

Table 6 Physical activity practices: mean scores of respondents on the obesity-related distress scale and frequency of responses by distress category

Physical activity	Obesity distress score	<i>P</i> -value ^a	Non-distressed (<i>n</i> = 920)		Distressed (<i>n</i> = 1013)		<i>P</i> -value ^b
	Mean (SD)		No.	%	No.	%	
<i>Television watching (hours per day)</i>		0.56					0.33
1-3	12.8 (4.7)		540	59.4	571	57.2	
> 3	13.9 (4.7)		369	40.6	427	42.8	
<i>Sports frequency (times per week)</i>		0.33					0.009
0	13.1 (4.8)		206	22.6	254	25.3	
1-3	12.8 (4.7)		498	54.4	545	54.3	
> 4	12.7 (4.5)		209	22.9	205	20.4	
<i>Sports (hours per week)</i>							
0	13.1 (4.8)	0.45	206	22.9	255	25.5	0.02
1-2	12.7 (4.6)		214	23.8	270	27.0	
3-6	13.6 (5.0)		281	31.2	287	28.7	
> 6	12.4 (4.2)		199	22.1	188	18.8	
<i>Physical activity level</i>	Median (IQR)		No.	%	No.	%	
None	13.1 (4.8)	0.28	206	22.9	255	25.5	0.06
Low	12.9 (4.7)		311	34.6	354	35.4	
Moderate	13.0 (4.8)		184	20.4	201	20.1	
Vigorous	12.4 (4.4)		199	22.1	190	19.0	

^aKruskal-Wallis test; ^bSomers' D test.

SD = standard deviation; IQR = interquartile range.