

STUDY ON RISK OF EATING DISORDERS AND BODY IMAGE
DISSATISFACTION AMONG ADOLESCENTS AGED 11-18 YEARS
ATTENDING SECONDARY SCHOOLS IN VELLORE CITY



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CERTIFICATE

This is to certify that this dissertation entitled “Study on Risk of Eating Disorders and Body Image Dissatisfaction among Adolescents aged 11 – 18 years attending Secondary Schools in Vellore city” is the bona fide original work of Dr. Carvalho Roshni Teresa Stephen under the guidance of Dr. Mona Basker, Professor, Department of Paediatrics, Christian Medical College, Vellore, towards partial fulfillment of university regulations for the award of M.D. Paediatrics Degree examination of The Tamil Nadu Dr. M.G.R. Medical University, Chennai to be held in May, 2020.

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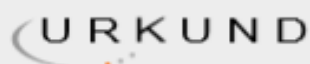


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CONTENTS

I. INTRODUCTION.....	1
II. REVIEW OF LITERATURE	4
II.a: HISTORY OF EATING DISORDERS	4
II.b: BODY IMAGE	9
II.c: EATING DISORDERS.....	12
II.d: PREVALENCE OF BODY IMAGE DISSATISFACTION (BID).....	21
II.e: INDIAN STUDIES	27
III. AIMS AND OBJECTIVES.....	40
IV. MATERIALS AND METHODS	41
V. RESULTS.....	48
V.a: PARTICIPANT CHARACTERISTICS:.....	48
V.b: EAT-26 SCORES, PAQ-A AND BID SCORE	53
V.c: RELATIONSHIP BETWEEN BODY IMAGE DISSATISFACTION AND RISK FOR DEVELOPING EATING DISORDER.....	61
VI. a. DISCUSSION.....	68
VI.b: CONCLUSIONS:.....	77

VI.c: STRENGTHS AND LIMITATIONS OF THE STUDY:	78
VI.d: FUTURE DIRECTIONS:	79
VII. BIBLIOGRAPHY	80
VIII: ANNEXURES.....	90
VIII.a: Annexure I: Institutional Review Board Approval.....	90
VIII.b: Annexure II: Data sheet	91
VIII.c: Annexure III: Assent, Consent forms with Information sheet .	107
1. Child assent form in English	107
2. Information sheet and Parental consent form in English	108
3. Socio-demographic data in English.....	111
4. Child assent form in Tamil	112
5. Information sheet in Tamil	116
6. Parental consent in Tamil	119
7. Socio-demographic data in Tamil	120
VIII.d: Annexure IV: Questionnaires in English.....	121
1. Eating Attitudes Test-26 (EAT-26).....	121
2. Stunkard's Figure Rating Scale.....	124

3.	Physical Activity Questionnaire for Adolescents (PAQ-A)	125
VIII.e: Annexure V: Questionnaires in Tamil		130
1.	Eating Attitudes Test-26 (EAT-26)	130
2.	Stunkard's Figure Rating Scale	137
3.	Physical Activity Questionnaire for Adolescents (PAQ-A)	138

LIST OF TABLES

Table 1: Summary of studies on eating disorders in India	30
Table 2: Sample size calculation	46
Table 3: Gender, SES, and medium of instruction in school	48
Table 4: Distribution of Body Mass Index: total study population, boys and girls	50
Table 5: Parental and child concern about perceived weight	52
Table 6: EAT-26 total score and Body Image Dissatisfaction Score (BIDS)	53
Table 7: Mean and SD of Age, BMI, EAT-26 total score and Body Image Dissatisfaction score (BIDS)	56
Table 8: Body Image Dissatisfaction among different BMI centile groups	57
Table 9: Body Image Dissatisfaction according to Gender	60
Table 10: Risk of developing ED versus Gender	60
Table 11: Correlation between positive BID and Risk for ED	61
Table 12: Correlation between positive BID and Risk for ED	61
Table 13: Effect of variables on EAT-26 score with a positive BID score: Univariate analyses*	62
Table 14: Effect of variables on the EAT-26 score with a negative BID score: Univariate analyses*	63
Table 15: Risk of developing Eating Disorder (EAT-26 score) with a positive BID score (wanting to lose weight): Multivariate analyses	64
Table 16: Risk of developing Eating Disorder (EAT-26 score) with a negative BID score (wanting to gain weight): Multivariate analyses	65

LIST OF FIGURES

Figure 1: Gender distribution	49
Figure 2: Socio-Economic Status	49
Figure 3: Distribution of Body Mass Index in Boys and Girls	51
Figure 4: Risk of developing Eating Disorder (EAT-26 score \geq 20)	54
Figure 5: Prevalence of Body Image Dissatisfaction (Stunkard's Figure Rating Scale)	55
Figure 6: Body Image Dissatisfaction and Body Mass Index	58
Figure 7: Relationship between BMI and Body Image Dissatisfaction score.....	59
Figure 8: Correlation between EAT-26 and positive BID score	66
Figure 9: Correlation between EAT-26 and negative BID score	67

I. INTRODUCTION

The term 'Adolescence' comes from the Latin word 'adolescere' meaning 'to grow up'. It is a transitional stage of physical and psychological development that occurs during the period from puberty to adulthood. The World Health Organization (WHO) defines adolescents as persons between 10 and 19 years of age (WHO 1998).

Adolescent brain:

It has been noted that several major morphological and functional changes occur in the human brain during adolescence. Molecular imaging and functional genomics studies have shown that the brain remains in a continual state of development during this period. Magnetic resonance imaging (MRI) studies have demonstrated that myelinogenesis continues and hence, the neuronal network remains structurally and functionally vulnerable to the significant increases in sex hormones (estrogen, progesterone, and testosterone) which occurs during puberty. This, along with environmental input, influences sex, eating, and sleeping habits. Studies have noted particularly significant changes in the limbic system, which may impact self-control, decision making, emotions, and risk-taking behaviors. There is a surge of myelin synthesis demonstrated in the frontal lobe, which is implicated in cognitive processes during adolescence. Hence, the adolescent brain is under a process of constant change and this process continues till around 25 years of age. (1)

Feeding and eating disorders among adolescents:

Feeding and eating disorders (ED) are common among adolescents. These are characterized by a persistent disturbance of eating or eating-related behavior that results in the altered consumption or absorption of food. Under the Diagnostic and Statistical Manual of Mental Disorders – 5th edition, eating disorders are placed under the category of “Feeding and Eating Disorders”, which includes anorexia nervosa (AN), bulimia nervosa (BN), binge eating disorder (BED), avoidant/restrictive food intake disorder (ARFID), rumination disorder, pica, other specified feeding or eating disorder (OSFED), and unspecified feeding or eating disorder (UFED). Eating disorders cause significant disturbance in physical health and psychosocial functioning, and are difficult to manage. There is a rise in the number of adolescents being identified with eating disorders in India. However, we do not have an accurate knowledge on the burden of eating disorders in children and adolescents in India as there are few studies on the same.

Adolescent brain in ED:

The significant malnutrition associated with eating disorders is known to be associated with gray and white matter reduction, which is correlated with a decrease in body mass index (BMI). The area of the brain involved in perception and integration of body stimuli seems to be the most affected in ED. However, with appropriate treatment, most of these changes are reversible.

Dissatisfaction with body image has been known to play an important part in the development of eating disorders. Early recognition of children who are at risk of

developing eating disorders will enable us in prevention of severe complications. Early management can be initiated before development of advanced disease. Hence, identification of children with significant body image dissatisfaction will assist primary care pediatricians in optimal management and prevention of acute and long-term complications. We conducted this study among adolescents in this community with the aim of identifying prevalence of body image dissatisfaction and to study the association between body image dissatisfaction and the risk of developing eating disorders among our population.

II. REVIEW OF LITERATURE

II.a: HISTORY OF EATING DISORDERS

The understanding of the psychopathology of eating disorders (ED) has evolved with time with changing environmental and sociocultural factors, as well as with an increase in understanding pathophysiological process involved with the disease.

Various psychological, biological and social factors interact to give rise to the clinical picture of eating disorders. (2) The term “anorexia” is a misnomer because patients often retain their appetite. (3)

In the B.C. Era:

Earliest examples of self-starvation have been documented from the Hellenistic era around 300 B.C. During that era, women were known to starve themselves for spiritual reasons and were considered as ascetics. In the Dark Ages, few cases of voluntary starvation were recorded and thought to be due to an evil influence. (4)

During the Renaissance, there was a resurgence of reported anorexic behavior. The first medical description of anorexia nervosa is credited to Richard Morton in 1689 when he described an 18 year old girl with such a severe degree of consumption as “like a skeleton only clad with skin” and termed it as “nervous atrophy or consumption”. (4) 2 notable neurologists in 1873 separately described the condition.

The term “anorexia nervosa” was coined by Sir William Gull. He observed that anorexia was mostly found in young girls in the age group of 16–23 years. A characteristic symptom of the condition was fatigue. Other symptoms described were significant loss of body mass, amenorrhea, and general weakness. He also noticed that

symptoms common to all the cases were slower breathing, lower pulse rate, and a fall in body temperature. He observed that the patients were excessively active and full of energy even though they were excessively skinny. Gull also highlighted the importance of psychological factors behind the disorder. (5)

Hilde Bruch:

Over the next 2 decades, there were various controversies about the etiology of eating disorders ranging from a pure psychological malady to pituitary insufficiency. In the 20th century, Hilde Bruch demonstrated that pathological fear of obesity and an abnormal perception of body image was central to the pathophysiology of eating disorders. (4) He also noted that, though anorexia nervosa and obesity are seemingly at extreme opposites, they have many features in common, particularly the misuse of the eating function to solve problems of living. (6) Bruch stated that there was no other age group as concerned with their physical appearance as adolescents, particularly adolescent girls. He noted that they are overly conscious about their body figure, the adequacy of their secondary sexual characteristics and their attractiveness in general; but they were most preoccupied with their weight. (6)

Socio-cultural differences in ED:

Eating disorders were earlier thought to be a problem exclusive to wealthy, adolescent Caucasian females in high-income Western countries. (7) Promotion of the thin body ideal in Western society was thought to be a possible factor in the development of EDs. In 1980, Garner et al showed that there was a significant difference in weight of women in the general population and the weight of women who were role models for attractiveness. (8) Non-Western populations were relatively spared from eating

disorders, probably because in several non-Western cultures, fatness and obesity traditionally symbolized prosperity, beauty, and fertility. (9) However, over the past 3 decades, there has been a steady rise in the incidence of eating disorders even in non-Western cultures. Research aimed at identifying the factors that increased the risk of ED, report that the ultra-thin body image projected as the ideal towards which women should aspire had a harmful effect on adolescent girls. (7)

Rise of Eating Disorders in Asia and cultural differences:

A preoccupation to lose weight and tying self-esteem to a thin body type often extends to maturing adolescents in the West. The rise of ED across Asia has been noted to coincide with rapid economic growth and widespread social transformation across this region. Asia constitutes the largest continent both in terms of area and population. Initial studies on ED in Asian population involved immigrants from Asia who were residing in industrialized Western countries. Prior to the 1990s, very few cases of ED were reported in Malaysia, Singapore, India, and Hong Kong; but overall EDs were considered absent in Asia. (7) Among the Asian countries, EDs was first reported in Japan in the mid-1970s. By the end of the 20th century, disordered eating attitudes showed a dramatic increase among the young female population of Asia, and spread beyond Japan into the Asian subcontinent. At present, the gap between the West and Asian countries in terms of weight and shape concerns, dieting behaviors and disordered eating patterns is gradually narrowed.

