

عنوان مقاله:

Is Meal Frequency Associated with Mental Distress and Violent Behaviors in Children and Adolescents the CASPIAN IV Study

محل انتشار:

مجله بین المللی کودکان, دوره 4, شماره 2 (سال: 1395)

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خلاصه مقاله:

Background: This study aimed to assess the relationship between meal frequency with mental distress and violent behavior among a nationally representative sample of Iranian children and adolescents. **Materials and Methods:** The participants of this national study were 14,880 Iranian students with 6 to 18 years of age. They were selected from urban and rural regions of Iran by multi-stage cluster sampling method. The data were obtained about demographic information, mental distress, violent behaviors and meal frequency by the questionnaire of the World Health Organization-Global School-based Student Health Survey (WHO-GSHS). **Results:** The response rate was 90.6%. The participants who were categorized as the group eating 3 meals per week significantly experienced less mental distress than those who were categorized as consuming 2 meals and one/no meal per week (P -value < 0.05). The min rate of violent behaviors was observed among participants who were classified as consuming 3 meals group and the max rate in one/no meal group. Participants who were categorized as consuming one/ no meal and 2 meals per week had higher risk of mental distress and violent behaviors compared with those whom consumed 3 meals per week. **Conclusions:** Meal skipping was significantly associated with mental problems and violent behaviors among Iranian children and adolescents and this association was independent of known confounders.

کلمات کلیدی:

Behavior problems, Children, Mental disorders, Meal frequency, Meal skipping

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