

Evaluation of Eating Attitudes of Turkish Adolescents Based on Certain Variables

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ABSTRACT This study was conducted on 321 adolescents to investigate the relation between the eating attitude of Turkish adolescents and some variables by using the Eating Attitudes Test (EAT-26). The cut-off point for the test was 20. Twenty points and more referred to the risk of an eating disorder. According to findings, the mean EAT-26 score of the adolescents was 20.4±0.1. By gender, 45.7 percent of the boys and 48.9 percent of the girls, by age, 52.7 percent of the students at the age of 12-14 and forty-one percent of the students at the age of 15-18 ($p<0.05$), by BMI, fifty percent of the thinner, forty-four percent of the underweight, 41.3 percent of those with a normal weight, 60.2 percent of overweight and obese had 20 and over in the test. 57.6 percent of the students stated that their parents were obese had 20 and over in the test and so had a risk for eating disorder ($p<0.05$). The researchers believe that adolescents should be given more knowledge about healthy nutrition and monitoring them by longitudinal research studies will be helpful in preventing eating disorders.