In a study done to compare eating behavior across various cultural populations, the Eating Attitude Test-26 (EAT-26) and the Drive for Thinness subscale of the Eating Disorder Inventory-2 (EDI-2) were used to assess eating attitudes in a total of 985 students across various cultural backgrounds. Study included 411 Japanese, 130 Indian, 135 Omani, 113 Euro-American and 196 Filipino male and female adolescents in the age group of 14 – 19 years. This study reported that adolescents from India, Oman and the Philippines showed disordered eating attitudes similar to or worse than adolescents from Western countries and Japan, however their desire to become thin was not as strong. (9) They noted that there were significant differences in eating attitudes and desire for thinness among various cultural groups. In any particular culture, as the ideal for beauty that is promoted becomes progressively thinner, the pressure to measure up to that ideal increases and there is increasing level of dissatisfaction. (8) This results in an increase in dieting behavior and maybe a precursor to the development of eating disorders. Rapidly changing social and cultural factors hence, plays a significant role in the rising rate of ED across various cultural groups. In 1990, DiNicola suggested that anorexia nervosa is more a “culture-change syndrome” than a “culture-specific syndrome”; suggesting that cultures that are rapidly modernizing and changing are particularly vulnerable to the development of eating disorders. (10) Acculturation to the ideal of a thin body size that is prevalent in Western society is progressively increasing. The increase impacts adolescents who are in the process of establishing their self-identity. (8)

Adolescent vulnerability:

Adolescents are an “at-risk” population. Adolescence is one of the most rapid phases of growth and development. During adolescence, psychosocial maturity follows biological maturity. Adolescents are known to explore and experiment. (11) This phase is characterized by efforts to confront and surmount challenges and establish an identity, while trying to adapt to rapid biological changes.

The World Health Organization (WHO) defines adolescents as persons between 10 and 19 years of age (WHO 1998). Adolescents make up about 20 per cent of the world's population of whom 85 per cent live in developing countries. Adolescents have been neglected as a distinct target group for health and social related interventions. They tend to get included under family, women's and child welfare and health programmes. But they are neglected within these programmes. This has partially been because adolescents are viewed as a relatively healthy age group, who did not have a heavy ‘burden of disease’, when compared with young infants or older adults. However, there is increasing recognition that adolescents have special health-related vulnerabilities. WHO has launched the Global Accelerated Action for the Health of Adolescents (AA-HA!) (2016 – 2030) strategy to address this neglect and as adolescents have been identified to have special health-related vulnerabilities. They have identified adolescents as being central to achieving the Sustainable Development Goals (SDGs). Investment in adolescent health brings a triple dividend of health benefits: for adolescents now, for adolescents’ future lives and for the next generation.

(12)

Adolescents are also seen as ‘gateways to health’ because behavioral patterns acquired during this period tend to last throughout adult life. About 70 per cent of premature deaths among adults are due to behaviors initiated during the adolescent age. (WHO 1998)

Areas where adolescents are known to take risks include substance use, high risk sexual behaviors, road safety, violence, disordered eating patterns and obesity. (13)

There is a growing concern that many teenagers may not achieve their full potential as workers, parents, and individuals as a result of risky health behaviors initiated during this potentially healthy stage in life. Many of these risky behaviors maybe preventable. (14) Both environmental and individual characteristics impact risk taking behavior in an adolescent, and both are modifiable if identified early. Adolescents are the future of our world and therefore, adolescent health ought to be an important concern for all health care professionals.

II.b: BODY IMAGE

Body image is a perception of the physical self and the thoughts and feelings, positive and negative or both, which result from that conception. Body image perception has been conceptualized as the mental picture a person has of their body. It is a multifaceted construct involving an individual’s perceptions, thoughts, feelings, and behaviors about the size, shape, and structure of their body. A distorted body image, perceiving oneself to weight more or be larger than actual measurements, is common among adolescents. (15) Bruch states that no group is more preoccupied with

physique and appearance than teenage girls. (16) Distorted or negative body image, refers to an unrealistic view of how one sees their body. Body image distortion, in addition to being a significant emotional problem for adolescents, serves as a motivator for engaging in potentially dangerous weight-reducing behaviors. (17)

In 1962, Hilde Bruch was the first to recognize dysfunctional body image perception as a core feature of eating disorders, particularly anorexia nervosa. (18) The diagnostic criteria for anorexia nervosa in the 5th edition of Diagnostic and Statistical Manual of Mental Disorders, states “an intense fear of gaining weight or becoming fat, or persistent behavior that interferes with weight gain, even though at a significantly low weight” and “disturbance in the way in which one’s body weight or shape is experienced, undue influence of body weight or shape on self-evaluation, or persistent lack of recognition of the seriousness of the current low body weight”. The criteria for bulimia nervosa similarly includes the necessary condition that “self-evaluation is unduly influenced by body shape and weight”. (19) Body image distortion is, hence, an integral part of these diseases. (18).

What then is body image exactly?

In 1981, Garner and Garfinkle reviewed the effect of body image on anorexia, and reported the lack of a clear and complete idea of the body image construct. However, they described that in anorexia, body-image disturbance can clinically manifest in 2 basic ways:

“Perceptual” disturbance – wherein the anorexic patient is unable to accurately assess their size; also referred to as “body size distortion”

“Cognitive/affective” disturbance – where there is no disturbance in size awareness; here they are able to assess their physical size accurately but react to their bodies with extreme forms of worthlessness; also referred as “body dissatisfaction”. (20)

Various techniques to measure different facets of the body image construct have been used which include projective instruments, figure-drawings, questionnaires, interviews, and size estimation using visual and tactile cues. Each of these techniques is differentially sensitive to the various aspects of body image.

Overestimation of body size has been associated with a greater presence of symptoms of eating disorders. (3) Among the adolescent population, a negative body image perception and poor self-esteem may result in depressive symptoms and a greater risk of eating disorders. (21) Worldwide, the prevalence of overweight and obesity has continued to rise, but the cultural ideal for women has become a leaner size. A strong societal emphasis on appearance and thinness has resulted in both an intense preoccupation with one’s body image and the trial of several weight loss strategies. (22) In the last three decades, there has been a trend towards a thinner ideal body image. (23) Aspiring to be thin in order to meet this cultural ideal is undesirable as it results in an unhealthy preoccupation with one’s weight. This in turn may lead to an increased prevalence of eating disorders. The aim rather should be to identify children and adolescents who are overweight or obese and emphasize healthy weight control strategies that are short term and under supervision. (24)

II.c: EATING DISORDERS

In the 5th edition of the DSM, anorexia nervosa and bulimia have been included under the category of “Feeding and Eating Disorders”; other disorders included under this category are - anorexia nervosa (AN), bulimia nervosa (BN), binge eating disorder (BED), avoidant/restrictive food intake disorder (ARFID), rumination disorder, pica, other specified feeding and eating disorder(OSFED), unspecified feeding or eating disorder (UFED).

“Feeding and eating disorders” are characterized by a persistent disturbance of eating or eating-related behavior that results in the altered consumption or absorption of food and that significantly impairs physical health or psychosocial functioning. (19)

Anorexia nervosa (AN):

The diagnostic criteria for anorexia nervosa –

1. Restriction of energy intake relative to requirements, leading to significantly low body weight in the context of age, sex, developmental trajectory, and physical health. Significantly low weight is defined as weight that is less than minimally normal or, for children and adolescents, less than minimally expected. In children and adolescents, there may alternatively be failure to make expected weight gain or to maintain a normal developmental trajectory (i.e while growing in height) instead of weight loss. The CDC uses BMI-for-age below the 5th percentile as suggesting underweight; however, children and

adolescents may be judged to be significantly underweight if there is failure to maintain their expected growth trajectory.

2. Intense fear of gaining weight or of becoming fat, or persistent behavior that interferes with weight gain, even though at a significantly low weight. This intense fear of becoming fat is usually not alleviated by weight loss.
3. Disturbance in the way in which one's body weight or shape is experienced, undue influence of body weight or shape on self-evaluation, or persistent lack of recognition of the seriousness of the current low body weight. They may employ a variety of techniques to evaluate their body size or weight, including frequent weighing, obsessive measuring of body parts, and persistent use of a mirror to check for perceived areas of "fat".

Types of anorexia nervosa –

1. Restricting type – during the last 3 months, the individual has not engaged in recurrent episodes of binge eating or purging behavior (i.e. self-induced vomiting or the misuse of laxatives, diuretics, or enemas). This subtype describes presentations in which weight loss is accomplished primarily through dieting, fasting, and/or excessive exercise.
2. Binge-eating/purging type – during the last 3 months, the individual has engaged in recurrent episodes of binge eating or purging behavior (i.e. self-induced vomiting or the misuse of laxatives, diuretics, or enemas).

Three essential features of anorexia nervosa include–

1. Persistent energy intake restriction

2. Intense fear of gaining weight or becoming fat, or persistent behavior that interferes with weight gain
3. Disturbance in self-perceived weight or shape

Associated features supporting diagnosis-

The starvation of anorexia nervosa, and the purging behaviors sometimes associated with it, can result in significant and potentially life-threatening medical conditions.

A subgroup of individuals with anorexia nervosa show excessive levels of physical activity. Increases in physical activity often precede onset of the disorder, and over the course of the disorder increased activity accelerates weight loss. During treatment, excessive activity may be difficult to control, thereby jeopardizing weight recovery.

The 12-month prevalence among young females is approximately 0.4%. It is far less common in males with a female – to – male ratio of 10:1.

Anorexia nervosa typically begins during adolescence or young adulthood and can occur across culturally and socially diverse populations.

Bulimia nervosa:

The diagnostic criteria for bulimia nervosa-

1. Recurrent episodes of binge eating.

An episode of binge eating is characterized by the following:

Eating, in a discrete period of time (e.g., within any 2-hour period), an amount of food that is definitely larger than what most individuals would eat in a similar period of time under similar circumstances.

2. A sense of lack of control over eating during the episode (e.g., a feeling that one cannot stop eating or control what or how much one is eating)
3. Recurrent inappropriate compensatory behaviors in order to prevent weight gain, such as self-induced vomiting; misuse of laxatives, diuretics, or other medications; fasting; or excessive exercise.
4. The binge eating and inappropriate compensatory behaviors both occur, on average, at least once/week for 3 months.
5. Self-evaluation is unduly influenced by body shape and weight.

The disturbance does not occur exclusively during episodes of anorexia nervosa.

Three essential features of bulimia nervosa are –

1. Recurrent episodes of binge eating
2. Recurrent inappropriate compensatory behaviors to prevent weight gain
3. Self-evaluation is unduly influenced by body shape and weight (19)

Onset of bulimia nervosa is also typically in adolescence or young adulthood; however disturbed eating behavior is known to persist for at least several years in many bulimics prior to the onset of clinical bulimia nervosa. This underlines the importance of early detection of adolescents with disordered eating patterns.

Binge- eating disorder:

The essential feature of binge-eating disorder is recurrent episodes of binge eating that must occur on an average at least once per week for 3 months. An episode of binge eating is defined as eating, in a discrete period of time, an amount of food that is definitely larger than most people would eat in a similar period of time under similar circumstances. Excessive consumption of food must be accompanied by a sense of lack of control, that is inability to refrain from eating or to stop eating once started. Individuals with binge eating are typically ashamed of their eating problems and usually eat in secret. The most common antecedent of binge eating is negative affect; other triggers include interpersonal stressors, negative feelings related to body weight and body shape, and boredom. Binge eating further subsequently leads to negative self-evaluation and dysphoria. Harmful dieting strategies and restricted eating follows the development of binge eating in many individuals with binge-eating disorder.

Other/ Unspecified Specified Feeding or Eating Disorder:

This category includes presentations in which symptoms characteristic of a feeding and eating disorder that cause clinically significant distress or impairment in social, occupational, or other important areas of functioning predominate, but do not meet the full criteria for any of the disorders in the feeding and eating disorders class.

