

عنوان مقاله:

ASSOCIATION OF MORNING-EVENINGNESS QUESTIONNAIRE (MEQ) WITH OBESITY AND NECK CIRCUMFERENCE IN OBESE WOMEN REFERRING TO TEHRAN HEALTH CENTERS

محل انتشار:

سومین کنگره بین المللی و پانزدهمین کنگره تغذیه ایران (سال: 1397)

تعداد صفحات اصل مقاله: 1

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خلاصه مقاله:

Background and Aim: Morningness-Eveningness Questionnaire Self-Assessment Version (MEQ-SA) inquires about preferred sleep time and daily performance (score range: 16–86).its main purpose is to measure whether a person's circadian rhythm produces peak alertness in the morning, in the evening. The sum score calculated from MEQ was either used as a continuous variable or divided into tertiles of which the lower than cut-point, between demonstrated evening preference and the highest tertile demonstrated morning preference. Obesity is one of the most important problems recognized by the World Health Organization (WHO). Neck circumference is a novel and new subject it may show relationship between obesity and sleep rhythm in this study, we want to examine the Mac is related to obesity and neck circumference.Methods: This study was done among 229 Obese and overweight women Adults referring to the Health Centers in Tehran. Age 18-48 years participated. Morningness-Eveningness Questionnaire Self-Assessment Version (MEQ-SA) 1, It contains 19 questions that Based on their scores, individuals were categorized as being either, Morning types (score: 50–86) and Evening types (score: 16–49).Results: we analyzed the frequency of morningness, intermediate and eveningness were 69(29.7%) 135(58.2%) and 28(12.1%) respectively. The mean of the neck circumference was 37.93(33-63).There was a significant relationship between neck circumference and MAQ in the morning in the obese women, OR=-0.38 and 95%CI= (0.48-0.95), So that people were early birds had a lower neck circumference.Conclusion: This new study showed that there is a positive relationship between evening time and .weight gain and neck enlargement

کلمات کلیدی:

(obesity, neck circumference, morning-eveningness questionnaire (MEQ

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