

Correlates of Weight Stigma in Adults with Overweight and Obesity: A Systematic Literature Review

This study aims to systematically review the biopsychosocial consequences of stigma in adults with overweight/obesity.

Numerous biopsychosocial correlates of weight stigma were studied. Results were categorised into two groups: by community samples and treatment-seeking populations.

The review elucidated the fact that weight stigma is consistently linked to a plethora of negative biopsychosocial health effects, including: poor mental health, anxiety, depression, stress, substance abuse and medical non-adherence. In addition to this, these associations between stigma and biopsychosocial health effects are stronger in individuals who experience internalised weight bias and stigma.

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