



Body image disorders, physical activity, sedentary behavior and body composition of girls

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Abstract: Background: Nowadays, body image disorders is a worrying public health problem, and it is each more prevalent among adolescents. The body dissatisfaction and distortion can influence the uptake of risky health behaviors. **Objective:** To assess the association between body image disorders with lifestyle and body composition of female adolescents. **Methods:** Cross-sectional study with 405 female adolescents from 14 to 19 years old, in the city of Viçosa-MG, Brazil. Body Shape Questionnaire (BSQ), Silhouetted Scale and Sociocultural Attitudes Towards Appearance Questionnaire-3 evaluated the body image. Body composition was evaluated by the Dual Energy X-ray Absorptometry equipment. Latent class analysis (LCA) was used to evaluate the lifestyle of girls. This method was performed on poLCA package of software R library. **Results:** Almost half of the girls were dissatisfied with their current physical appearance (51.37%), presented body distortion (52.87%) and were classified as dissatisfied (47.3%) by BSQ, being that 7.98% showed severely dissatisfied. The girls classified as "Inactive & Sedentary" had 1.71 higher chance at feeling unsatisfied than those of the active/sedentary and inactive/non-sedentary classes (95%CI: 1.08-2.90, $p = 0.047$). The adolescents who were moderately and vigorously physically active (MVPA), high screen time, consumed alcohol and excess body fat were classified with body image disorder. **Conclusion:** The female adolescents classified as inactive and sedentary were more dissatisfied with their current physical appearance. Additionally, this study showed that behaviors risk associated with an unhealthy lifestyle and the high percentage of body fat were related to distortion, dissatisfaction and negative cognitive evaluation of body image.

Palavras-chave: Body image; Physical activity; Sedentary behavior

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