Eating disorders and alteration of brain structure and function:

It is well known that acute malnutrition is associated with gray and white matter reduction, with the reduction being mostly reversible with restoration of weight. (25)

The reduction in brain mass presents with diffuse enlargement of sulci and marked dilatation of the ventricles. These changes are positively correlated with the decrease in body mass index (BMI). However, the changes are not uniform in nature and the fronto-parietal-cingulate network which is involved in perception and integration of various body stimuli seems to be most affected. (25) Functional MRI studies have shown altered neuronal activity involving the cortical and subcortical structures like amygdala, striatum, thalamus and cerebellum. In appearance/body shape-related functional MRI studies, researchers have noted decreased activation in the inferior parietal lobe (area that is related to attention) after the subjects viewed images of their own bodies. This finding may be due to avoidance or aversion of perceiving their own body. (25) On exposure to food related pictures, patients with anorexia showed alteration in the visual cortex, indicating an alteration in the processing of visual food stimuli. This altered cognitive processing of food related images may continue to be dysfunctional, even in patients who have recovered from anorexia. When patients with anorexia feel hungry, there was noted to be an activation of the amygdala, which indicated a fearful emotional response. Most of these structural changes are reversible with treatment of anorexia nervosa. (25)

Various theories have been proposed for these changes including shift of fluid from intra-cellular to extra-cellular space, apoptosis of glial and neuronal cells. These changes may partly be attributed to lack of polyunsaturated fatty acids which in turn

alters cell membranes. There is also deficiency of micronutrients like zinc and vitamin B12 which may contribute to the structural brain changes.

Eating disorders are a serious health problem:

Eating disorders are relatively infrequent among the general population and most patients are not forthcoming about their illness and may not seek professional help. Hence, community-based studies on EDs are not cost effective and may not produce results. However, though lifetime prevalence estimates of EDs are relatively low, among adolescent females, it is the third most common chronic illness and has the highest mortality rate among all psychiatric disorders during adolescence. (25)

Severity of adolescent onset EDs and poor quality of life has been shown demonstrated in several studies. There is high rates of impairment of domestic role, various serious medical complications including mortality, psychiatric and medical co-morbidity and suicide. (26)

Most epidemiological studies on EDs therefore, use psychiatric case registers or are hospital-based studies. This may underestimate the actual prevalence of EDs in the general population. Over the past few decades, studies have noted an increased incidence rate of EDs in the high-risk group of 15-19-year-old adolescent girls. This may be due to an increase in public awareness about the disease leading to more seeking health care and early detection. (27)

Population based surveys of eating disorders among adolescents are few. The National Comorbidity Survey Replication (Adolescent supplement) sought to examine the prevalence and correlates of eating disorders among US adolescents. (26) A cross-

sectional survey was carried out using face-to-face interviews in 10,123 adolescents aged 13 to 18 years. The lifetime prevalence estimate of anorexia nervosa, bulimia nervosa, and binge-eating disorder were 0.3%, 0.9% and 1.6%, respectively. (26) However, other studies that used expanded measures in adolescents have shown greater prevalence of disordered eating behaviors (14-22%) than those studies that applied strict DSM-IV criteria for diagnosis of EDs. This study also showed that the median age of onset of AN and BN was 12.3 and 12.4 years respectively with interquartile ranges of 11.2 to 13 years and 11.1 to 13.5 years respectively. A majority of adolescents with an eating disorder were also reported to have met criteria for at least 1 other DSM-IV disorder, like mood disorders, anxiety disorders, substance abuse, behavioral disorders, and oppositional defiant disorder. (26) They also noted that all subtypes of eating disorder were associated with significantly elevated suicidal ideation with 31.4% of those with AN and 53% of those with BN having suicidal thoughts. Of note, the level of suicidal ideation in adolescents with subthreshold EDs was comparable to those with overt EDs. Hence, the importance of identifying not only adolescents with eating disorders but also those with disordered eating behaviors and subthreshold eating disorders.

In a review on the rise of EDs in Asia, a feature specific to EDs in the Indian subcontinent were noted. A variant form of anorexia nervosa, where in the hallmark features of “fat-phobia” and/or distorted body image noted in AN in the West was found to be conspicuously absent, was identified and described. (7) In India, in the 1990s, a case series of 5 young girls aged 15-22 years was reported, who had

symptoms of persistent vomiting, amenorrhea, food refusal, significant reduction in weight and multiple somatic complaints; but these girls did not demonstrate a disturbance in body image, particular importance on thinness or a phobia for gaining weight. Another study done in 1995 among 210 Indian university students showed that 14.8% of students showed evidence of Eating Distress Syndrome (EDS), which is considered a variant of and a precursor for EDs. This study also demonstrated a lack of fear to gain weight in some of the patients. (7) Mendhekar et al described 2 patients with anorexia nervosa – both were adolescent, school-going girls from middle socioeconomic status. Both these girls were pre-morbidly not obese and did not have a pressure to become thin. They had refusal to eat food, with significant weight loss and there was a definite psychosocial stressor leading to concern about body image. (28)

In a study done in a tertiary care center in South India, 3274 patients attending the Child and Adolescent Psychiatry Unit from January 2000 to December 2005 were studied. They identified adolescents with an ICD-10 diagnosis of eating disorders. 61% of the sample were females with 70% belonging to middle socio-economic status and mean age was 12.6 years. The 6-year period prevalence of ED was 1.25%. The mean age of symptom onset was 11.2 years and duration of symptoms was for 19.2 months. Psychogenic vomiting was found to be the predominant ED in 85.4%. Around 44% of patients with ED had psychiatric co-morbidities with the most common being mood disorder in 28%. (29)

II.d: PREVALENCE OF BODY IMAGE DISSATISFACTION (BID)

In a study of Dublin schoolgirls aged 15 years, there was a high level of dissatisfaction with body weight noted. 59% of 420 children reported that they wanted to be slimmer and 68% had previously tried to lose weight. This body image dissatisfaction was not limited to the overweight/obese age group. Normal weight and underweight girls too, expressed a desire to be thinner and reported using unhealthy weight control practices including random avoidance of staple foods, fasting, smoking and purging, in their attempt to fit the 'perfect' female figure. The conclusion from that study was that obesity prevention programmes must recognize that adolescents may develop a profound fear of fatness, and may resort to use of harmful weight losing strategies.

(30)

Prevalence of body image dissatisfaction in developed countries ranges between 35% and 81% among adolescent girls and 16% and 55% among boys. In Brazil, more than 38% of adolescents did not consider their body normal. Over 15% of the students reported adopting extreme weight control practices, either to lose or gain weight.

Adolescents who considered themselves “fat”, used extreme practices for weight loss 92% more than those who considered themselves to have a normal weight.(21)

In a study of 776 primary-school students in Malaysia, 60% of students were dissatisfied with their body image. This was associated significantly with gender and BMI. Girls had 2 times higher rates of body image dissatisfaction compared boys.

Overweight/obese students had 4 times greater body image dissatisfaction compared to students with normal BMI. (31) Among adolescent students in Beijing district, the prevalence of body image dissatisfaction was found to be high even among those with normal weight. 37% (249/680) of the students were obese/overweight, 4% (27/680) underweight and 60% (404/680) normal weight. Of these 404 students in the normal weight category, 33% (132/404) were satisfied with their body weight, whereas 67% were dissatisfied with their body weight. 35% wanted to be thinner and 32% fatter. Prevalence of the expectation to be thinner was higher among girls and middle grade students than among boys and primary grade students. This study demonstrated that the prevalence of BID was high among students with all categories of weight. Prevalence was also higher with increasing age of the adolescents. (32)

In a study among 360 students in Malaysia, 78% were dissatisfied with their current body size. (33). The above studies indicate that the problem of body image dissatisfaction is not limited to certain ethnicities or regions, but has become a global phenomenon. Since it is also prevalent among children and young adolescents, there is a need to undertake early interventions to prevent an epidemic.

Factors that are associated with body image dissatisfaction are socio-economic status, weight/BMI, age and gender. (34) One study reported that female sex and BMI were significant factors in the development of body image dissatisfaction. Girls were two times more at risk of developing body image dissatisfaction (66%) as compared with boys (52%). Girls tended to choose thinner body silhouettes as their desired body

image. This could be because girls are more likely to be exposed to the thin-ideal through media, which has been proven to influence body image. (35) On the other hand, boys who were dissatisfied with their body image tended to choose larger or more muscular body silhouettes as their desired body image. This difference between genders may be influenced by emphasis from society on physical attractiveness and a thin ideal image for girls and an athletic body for boys. The authors demonstrated a linear increase in body image dissatisfaction with increasing BMI in girls, where one unit increase in BMI was associated with an 8% increase in prevalence of body image dissatisfaction. In boys, on the other hand, there was a U shaped association, where those with either low or high BMI showed body image dissatisfaction. (34)

Adolescents who used extreme weight control measures were at risk of other health-compromising behaviors. Of particular concern is the strong association between extreme weight control behaviors and suicide ideation and reported suicide attempts. There was also an increased risk of substance abuse and unprotected sexual activity. (36)

In a study in Hongkong, among 1132 secondary school students, 14% were overweight or obese. The agreement between measured BMI and perceived weight was poor among girls and fair among boys with a kappa value of 0.137 and 0.225 respectively. In girls, there was a relationship between perceived weight and weight control behaviors. Girls who perceived themselves as overweight were more likely to exercise, restrict calorie intake, self-medicate with diet pills, purge or use laxatives. There was no evidence however between measured BMI and weight control

behaviors. In boys, similarly there was noted to be a relationship between perceived weight and weight control behaviors. Hence, body image perceptions are not in agreement with actual weight in adolescents, and the discrepancy is more marked in girls. Weight control behaviors are driven by perceived weight rather than measured BMI. (37)

In Jordan, among 326 girls aged 10-16 years attending both private and public schools, the mean BMI was $20.9 \pm 3.8 \text{ kg/m}^2$. They found that around 21% of participants had increased scores on the Body Shape Questionnaire (BSQ-34) indicating body image dissatisfaction. The mean EAT-26 score was found to be 16.6 ± 10.7 , with high EAT-26 scores (score ≥ 20) seen in 40% of girls indicating disordered eating behavior. They also found that age and BMI showed positive association with BID, stating that as girls near puberty and start to gain weight, the level of dissatisfaction with body image increases. (38)

Pelegrini et al conducted a study among 676 adolescents comprising of 234 boys and 442 girls, aged 14 to 18 years in Florianopolis, southern Brazil. They used the Stunkard's body silhouettes to identify adolescents with body image dissatisfaction, and classified body mass index as an indicator of nutritional status. They observed that 65.5% of the adolescents were dissatisfied with body image, with a higher proportion of male adolescents (72.6%) being dissatisfied than female adolescents (61.8%).

Adolescents with BMI $<18.5 \text{ kg/m}^2$ and $>25 \text{ kg/m}^2$ were considered to have nutritional status disorders in this study. Of those with nutritional status disorders, 77% were dissatisfied with their body image with 46% wanting to reduce weight and 30% wanting to increase weight. Even among those who were within the normal BMI

range for age, 61% were dissatisfied with 36% desiring to become thinner. They also showed that male adolescents with nutritional status disorders were more dissatisfied with their body image than females in the same category. 61%, 61% and 90% of underweight, normal weight and overweight adolescents respectively were dissatisfied with body image. Overweight adolescent girls were found to be 11 times more likely to be dissatisfied with the body image than adolescent girls with a normal weight. They concluded that nutritional status is strongly associated with body dissatisfaction, particularly in female adolescents. (39)

A 10-year longitudinal population-based study in the US, among 1902 participants from diverse socio-economic and ethnic and racial backgrounds, body dissatisfaction was studied from adolescence to adulthood: (a) female and male participants' body dissatisfaction increased between middle and high school, (b) body dissatisfaction increased further during the transition to young adulthood, and (c) this increase was associated with an increase in BMI over time. These results demonstrated that irrespective of the cultural backgrounds, there is an increasing trend in body image dissatisfaction, as the BMI increases, from middle school to young adulthood. This emphasizes the need for preventive strategies during this critical phase. (40)

Role of physical activity:

A study was conducted among South African girls aged 18 – 23 years, to understand relationships between body image satisfaction, eating attitudes, BMI and physical activity levels. (41) They were recruited from rural (n = 509) and urban (n = 510)

settings. Body image satisfaction was measured using Stunkard's silhouettes, and the 26-item Eating Attitudes questionnaire (EAT-26) was used to evaluate risk for disordered eating. Physical activity was assessed using the Global Physical Activity Questionnaire (GPAQ). Urban females were more likely to be overweight and obese than rural females ($p = 0.02$) and had a greater desire to be thinner ($p = 0.02$). In both groups, being overweight or obese was positively associated with a desire to be thinner ($p < 0.01$), and negatively associated with a desire to be fatter ($p < 0.01$). Body image dissatisfaction was associated with disordered eating attitudes in the urban group. It was also associated with higher participation in moderate to vigorous physical activity.

