stigma, and in turn, perceived weight stigma was significantly associated with weight-related self-stigma. However, experienced weight stigma was not directly associated with weight-related self-stigma. In addition, experienced stigma was negatively associated with both child-rated and parent-rated QoL. Perceived weight stigma was associated only with parent-rated weight-related QoL but not child-rated QoL. Self-stigma was associated with child-rated QoL but not parent-rated QoL. Moreover, perceived weight stigma and weight-related self-stigma were significant mediators in the association between body weight and children's QoL; experienced weight stigma was not a significant mediator. The study findings can be used to inform healthcare providers about the relationship among different types of stigmas and their influence on child-rated and parent-rated QoL and help them develop interventions to address the global trend of overweight/obesity in youth and pediatric populations.

Keywords: Asia, children, quality of life, structural equating modeling, weight-related stigma