

The Relationship of Body Image to Obesity in Patients With Type 2 Diabet

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Introduction: Obesity and Diabete is becoming widespread metabolic disorders. Whenever received of energy in chronic form was more than of consumption it, created obesity and if this persons have low self ideal or negative information about their physical appearance, it can couse obese and diabetic persons feel psychologically discomforted such as low self steem or low self confidence and even depression. This study exam the relationship between body image and obesity among patient with diabet mellitus.

Method: This investigation is a descriptive correlational study. Questionnaire was result of assess several articles, and measured sociodemographic details such as age, gender ,weight ,height and body image. Data was collected from 280 patients with diabet mellitus that refered to clinical of diabet in Emam Khomeini hospital of Ardebil, then assessed. We analysed associations of the body image and obesity in diabetes through Logistic regression analysis, chi-square and fisher tests. Also all data analysis were carried out with the statistical analysis software package spss 16,0.

Result: Obesity and overweight in participats determined in basis of BMI. Diabetes with BMI=25-29.9 ,and BMI=30 or more have nagetive body image. we found that negative body image was strongly associated ($p<0/05$) with obesity and overweight in diabetic patients.

Conclusion: Negative body image or negative information about physical appearance is widespread in diabetes with overweight or obesity, and it can effect to their healthy and nutrition behaviors in diabetes.