Previous meta-analyses have shown that people who exercised more had better body image perceptions, and that increasing physical activity was directly associated with improved body image. (20) On the other end of the spectrum, excessive exercise has been associated with the development and pathogenesis of disordered eating, such as anorexia nervosa, and in this light may be a harmful behavior.(21) In this study, physical activity was not influenced by eating attitudes, and in fact was associated with a decreased risk of developing an eating disorder. This indicates that physical activity appears to be a healthy behavioral mechanism to control body image satisfaction.

In a study done in a tertiary care center in South India, 7 adolescents with ED diagnosed according to the DSM-IV criteria were studied. Mean age of presentation was 14 years. Of these 7 patients, 4 were girls and 3 were boys. All 7 of the

adolescents showed an intense fear of gaining weight and a distorted body image perception, and restricted food intake was the principle mode of weight loss in all these adolescents. All the 3 boys also resorted to rigorous exercise, whereas none of the girls reported increased exercise as a means to lose weight. (44) A similar absence of overactivity was reported in a study from New Delhi by Khandelwal et al. (45) This was considered to be possibly due to a lack of regular physical activity among the general adolescent population.

II.e: INDIAN STUDIES

A study was conducted in Karnataka in Udupi district, among 550 students from pre-university colleges, in the age group from 15 – 19 years, with the aim to estimate the proportion of adolescents who had concerns about their body image and to understand its relationship with eating attitudes. They used the EAT-26 questionnaire to assess risk of developing an eating disorder, and the SATAQ-3 (Sociocultural Attitudes towards Appearance questionnaire) to explore the influence of advertisements, television, movie stars, music videos etc. on perception about body image. A considerable number of participants had concerns about body image, some of them perceived themselves to be thin (29.82%) while some others as fat (32.54%). Approximately one third (31.09%) of the participants had a propensity for developing an eating disorder. Eating attitudes were found to be significantly associated with body image concern in this study. They concluded that the participants who had

issues with their body image were more likely to develop disordered eating and were probably more influenced by famous personalities. (46)

In another study done in Udupi, Karnataka, among 124 female college students in the age group of 16 – 21 years (mean age of 18.9 years), students had a BMI range of 14.6 – 27.9 kg/m², with a mean of 19.4. Majority belonged to the normal weight category (67%) with only 3.2% of female adolescents in the overweight/obese range. However, 86% of the subjects desired to be thin. (47)

A study was conducted among 586 adolescent girls aged 10–19 years in Lucknow district, Uttar Pradesh (151 from rural, 150 from slum, and 286 from urban area). Body satisfaction was measured by difference between perceived body image and desired body image. 73.4% adolescent girls were satisfied with their body image, while 26.6% of studied girls were dissatisfied. Girls from urban and slum areas had a higher prevalence rate of dissatisfaction than girls from rural areas (30.2%, 40% and 22.5% respectively). Also, girls in the age group of 13 – 15 years had more body image dissatisfaction than younger (10 – 12 years) and older (16 – 19 years) age group. In the 13 – 15 years age group, urban girls had a lower level of satisfaction with body image than rural girls. Results also shows that among the girls who were satisfied with their body image, 32.8% girls were underweight and 38.4% were stunted. However, this study did not address the correlation between risk of developing eating disorders and dissatisfaction with body image. (48)

In a study conducted among 147 girl MBBS students in Mangalore, in the age group ≥ 18 years, 25 were underweight (17%), 111 (75.5%) belong to normal range of BMI

and 11 were overweight (7.5%). With reference to body image perception, about 35 (23.8%) of the subjects felt they were lean, a majority 95 (64.6%) felt they were normal and 17 (11.6%) felt they were overweight. Regarding body image satisfaction, 98 (66.7%) were satisfied with their image while 49 (33.3%) were unsatisfied. Out of the 49 subjects who were unsatisfied, 20% wanted to reduce weight and skipping meals was practiced by 42 (28.6%) of the subjects. They concluded that body image was perceived correctly by the female medical students and in-turn they had attempted to modify their body weight status toward normal. (49)

A study was conducted among 1220 college – going adolescent girls aged 18-19 years in an urban area in Coimbatore, Tamil Nadu. Around half of the sample population was in the normal BMI range (53%) with 23% underweight and 20% in the overweight/obese category. 77% of the girls were dissatisfied with their body image as assessed by Stunkard's figure rating scale. In the normal BMI category, 23% were dissatisfied and wanted to lose weight despite a normal BMI, showing a tendency towards a thinner body ideal in college students. They also found that higher SES, higher BMI, increased societal pressure to look thin, influence from media and a poor self-esteem were significantly associated with increased BID. (50)

In a study among 150 affluent girls in New Delhi, 40 % of the normal weight and 80 % of the underweight girls perceived themselves to be heavier than they actually were; 52 % of the underweight girls overestimated their body size, as did 28 % of normal-weight subjects. The level of satisfaction with appearance increased as weight decreased. A majority of the obese and normal weight subjects and 42 % of the underweight subjects were dissatisfied with current weight. It was observed that the

obese and normal-weight subjects were keen to reduce weight and even 32 % of the underweight girls wanted to lose weight. (51) Thus, concerns about excess weight are prevalent among adolescent girls, even among normal-weight and underweight, which may predispose adolescents to unhealthy dietary behavior.

Some other studies done on eating disorders and body image perception have been summarized in tabular column below:

Table 1: Summary of studies on eating disorders in India

Authors	Subjects	Study settings and Sampling type	Assessment tools and Methodology	Major findings
King and Bhugra, 1989, Yamuna Nagar (52)	574 school girls aged between 14-23 years	Two schools and two colleges Quota sampling	Hindi version of EAT-26 Abnormal eating attitude and behavior was assessed by a score of > 20 on EAT-26	About 29% (n=167) had disordered eating or probable eating disorder
Srinivasan et al., 1995	Medical students	Medical college	EAT-40; BITE (Bulimic Investigatory Test, Edinburgh); DSM-III	About 28 students had scored more than cut offs as per EAT or

Authors	Subjects	Study settings and Sampling type	Assessment tools and Methodology	Major findings
Chennai (53)	Step1: 602 Step 2: 210	Convenience sampling	criteria. 2 step procedure; Step 1: Screening of probable cases, defined as Score >30 on 40-item EAT or Score >10 on 33-item BITE Step 2: Clinical assessment and diagnosis of eating disorder as per DSM-III in all probable subjects as well as 1/3 of screen negative subjects selected by random sampling	BITE in Step 1. None of the subjects had syndromal eating disorder diagnosis on clinical evaluation. About 14.8% subjects (n=31) could be diagnosed with syndrome of EDS, subsyndromal eating disorder

Authors	Subjects	Study settings and Sampling type	Assessment tools and Methodology	Major findings
Srinivasa n et al., 1998 Chennai (54)	Medical students Step1: 210 Step 2: 146	Medical college Convenience sampling	SRQ-20 – Self report questionnaire (>7 – probable case); SQ-EDS – screening questionnaire for Eating Distress Syndrome Step 1: 15 item SQ-EDS was made based on the study by Srinivasan et al., 1995 on 210 subjects Step 2: The questionnaire was validated in another set of 146 students against 20-item SRQ-20	Among 210 subjects assessed individually, no criterion-based diagnosis of AN or BN could be made. About 14.8% of subjects were identified as having EDS which did not fit into any of the standard diagnostic criteria for major eating disorders In Step 2, none of the subjects could be diagnosed with AN, BN, or partial

Authors	Subjects	Study settings and Sampling type	Assessment tools and Methodology	Major findings
				<p>syndrome of AN or BN. About 11% of subjects were diagnosed with EDS</p>
<p>Balhara et al., 2012 New Delhi (55)</p>	<p>n=97 female nursing students</p>	<p>Government nursing college affiliated with tertiary care hospital Quota sampling</p>	<p>EAT-26, BSQ Disordered eating attitude and behavior was assessed by a score of >20 on EAT-26. BSQ was used to assess attitude regarding body shape</p>	<p>About 4% (n=3) had disordered eating or probable eating disorder. A significant correlation was obtained between EAT-26 and BSQ</p>

Authors	Subjects	Study settings and Sampling type	Assessment tools and Methodology	Major findings
Chellappa and Karunani dhi, 2013 Chennai (56)	n=200 undergraduate female students	Five premier colleges affiliated to the University of Madras Convenience sampling	EAT-26, State Trait Anxiety Inventory BDI Abnormal eating attitudes were assessed by EAT-26. Anxiety and depression were assessed by the State Trait Anxiety Inventory and BDI, respectively	30% of students had abnormal eating attitudes. Participants in the abnormal eating attitude category had exhibited higher scores on depression and anxiety when compared to those with normal eating attitudes
Upadhyah et al.,	n=120 females	School	EAT-26	Nearly 26.67% (n=32) had disordered eating

Authors	Subjects	Study settings and Sampling type	Assessment tools and Methodology	Major findings
2014 Meerut (57)	aged between 13-17 years	Convenience sampling	Disordered eating attitude and behavior was assessed by a score of 20 or more on EAT- 26	
Ramaiah, 2015 Bellur, Karnataka (58)	n=172 medical students	Tertiary care rural medical college Convenience sampling	EAT-26 BSQ Disordered eating attitude and behavior was assessed by a score of 20 or more on EAT- 26. BSQ was used to assess attitude regarding body shape	About 16.9% (n=29) had disordered eating. A significant correlation was obtained between EAT-26 and BSQ

Authors	Subjects	Study settings and Sampling type	Assessment tools and Methodology	Major findings
Singh et al., 2016 Manipal (59)	n=550 students	Pre-university colleges Convenience sampling	EAT-26 The tendency to develop an eating disorder was assessed by a score of > 20 on EAT-26	Nearly 31.09% (n=171) had affinity to develop eating disorder.
Shashank et al., 2016 Mandya (60)	n=134 medical students	Tertiary care medical college and hospital Convenience sampling	EAT-26; SCOFF EAT-26 and SCOFF questionnaire was used to assess disordered eating attitude and behavior. Disordered eating was determined by a cut-off	29.2% and 17.2% of students had disordered eating behavior as per EAT-26 and SCOFF, respectively

Authors	Subjects	Study settings and Sampling type	Assessment tools and Methodology	Major findings
			of 20 and 2 on EAT-26 and SCOFF, respectively	
Gupta et al., 2017 Chandigarh (61)	n=250 medical students	Government Medical College Convenience sampling	Hindi version of EAT-26 BSQ Hindi version of 26 item EAT-26 BSQ was used to assess disordered eating attitudes and body shape attitude	Females scored significantly greater on dieting subscale of EAT-26 and BSQ. BSQ was found to be a significant predictor of eating disorder
Vijayalakshmi et al., 2017	n=241 medical students n=213	Medical college	EAT-26; SCOFF Patient health questionnaire	Males (45.4%) scored higher on the cut-off for SCOFF questionnaire

Authors	Subjects	Study settings and Sampling type	Assessment tools and Methodology	Major findings
Bengaluru (62)	nursing students	Convenient sampling	SCOFF questionnaire was used to assess disordered eating behaviors Score more than 2 signifies suspected eating disorder	compared to female (31.1%). Males (16.5%) scored higher on the cut-off for EAT-26 compared to female (8.7%)

Nutrition transition is occurring at a rapid pace in the developing world and is guided by many factors like economic changes, urbanization, and modernization.(25) It was observed that, although adolescents had adequate nutrition knowledge, optimal eating attitudes and practices were not being adopted. There has been a transition away from healthy diets consisting of healthy balance of grains, fiber, fruits and vegetables to a more westernized diet. This along with increasing sedentary lifestyle, has led to increasing rates of overweight and obesity in developing countries. This has been coupled with higher rates of restrained eating and disordered eating attitudes and behaviors such as emotional eating, binge eating, frequent unhealthy dieting.

