

RELATIONSHIP BETWEEN OBESITY AND SCREEN TIME: DEPRESSION
AS A PREDICTOR



BS THESIS (PSY)

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Participant's ID: 110703014

SESSION (2011-2015)

DEPARTMENT OF PSYCHOLOGY
SCHOOL OF SOCIAL SCIENCES AND HUMANITIES
UNIVERSITY OF MANAGEMENT AND TECHNOLOGY
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Declaration

I Ms. SalihaFarooqRoll no. 110703014, student of BS Psychology, session 2011-2015, hereby declare that material printed in this thesis titled“RELATIONSHIP BETWEEN OBESITY AND SCREEN TIME: DEPRESSION AS A PREDICTOR” is original work and has not been printed, published or submitted as research work, thesis or publication in any form in any university, research institution etc. in Pakistan or abroad. This study is the first one in Pakistan, taken as BS thesis.

Dated:

Signature of the declarer

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I invite you to participate in a research study about your habits and moods. Participation is voluntary: you have the choice to decline or stop whenever you want. There may be some words you don't understand. Please ask me to stop at any time and I will explain. With your participation, you will significantly help psychological research and understanding of young people's experiences. **Please answer honestly.** Your information will be kept **strictly confidential**. Your responses will be accessible to the principal investigator (SalihaFarooq) and supervisor (Haya Fatimah) only. To ensure confidentiality, you are not expected to respond anonymously. You can email me at saliha125@yahoo.com. If you agree to participate, please continue.

Age ____ Gender ____ Fall 14 (last semester) GPA: ____ Weight: ____ Height ____

Screen Time:

a. How many hours do you spend watching TV, movies, playing video games, using a computer, tablet, or cell phone etc. on a **typical weekday** (example Monday or Tuesday)?

_____ hours /per day

b. How many hours do you spend watching TV, movies, playing video games, using a computer, tablet, or cell phone etc. on a **typical day of the weekend** (Saturday or Sunday)?

_____ hours/per day

Please check the boxes to tell me how often have you felt this way in the past week or so

1	My appetite was poor	Not at all or less than 1 day	1 – 2 days	3 – 4 days	5 – 7 days	Nearly everyday for two weeks
2	I could not get rid of the gloominess	Not at all or less than 1 day	1 – 2 days	3 – 4 days	5 – 7 days	Nearly everyday for two weeks
3	I had trouble keeping my mind on what I was doing.	Not at all or less than 1 day	1 – 2 days	3 – 4 days	5 – 7 days	Nearly everyday for two weeks
4	I felt depressed	Not at all or less than 1 day	1 – 2 days	3 – 4 days	5 – 7 days	Nearly everyday for two weeks
5	My sleep was restless	Not at all or less than 1 day	1 – 2 days	3 – 4 days	5 – 7 days	Nearly everyday for two weeks
6	I felt sad	Not at all or less than 1 day	1 – 2 days	3 – 4 days	5 – 7 days	Nearly everyday for two weeks
7	I could not get going	Not at all or less than 1 day	1 – 2 days	3 – 4 days	5 – 7 days	Nearly everyday for two weeks
8	Nothing made me happy	Not at all or less than 1 day	1 – 2 days	3 – 4 days	5 – 7 days	Nearly everyday for two weeks
9	I felt like a bad person	Not at all or less than 1 day	1 – 2 days	3 – 4 days	5 – 7 days	Nearly everyday for two weeks
10	I lost interest in my usual activities	Not at all or less than 1 day	1 – 2 days	3 – 4 days	5 – 7 days	Nearly everyday for two weeks
11	I slept much more than usual	Not at all or less than 1 day	1 – 2 days	3 – 4 days	5 – 7 days	Nearly everyday for two weeks
12	I felt like I was moving too slowly	Not at all or less than 1 day	1 – 2 days	3 – 4 days	5 – 7 days	Nearly everyday for two weeks
13	I felt nervous	Not at all or less than 1 day	1 – 2 days	3 – 4 days	5 – 7 days	Nearly everyday for two weeks
14	I wished I were dead	Not at all or less than 1 day	1 – 2 days	3 – 4 days	5 – 7 days	Nearly everyday for two weeks

		than 1 day				two weeks
15	I wanted to hurt myself	Not at all or less than 1 day	1 – 2 days	3 – 4 days	5 – 7 days	Nearly everyday for two weeks
16	I was tired all the time	Not at all or less than 1 day	1 – 2 days	3 – 4 days	5 – 7 days	Nearly everyday for two weeks
17	I did not like myself	Not at all or less than 1 day	1 – 2 days	3 – 4 days	5 – 7 days	Nearly everyday for two weeks
18	I lost a lot of weight without trying to	Not at all or less than 1 day	1 – 2 days	3 – 4 days	5 – 7 days	Nearly everyday for two weeks
19	I had a lot of trouble getting to sleep	Not at all or less than 1 day	1 – 2 days	3 – 4 days	5 – 7 days	Nearly everyday for two weeks
20	I could not focus on the important things	Not at all or less than 1 day	1 – 2 days	3 – 4 days	5 – 7 days	Nearly everyday for two weeks

Thank you very much for your participation.

Acknowledgement

I would like to thank Miss. Haya Fatimah for her expert consultation. Without her, this work would not have been possible. I acknowledge the participation of the participants who actively participated in the study and helped in the compiling of my thesis data.

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**Appendix A.....(CESD-R) Center for Epidemiologic Studies
Depression Scale – Revised (Eaton, 2004).**

Abstract

The current study was conducted to investigate the relationship between obesity, depression and screen time. The objective of the study was to see if time spent using computer, cell phone or watching TV, for example, is associated with obesity. Moreover, the extent to which depression is linked to screen time and obesity was examined. This is a correlational research. A sample of 112 undergraduates was provided with questionnaires. Weight and height were measured, and Body Mass Index was calculated. Center of Epidemiologic Depression Scale – Revised (CESD-R) was used to measure depression. The obesity was related to depression and no relation was seen between depression and screen time and screen time and obesity. Independent sample t-test showed the difference between BMI in males ($M=12.60$, $SD=8.65$), in females ($M=10.74$, $SD=5.46$); $t(110) = -1.390$, $p=.000$. In Screen time, males ($M=51.10$, $SD=32.11$) report more than females ($M=36.07$, $SD=26.81$); $t(110) = -2.683$, $p=.098$ while in depression, there is no significant difference between female ($M=20.53$, $SD=17.25$) and males ($M=21.28$, $SD=15.44$); $t(110) = -.236$, $p=.442$. There is no significant relation between depression and screen time $r(110) = .044$, $p=.645$. Significant difference is seen between depression and BMI ($r(110) = .205$, $p=.030$) while no difference has been seen between screen time and BMI ($r(110) = .151$, $p=.113$). Our results shows that BMI predict depression ($\beta=.205$, $t(111) = 5.13$, $p<.001$) and explain 3.4% of the variance. The correlation was .504 with the significance value of .000. The study exposes the factors that lead to obesity and depression. Depression was seen to be caused by high level of obesity and sedentary behavior. The high level of sedentary behavior was directly related to chances of rising obesity.

Key Words: Obesity, depression, sedentary behaviors, socio economic status.

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