Abstract

Introduction: Self-perceived weight status among adolescents has been associated with weight-control behaviors. However, this relationship varies across weight status. Objectives: The aim of this study was to examine the effect of self-perceived weight status on dieting and unhealthy weight-control behaviors among Spanish male adolescents, across weight status. Method: Participants were 597 Spanish male adolescents (M = 13.94 years old, SD = 0.60). Body weight and height were measured in situ. Self-perceived weight status, dieting, and unhealthy weight-control behaviors were evaluated. Results: The adolescents were inaccurate on estimating their weight status. Those who were overweight or obese, or who perceived themselves to be so, were more likely to report dieting and unhealthy weight-control behaviors. Discussion: There is a need to promote healthier eating behaviors among adolescents, and to take into account the fact that self-perceived weight status may hinder the adoption of such behaviors.

Keywords

Body image, Body weight, Adolescent, Sex factors, Weight loss, Self-perceived weight status.