Furthermore, adolescents in developing countries are faced with an influx of media whose purpose is to influence dietary attitudes and promote thinness as an ideal body image for girls and the muscular body image as ideal for boys.

There is no data related to body image perception among adolescents and association with BMI and eating disorders among adolescents in Tamil Nadu and the role of physical activity in maintaining ideal body image as perceived in our community. In view of rapid Westernization in terms of dietary habits and body image ideals, our adolescents are at risk of developing increasing dissatisfaction with body image and hence, may be at risk for developing disordered eating.

There is a need to identify adolescents who have body image dissatisfaction at an earlier stage in order to avoid the development of eating disorders. Adolescents who are at risk of eating disorders need to be identified and appropriate interventions initiated.

III. AIMS AND OBJECTIVES

AIM:

To examine the relationship between body image dissatisfaction and risk of developing an eating disorders (ED)

PRIMARY OBJECTIVE:

To determine the prevalence of body image dissatisfaction using Stunkard's Figure Rating Scale.

To assess risk of developing an eating disorder using EAT-26, a validated self-administered questionnaire.

SECONDARY OBJECTIVES:

1. To assess whether there is an association between body image dissatisfaction and risk of developing ED among school going adolescents in Vellore city
2. To determine if physical activity played an important role in weight control behavior among these adolescents

IV. MATERIALS AND METHODS

STUDY DESIGN:

Cross-sectional questionnaire-based study.

STUDY SETTING:

Government and private schools located in the city of Vellore

STUDY PARTICIPANTS:

Adolescents aged 11-18 years who attend schools located in the city of Vellore.

SAMPLING METHOD:

Schools were selected by simple randomization and all students in the target age group in those schools were included. Students were recruited by sequential sampling till calculated sample size was reached.

Data was collected using 2 structured validated self-reported questionnaires.

STUDY DURATION:

September 2018 till September 2019.

INCLUSION AND EXCLUSION CRITERIA:

Inclusion criteria:

- i. Adolescents aged 11 to 18 years
- ii. Parent/caregiver consent and participant assent obtained.

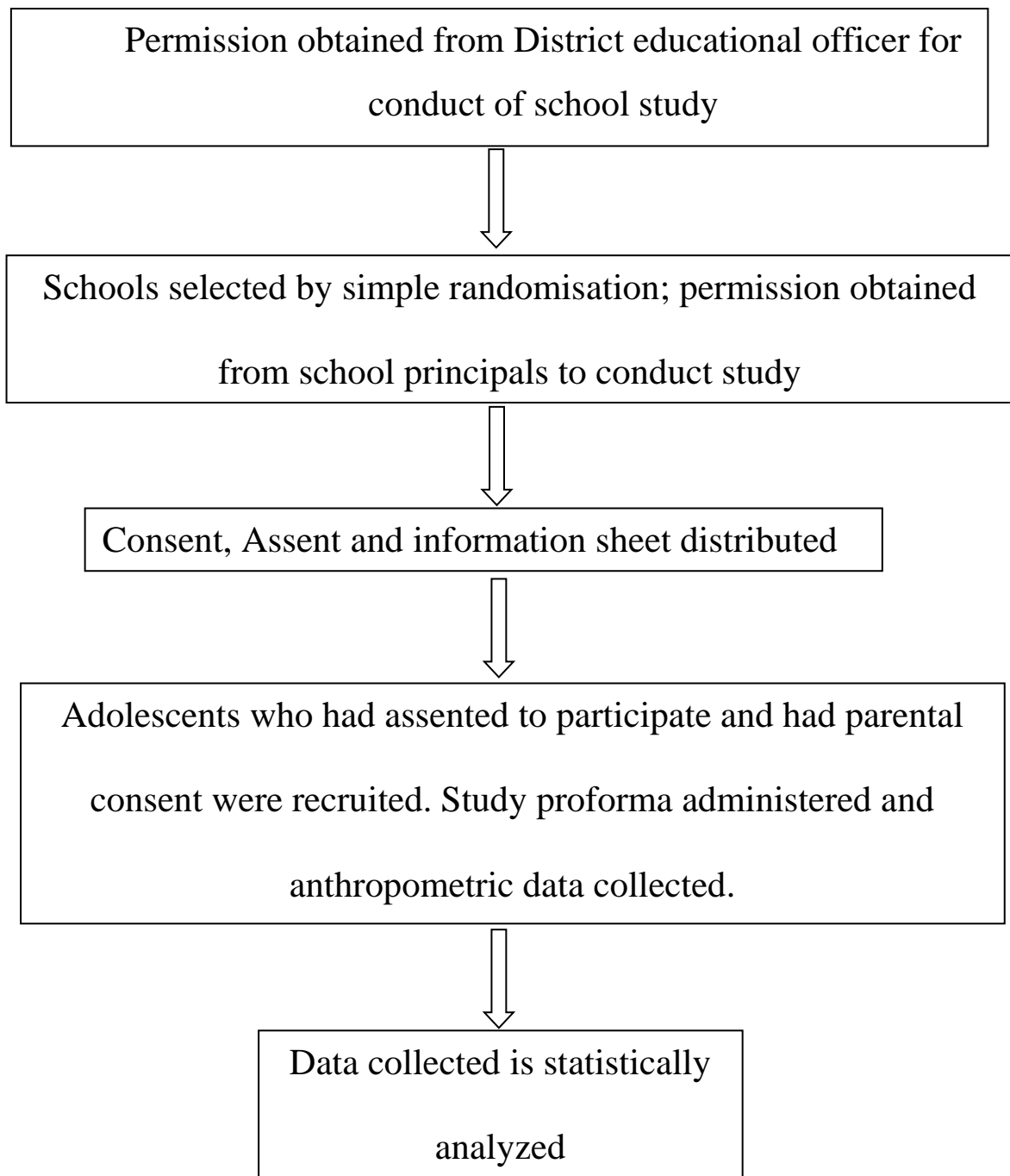
Exclusion criteria:

- i. Adolescents with chronic illness such as diabetes or chronic respiratory illness and those who have been treated for tuberculosis in the past 2 years
- ii. Adolescents who have had a hospital visit in the past 1 year for increased weight gain.
- iii. Adolescents who have been started on specific diet for weight loss.

DATA COLLECTION TOOLS:

1. Prevalence of risk of developing an ED using EAT-26 questionnaire.
2. Prevalence of body image dissatisfaction using Stunkard's silhouette chart.
3. PAQ-A, the physical activity questionnaire for adolescent.
4. Body Mass Index using Revised IAP growth charts for height, weight and body mass index.

STUDY FLOWCHART:



DESCRIPTION OF VARIABLES AND MEASURES:

Variables that were measured and measures used were as follows:

- a. Eating Attitudes Test – 26 (EAT-26) – A 26 item questionnaire scored on a scale of 0 – 78. EAT-26 consists of three subscales: dieting; bulimia and food preoccupation; and oral control. Scores are determined on a 4-point scale ranging from ‘always’ to ‘never’, with 3 points allotted to ‘always’, 2 points to ‘very often’, 1 point to ‘often’, and 0 points to ‘never’. Participants with a composite score of ≥ 20 indicated behaviour and a tendency for disordered eating, and a risk for developing ED.
- b. Stunkard’s silhouette chart was used to assess perceived and ideal body image as considered by the participant.
- c. PAQ-A, the Physical activity questionnaire for adolescents was used to quantify daily physical activity of the study participants and classified into low level, moderate level, and high level of physical activity.
- d. Weight and BMI: BMI was calculated by the formula $BMI = \text{weight (kg)} / \text{height (m)}^2$. BMI between 3rd centile and ‘23 adult equivalent’ was classified as normal, < 3rd centile as underweight, between ‘23 adult equivalent’ and ‘27 adult equivalent’ was classified as overweight and BMI > ‘27 ‘adult equivalent’ was classified as obese.

DATA COLLECTION PROCESS:

The proforma included 3 questionnaires, Eating Attitudes Test – 26 , Stunkard's silhouette chart and PAQ-A. Demographic details and anthropometry were recorded in the in the initial part of the proforma. Questionnaires were translated into the vernacular language and back-translated to English and appropriate changes were incorporated.

The questionnaire was self-administered. During the same visit, a physical examination was done to obtain anthropometric details. Weight was measured using a digital weighing scale and height with a non-stretchable measuring tape securely attached to the wall.

Data was entered into a Microsoft excel database using SPSS.

SAMPLE SIZE:

Sample size was calculated using the following formula:

$$n = \frac{Z_{1-\alpha/2}^2 p(1-p)}{d^2}$$

Where n = required sample size, p is expected prevalence, d is precision and Alpha is desired confidence interval. z-value for 95% Confidence interval=1.96

Table 2: Sample size calculation

Reported prevalence	Eating disorder in adolescents	
Author	Singh Mannat et al*	
Expected Proportion(p)	0.31	
Precision % (d)	5	
Desired confidence level (1-Alpha)	95	99
Required sample size (n)	329	578

Calculated sample size - 550

* Mannat M. S, Shradha S. P, Bhumika TV. Body image, eating disorders and role of media among Indian adolescents. Journal of Indian Association for Child and Adolescent Mental Health. 2016 Jan 1;12(1):9-35

STATISTICAL METHODS:

Descriptive statistics for all continuous variables such as BMI, Age, Height, Weight etc were presented as mean with standard deviation.

Categorical variables were summarized using frequency and percentages.

Prevalence of eating disorder and body image dissatisfaction were reported using frequency and 95% confidence interval.

Relationship between eating behavior, body image dissatisfaction and physical activity were analyzed using Pearson's correlation and logistic regression analysis.

For all the analysis, p-value < 0.05 was considered significant. Analysis was done using SPSS version 21.

V. RESULTS

V.a: PARTICIPANT CHARACTERISTICS:

The participant characteristics are presented in the following tables.

Table 3: Gender, SES, and medium of instruction in school

Variable	N (%)
Gender:	
Boys	253 (46)
Girls	297 (54)
Socio-economic status (SES): According to Kuppuswamy classification: *	
Low	182 (33.1)
Lower middle	74 (13.5)
Upper middle	31 (5.6)
Upper	21 (3.8)
Not known	242 (44)
School medium:	
Tamil medium	237 (43.1)
English medium	312 (56.7)
Not known	1 (0.2)

*Kuppuswamy classification – score ≤ 10 = low SES, 11 – 18 = low middle

SES, 19 – 25 = upper middle SES, >25 = upper SES

- 297/550 were girls (54%) and 253/550 (46%) boys.
- 46% of the study participants belonged to the low and lower middle SES.
- 43% were studying in Tamil medium schools and 56% in English.

