

Abstract (600-word limits):

Assessment of the perceptions and experiences of adolescents of overweight and obesity: a lesson from Iran:

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Background: Childhood obesity has reached epidemic proportions and has become one of the most important public health issues globally. Given the different sociocultural contexts of developing and industrial countries, it seems that more qualitative studies are required to determine the process of childhood obesity among adolescents in developing nations. Thus, the aim of the current study is to explore the perception and experiences of Iranian adolescents from being overweight and obese using a qualitative approach.

Methods: This qualitative study was conducted based on grounded theory in 2016–2018 in Mashhad and Isfahan, two large cities of Iran. Ten parents and 52 overweight and obese adolescents were selected through purposeful and theoretical sampling. To obtain perceptions and experiences regarding the cause and consequences of obesity, in-depth semi-structured interviews and focus group discussions were conducted.

Results: After analysing the data, five main categories which contributed to overeating were identified as "Disorganized Family," "Inaccurate Information Management and Nutrition Behaviours," "Social Psychosocial Overeating," "Difference Generations," and "Inducing Needs," and three major categories were determined which result in physical inactivity including "Prison House", "Social Constraint," "Loneliness," which family particularly parents play the most significant role in developing overeating and physical inactivity among adolescents. About overweight and obesity four categories were identified as "Inertia of Parents," "Passive Child," "Social Inefficiency," and "Negative Self-concept" which caused

maintenance of unhealthy behaviours. This analysis led to the hypothesis that individuals are facing a vicious calamity called the “Obesity Crisis.”

Conclusion: The findings suggest that childhood overweight and obesity is influenced by the interaction of several individual and environmental factors. Overeating and physical inactivity cause childhood obesity and then obesity leads to a myriad of negative perceptions and experiences. This situation poses several problems and challenges for children and adolescents that lead them to a vicious obesity crisis.

Keywords: Adolescence, Grounded Theory, Overweight and Obesity, Qualitative Study

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Biography (200-word limit):

I am Mohammad Bagheri, PhD in Nutrition Sciences. I have completed my PhD last year in Mashhad University of Medical Sciences. I am 32 years old and now I am working in Isfahan University of Medical Sciences since Feb 2019 as a teacher assistance and a young researcher. My field of study is nutrition education especially nutrition education based on behavioural theories to reduce chronic disease such as obesity and diabetes mellitus particularly among children and adolescents. I have published 20 papers in reputed journals (indexed in ISI and PubMed).

I really love to participate in the Obesity and Diabetes 2019 and present my PhD thesis, which was a qualitative study regarding childhood obesity. However, because of US sanctions for Iranian banks, it is not possible to transfer money from Iran to the other countries. In addition, as a young researcher, I only have a monthly salary, about 100 US dollars, which all make it impossible for me to participate in international conferences. Please read my abstract although presenting a qualitative study in only 300 words is really difficult because its nature is really different from usual quantities studies. I was wondering if you'd mind supporting me to participate and present my study in your reputed program.

Please do not hesitate if you need any further information from me.

I am eagerly look forward to hearing from you.

Best regards

Mohammad Bagheri

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