

Table 1 Demographic characteristics of 153 university students, Tehran 2019

Characteristic	No.	%
Sex		
Female	77	50.3
Male	76	49.7
Marital status		
Single	138	90.2
Married	15	9.8
No. of children		
0	148	96.7
1	4	2.6
2	0	0.0
3	1	0.7
No of pregnancies, female participants (n = 77)		
0	73	94.8
1	3	3.9
2	0	0.0
3	1	1.3
Employment		
Unemployed	145	94.8
Employed	8	5.2
Satisfaction with body weight		
Yes	92	60.1
No	61	39.9
Satisfaction with body shape		
Yes	105	68.6
No	48	31.4
History of dieting		
Yes	35	22.8
No	118	77.2
	Mean	SD
Age	22.07	3.18
Height (cm)	172.30	9.24
Body weight (kg)	67.76	14.16
Body mass index (kg/m ²)	22.85	3.82
No. of people in family (including participant)	4.52	1.45
No. of times participants eat in fast-food restaurants/ month	2.48	2.70
No. of times participants eat in restaurants other than fast foods/month	1.80	3.20
Total no. of times participants eat in restaurants/month	3.79	4.18
No. of times participants go to the cinema, theatre or museum/month	1.16	2.01
No. of successful dieting attempts	1.76	0.44
No. of failed dieting attempts	0.69	2.33
Longest period of dieting (months)	0.84	2.59
Greatest weight loss achieved with dieting (kg)	1.67	4.38

SD = standard deviation.