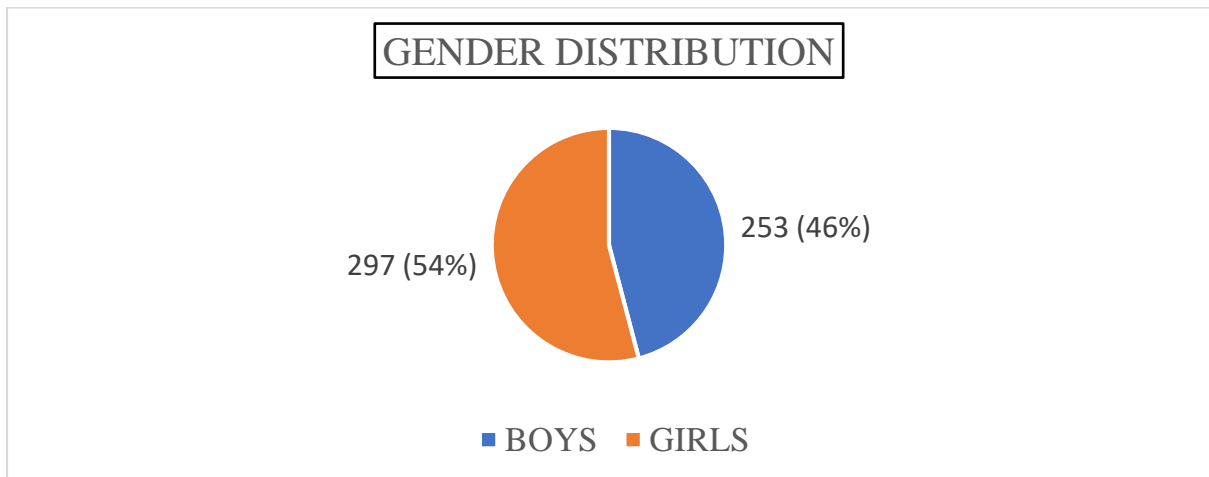


Figure 1: Gender distribution

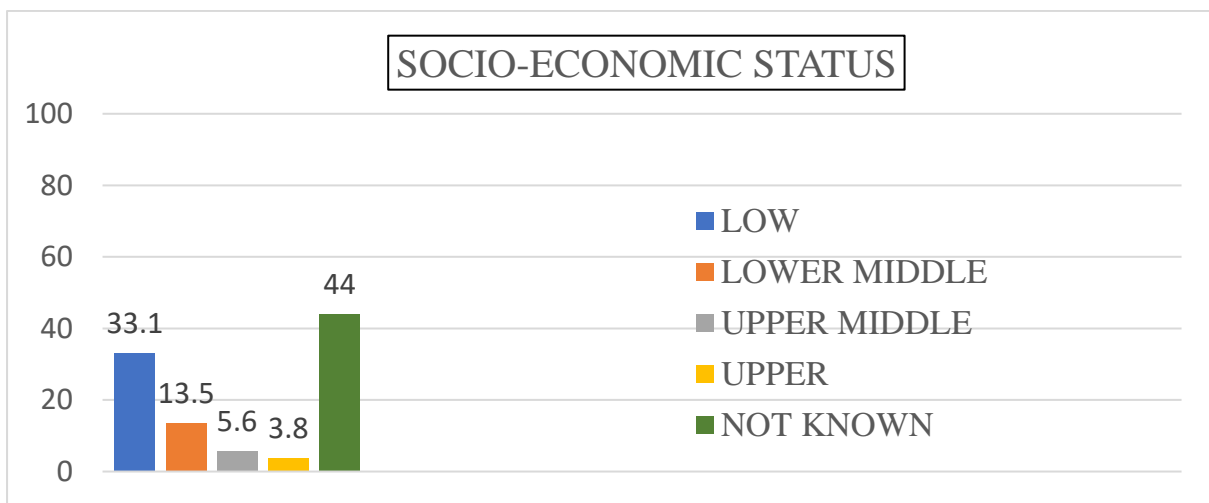


Figure 2: Socio-Economic Status

Table 4: Distribution of Body Mass Index: total study population, boys and girls

Variable *	N (%)
BMI centile – total population:	
Underweight	18 (3.3)
Normal	347 (63.1)
Overweight	103 (18.7)
Obese	79 (14.4)
BMI centile – boys: (n = 252)	
Underweight	13 (5.1)
Normal	165 (65.2)
Overweight	38 (15.0)
Obese	34 (13.4)
BMI centile – girls: (n = 297)	
Underweight	5 (1.7)
Normal	182 (61.3)
Overweight	65 (21.9)
Obese	45 (15.2)

* Revised IAP growth charts for height, weight and body mass index: BMI <3rd

centile – underweight; BMI between 3rd centile and ‘23 adult equivalent’ – normal;

BMI between ‘23 adult equivalent’ and ‘27 adult equivalent’ – overweight; and BMI

> ‘27 adult equivalent’ – obese

- 65% of boys and 61% of girls (63% of total population) were within the normal BMI range for age.
- 3% were underweight
- 14% were obese.

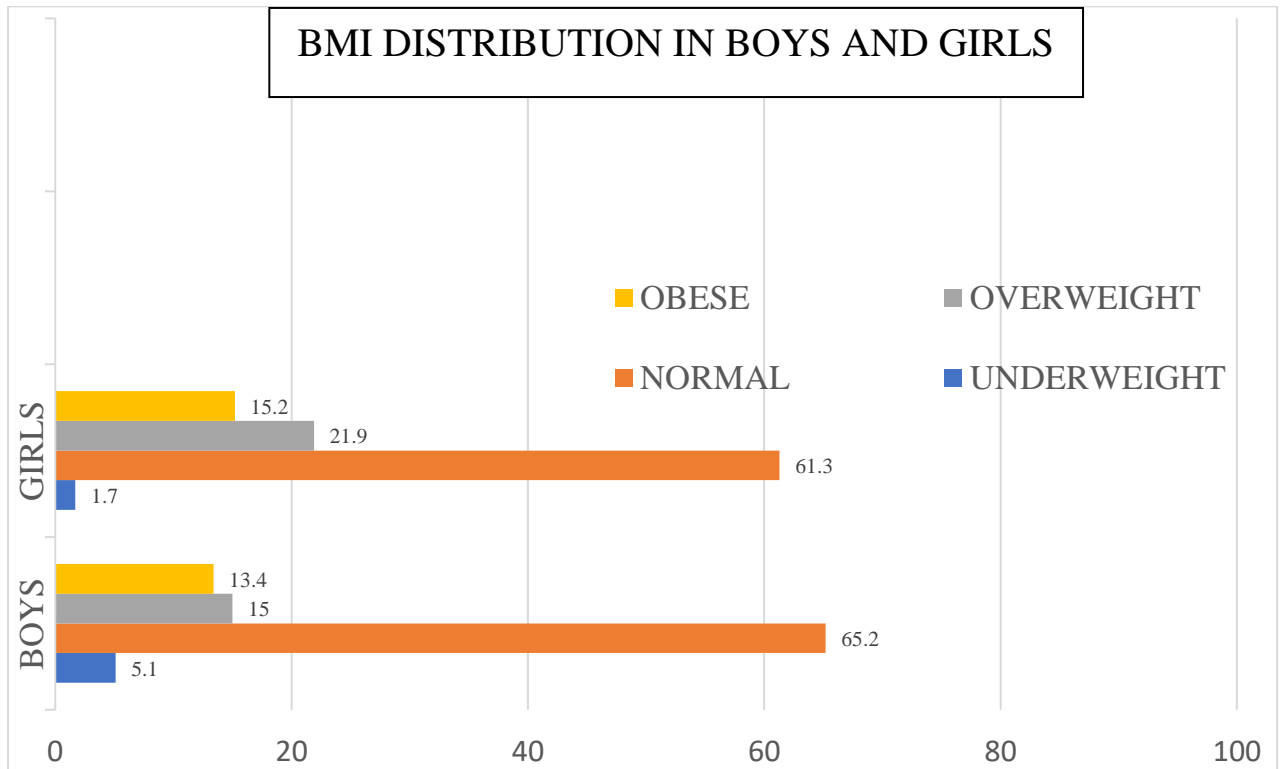


Figure 3: Distribution of Body Mass Index in Boys and Girls

Table 5: Parental and child concern about perceived weight

Variable	N (%)
Parental concern about child's weight:	
No concern	49 (8.9)
Concerned about being overweight	46 (8.4)
Concerned about being underweight	49 (8.9)
Not known	406 (73.8)
Child concern about own weight:	
No concern	78 (14.2)
Desire to lose weight	34 (6.2)
Desire to gain weight	20 (3.6)
Not known	418 (76)

- Only 17% of the study population responded to the question about concern regarding participant weight
- 8% were concerned about their child being overweight and 9% about them being underweight.
- Another 9% parents were not concerned about weight of their child.
- Similarly, 14% of adolescents were not concerned about their body weight
- 6% of adolescents wanted to lose weight and 3% wanted to gain weight.

V.b: EAT-26 SCORES, PAQ-A AND BID SCORE

Table 6: EAT-26 total score and Body Image Dissatisfaction Score (BIDS)

Variable	N (%)
Risk of eating disorder (EAT26-total)	
Not at risk (EAT26-Total <20)	425 (77.3)
At risk (EAT26-Total \geq 20)	124 (22.5)
Not known	1 (0.2)
Body image satisfaction (BIDS) *	
Satisfied with body image (BIDS=0)	72 (13.1)
Want to become thinner (BIDS \geq 1)	307 (55.8)
Want to become fatter (\leq -1)	151 (27.5)
Not known	20 (3.6)
Level of physical activity (PAQ-A score) **	
Low (score 0 – 2)	101 (18.4)
Moderate (score 2.1 – 3.9)	392 (71.3)
High (score 4 – 5)	13 (2.4)
Not known	44 (8)

*BIDS – Body Image Dissatisfaction Score as per Stunkard’s Figure Rating Scale

** PAQ – Physical Activity Questionnaire for Adolescents

- 22% of students scored ≥ 20 on the EAT-26 questionnaire
- 55% of adolescents wanted to become thinner as indicated by a score of ≥ 1 on Stunkard's Figure Rating scale
- 27% adolescents wanted to become fatter and 13% were satisfied with their body image
- With regard to physical activity, 71% participated in daily moderate physical activity, 2% involved in daily vigorous physical activity, and 20% in low levels of physical activity.

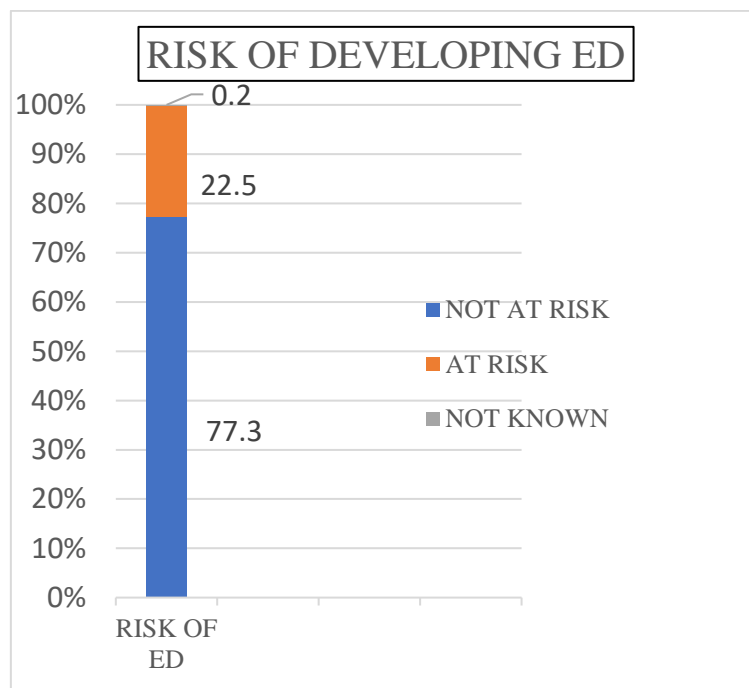


Figure 4: Risk of developing Eating Disorder (EAT-26 score ≥ 20)

- 22.5% were at a risk of developing ED

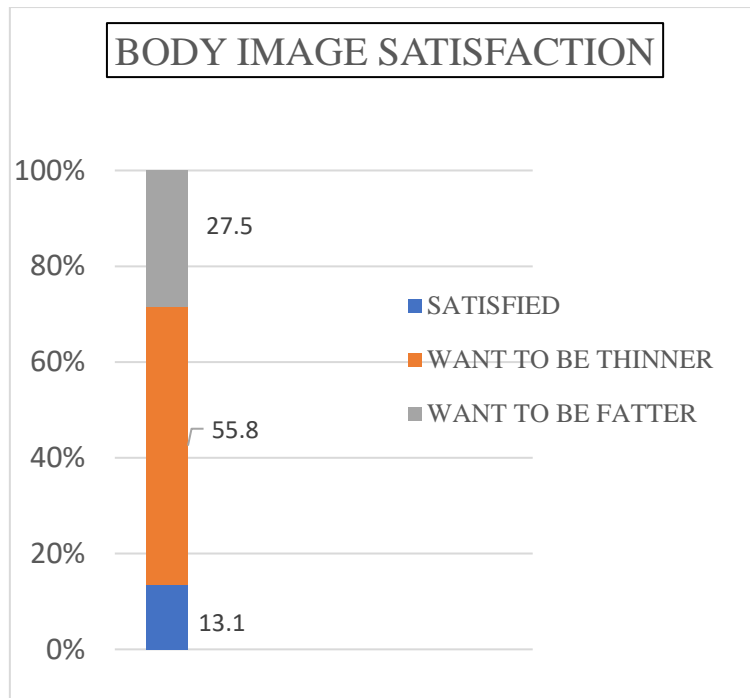


Figure 5: Prevalence of Body Image Dissatisfaction (Stunkard's Figure Rating Scale)

