

## Body Image, Anxiety, Depression and DNA Damage in Obese Egyptian Women

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**Abstract :** Obesity is a worldwide epidemic problem. This study investigates the role of obesity on body image, frequency of anxiety, depression disorders and DNA damage in a sample of Egyptian women. The study included 172 women, 84 were obese, and 88 were age-matched non-obese women. Obese women showed a significantly higher frequency of abnormal body image (77.4%) as compared with the non-obese (42%) ( $P < 0.0001$ ). Moreover, they had significantly higher frequencies of severe anxiety (26.2%) and depression (41.7%) than non-obese women (2.3 and 18.2%, respectively) ( $P < 0.001$ ). Leukocyte DNA damage was evaluated by comet assay and revealed high DNA damage in obese women. Obesity is a potential risk factor for abnormal body image, anxiety, depression, and DNA damage among Egyptian women. Identifying the psychological problems in obese women is essential to improve quality of life and promote management and prevention.

**Keywords :** anxiety, body image, depression, DNA damage, obesity

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