- 56% wanted to be thinner

Table 7: Mean and SD of Age, BMI, EAT-26 total score and Body Image

Dissatisfaction score (BIDS)

Variable	n=550 Mean (SD)	Minimum	Maximum
Age (years)	13.64 (0.71)	12	17
BMI	19.88 (4.45)	9.6	35.8
EAT-26-Total	13.60 (9.28)	0	75
BIDS	0.55 (1.75)	-4	6

EAT – Eating Attitudes Test; BIDS – Body Image Dissatisfaction Score

- Mean age of the adolescents studied was 13.6 years (range 12 years to 17 years)
- Mean BMI of the population studied was 19.8 kg/m²
- Mean total EAT-26 score was 13.6
- The BID score ranged from -4 to +6 with a mean of 0.55

Table 8: Body Image Dissatisfaction among different BMI centile groups

Variable – BMI categories *	N (%)
Underweight: <3 rd centile	18
Satisfied	1 (5.6)
Wants to become thinner	3 (16.7)
Wants to become fatter	14 (77.8)
Normal BMI: 3 rd centile – ‘23 adult equivalent’	347
Satisfied	62 (17.9)
Wants to become thinner	136 (39.2)
Wants to become fatter	134 (38.6)
Not known	15 (4.3)
Overweight: 23 to 27 adult equivalent	103
Satisfied	6 (5.8)
Wants to become thinner	90 (87.4)
Wants to become fatter	2 (1.9)
Not known	5 (4.9)
Obese: > 27 adult equivalent	79
Satisfied	3 (3.8)
Wants to become thinner	76 (96.2)
Wants to become fatter	0
Not known	0

* Revised IAP growth charts for height, weight and body mass index, 2015

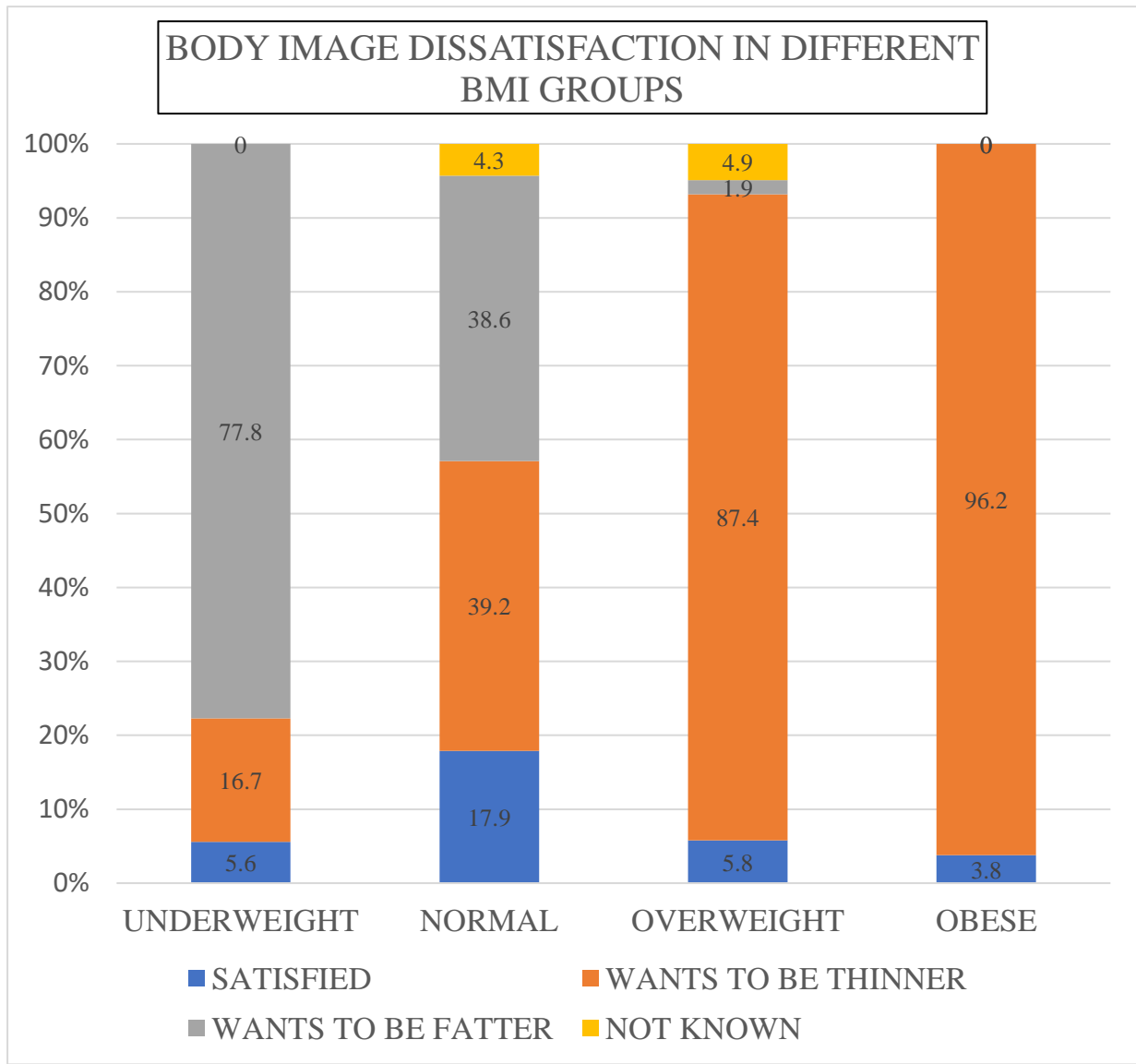
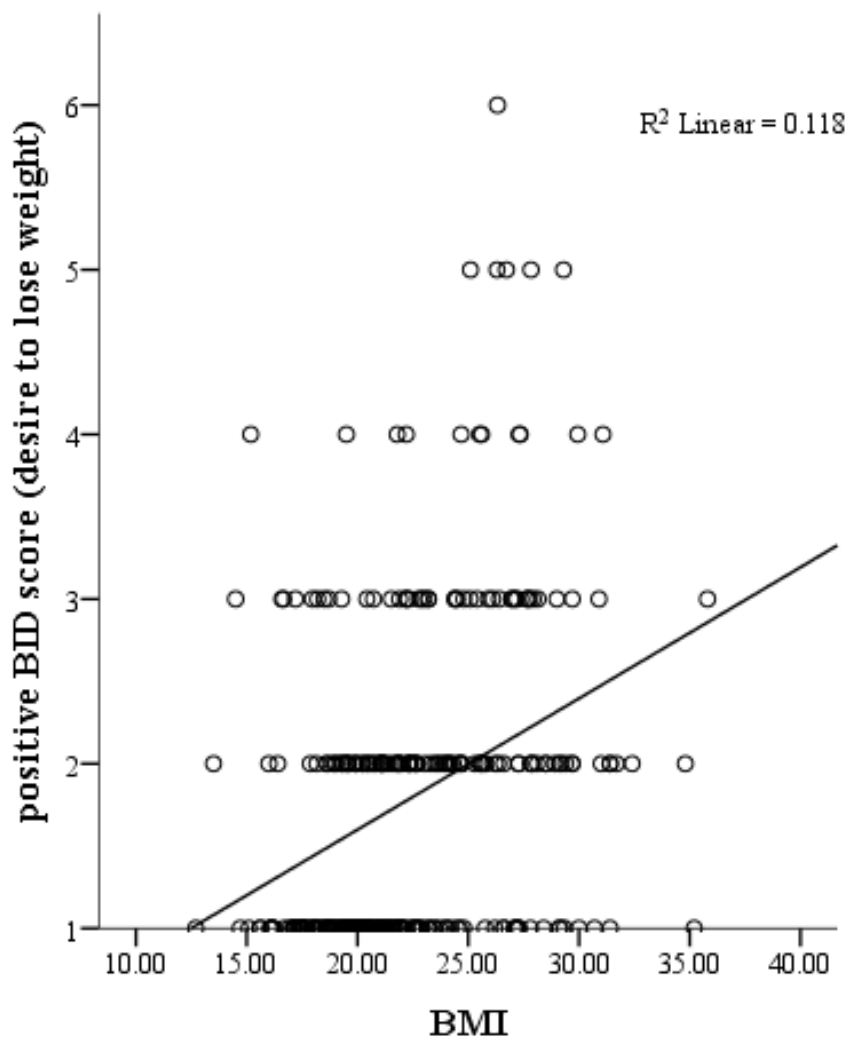


Figure 6: Body Image Dissatisfaction and Body Mass Index

- 17% of underweight adolescents, 39% of normal weight, 87% of overweight and 96% of obese adolescents wanted to become thinner
- 78% (14/18) in the underweight group wanted to gain weight

Figure 7: Relationship between BMI and Body Image Dissatisfaction score



Among the individuals who wanted to lose weight ($n = 307$), we studied the relationship between BMI as the independent variable and a positive BID score (that is a desire to lose weight). The above scatter plot depicts that relationship in the adolescents who desired to lose weight.

Table 9: Body Image Dissatisfaction according to Gender

	GIRLS (n=297)	BOYS (n=253)
	N (%)	N (%)
Satisfied with body image	43 (14.5)	29 (11.5)
Want to become thinner	184 (62)	123 (48.6)
Want to become fatter	59 (19.9)	92 (36.4)

- 43% of girls and 29% of boys were satisfied with their body image
- 184/297 (62%) of girls and 123/253 (48%) of boys wanted to become thinner
- 20% of girls and 36% of boys wanted to appear fatter

Table 10: Risk of developing ED versus Gender

EAT-26 score	GIRLS (n=297)	BOYS (n=253)
	N (%)	N (%)
≥ 20 – risk of ED		
< 20 – not at risk of ED		
At risk of ED	63 (21.1)	61 (24.1)
Not at risk of ED	234 (78.8)	191 (75.5)

- 21% of boys and 24% of girls were at a risk of developing ED

V.c: RELATIONSHIP BETWEEN BODY IMAGE DISSATISFACTION AND RISK FOR DEVELOPING EATING DISORDER

Table 11: Correlation between positive BID and Risk for ED

Scales	Positive BID score	
	BIDS	EAT-26 total score
BIDS	1	r = 0.262 p = 0.000
EAT-26 total score	*r = 0.262 p = 0.000	1

*r – Pearson’s coefficient

- In adolescents who wanted to lose weight (positive BID score), r value = 0.262, depicting a moderate correlation between positive BID score (desire to lose weight) and EAT-26 score (p <0.05)

Table 12: Correlation between positive BID and Risk for ED

Scales	Negative BID score	
	BIDS	EAT-26 total score
BIDS	1	(-)0.184 0.022
EAT-26 total score	(-)0.184 0.022	1

*r value –Pearson’s coefficient,

- r value = -0.18, a moderate correlation between desire to gain weight (negative BID score) and EAT-26 score, (p <0.05).

Table 13: Effect of variables on EAT-26 score with a positive BID score: Univariate analyses*

Variable	β (se)	t	P value	Adjusted confounder
SES	-0.99 (0.80)	-1.24	0.2	Only constant in the equation
Parental concern	-0.60 (1.04)	-0.57	0.5	
Child's concern	-0.67 (1.48)	-0.45	0.6	
Chronic illness	2.05 (5.65)	0.36	0.7	
Level of physical activity	2.05 (1.18)	1.74	0.08	
Positive BID score	2.17 (0.44)	4.88	0.000	
Positive BID score	2.25 (0.47)	4.78	0.000	Constant, level of physical exercise

*The dependent variable is Risk of developing Eating Disorder

- Level of physical activity ($p = 0.08$) has a significant effect on EAT-26 score
- Positive BIDS ($p = 0.00$) has a significant effect on EAT-26 score
- When adjusted for physical activity, positive BIDS continued to be significant ($p = 0.00$)

- Those adolescents with negative perceived body image were more than 2 times at risk of developing ED ($B = 2.25$), even after controlling the confounding effect of the level of physical exercise.

Table 14: Effect of variables on the EAT-26 score with a negative BID score:

Univariate analyses*

Variable	β (se)	t	P value	Adjusted confounder
SES	0.40 (0.72)	0.56	0.57	Only constant in the equation
Parental concern	1.18 (0.93)	1.26	0.21	
Child's concern	1.06 (0.93)	1.14	0.25	
Chronic illness	-0.91 (6.35)	-0.14	0.88	
Level of physical activity	0.86 (1.26)	0.68	0.49	
Positive body Image disturbance (negative BID score)	-0.87 (0.50)	-1.74	0.82	

*The dependent variable is Risk of developing Eating Disorder

- None of the above variables had a significant effect on EAT-26.
- Adolescents with positive BID score (who wanted to gain weight) were not at risk of developing eating disorders.

Table 15: Risk of developing Eating Disorder (EAT-26 score) with a positive BID score (wanting to lose weight): Multivariate analyses

Variable	β (se)	t	P value	
(Constant)	14.95 (4.33)	4.335	3.449	.002
body image dissatisfaction score (a-b)	3.914	2.014	1.943	.062
socio-economic status	.491	1.438	.341	.735
level of physical activity	-1.723	2.933	-.587	.562
parental concern	-.731	1.484	-.492	.626
child concern	2.139	1.405	1.522	.140
chronic illness	1.023	7.951	.129	.899

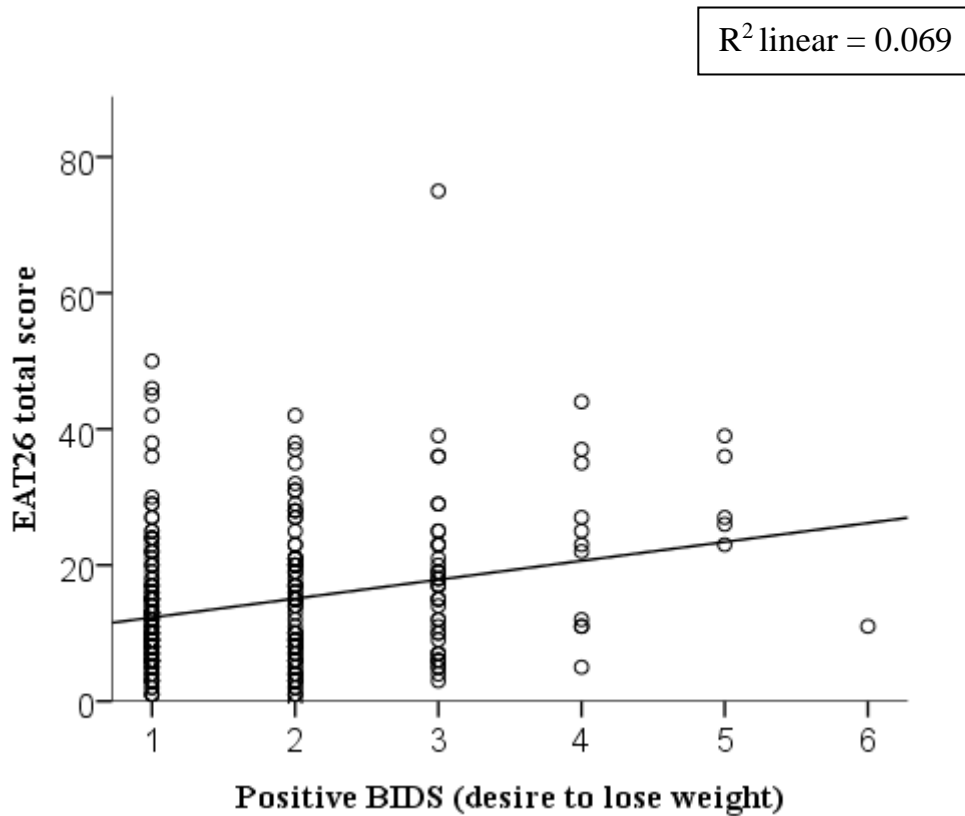
- Table 14 describes the multivariate logistic regression
- Level of physical activity has lost its statistical significance.
- p value of positive BID score was relatively higher when compared to the univariate logistic regression, however, it continued to have statistical significance.
- One-unit change in the body image disturbance produced almost a 4-unit change in the EAT-26 total score.

Table 16: Risk of developing Eating Disorder (EAT-26 score) with a negative BID score (wanting to gain weight): Multivariate analyses

Model		Unstandardized Coefficients		t	Sig.
		B	Std. Error		
	(Constant)	9.450	2.827	3.343	.001
	body image dissatisfaction score (a-b)	1.755	1.337	1.313	.194
	socio-economic status	.650	1.068	.609	.545
	level of physical activity	-.250	2.124	-.118	.907
	parental concern	-.486	1.557	-.312	.756
	child concern	-1.424	2.271	-.627	.533
	chronic illness	-3.696	8.130	-.455	.651

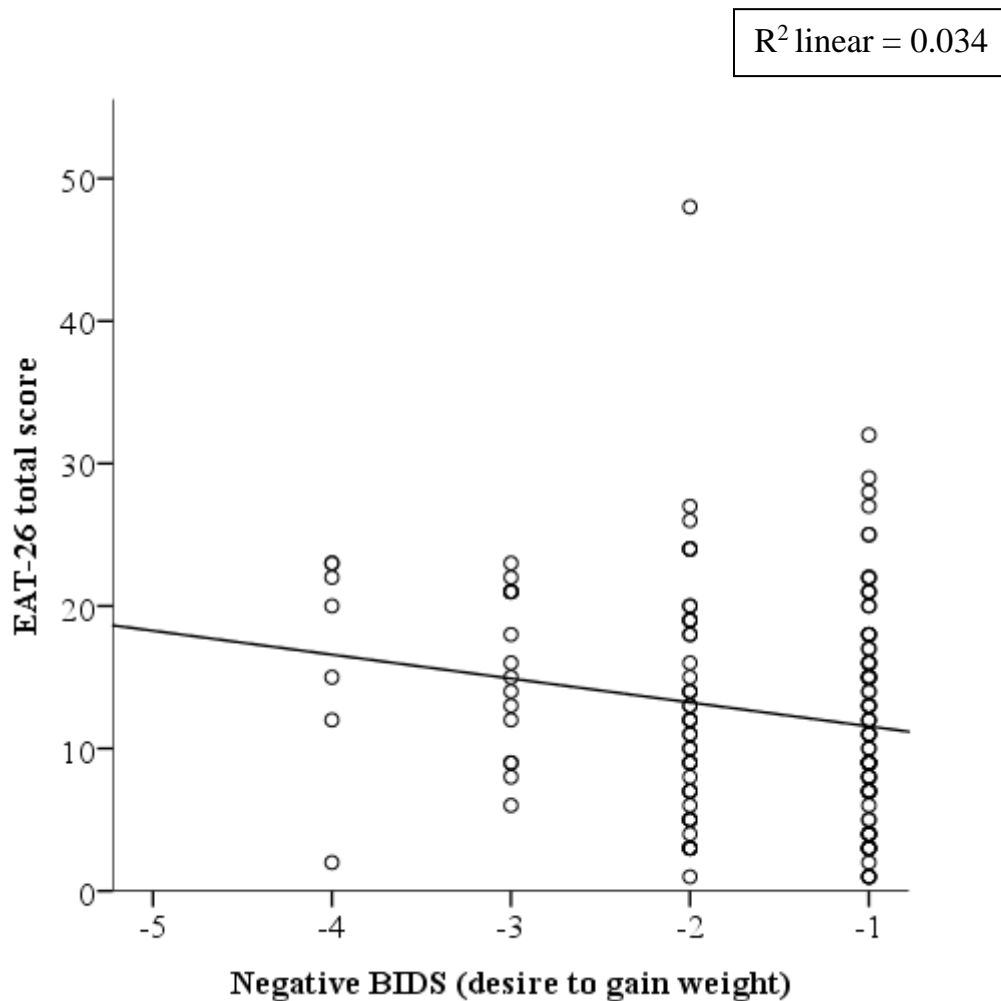
- The negative body image score does not confer to a future risk of developing eating disorder.

Figure 8: Correlation between EAT-26 and positive BID score



The figure 8 represents the relationship between the risk of developing an eating disorder and the need to lose weight as a scatter plot with the regression line fit. The line fit shows that the risk of developing eating disorder increases as the desire to lose body weight also increases. This relationship has been explained by the line fit value of $R = 0.069$. This finding is for those who wanted to lose weight.

Figure 9: Correlation between EAT-26 and negative BID score



The figure 9 represents the relationship between the risk of developing an eating disorder and the need to gain weight as a scatter plot with the regression line fit. The line fit shows that as the risk of developing eating disorder decreases, the desire to change body image decreases (the score tends more towards zero that is satisfied with body image). This relationship has been explained by the line fit value of $R = 0.034$. This finding is for the group which wanted to gain weight.

VI. a. DISCUSSION

Study Background:

This study was conducted among adolescents in the age group of 11-18 years attending schools in Vellore city in a study period from September 2018 to September 2019. It was primarily conducted to ascertain the prevalence of body image dissatisfaction among our adolescents and the risk for developing eating disorders. We chose to conduct a school-based study as adolescents do not usually visit hospitals with problems related to eating or body image concerns.

Summary of result:

There was a slight preponderance of girls in our study population (297 girls and 252 boys). Age of the participants in this study ranged from early to late adolescence. Mean age of the population studied was 13.6 years (SD – 0.71). The age group of the population we studied was similar to most other studies on body image dissatisfaction and eating disorders among adolescents.

Nutritional status (BMI):

The nutritional index reflected by the BMI of the adolescents varied from underweight to obesity. The mean BMI of the study population was 19.8 kg/m² with SD of 4.4. Minimum BMI was 9.6 with a maximum BMI of 35.8 kg/m². A majority of the study participants were in the normal range of BMI for age (63%) with 25% in the overweight and obese category.

Within the low BMI group of 18 participants (12% of study population), the BMI ranged from 9.6 to 14.2. All were below the 3rd centile for age.

In a study done in Beijing district, they found that, out of 680 students studied, majority were in the normal weight range (59%), with 36% in the overweight or obese range and only 4% of the students were underweight. This was similar to the BMI distribution found in our study population. (64)

Equal number of parents were concerned about their child being overweight as were concerned about underweight (8 and 9% respectively).

Body Image Dissatisfaction:

Perceived current body image and the change in the body image desired as depicted in the BIDS demonstrated that majority of the adolescents (55%) wanted to lose weight (BID score ≥ 1). A quarter of the participants (27%) wanted to gain weight (BID score < 0) and only 13% of the sample were satisfied with their body image (BID score = 0). Hence, almost 82% were dissatisfied with their body image overall, whether a positive or a negative dissatisfaction.

In the study done in Beijing among 680 students, they found that though a majority of the participants belonged to the normal weight range (59%), an almost equal percentage of adolescents wanted to become thinner as compared with those who were satisfied with their body image (35% wanted to lose weight and 32% were satisfied). This was contrary to our study, where we found a larger proportion wanted to lose weight (55%) and only 13% were satisfied with their body image.

The desire to be thinner in that study was higher in their female participants as compared to male participants (46% versus 21%) which was also similar to the findings in our study. They also found that among the males, there was a greater desire to gain weight as compared to females (42% versus 23%). Our study also showed that a larger proportion of boys wanted to increase weight (36%) as compared to girls (20%). (64) This demonstrates that body image dissatisfaction is prevalent across cultures, and as stated earlier eating disorders are more likely a “culture-change” syndrome rather than a “culture-specific” syndrome.

Earlier studies on anorexia nervosa in Indian adolescents had demonstrated that there was a lack of a desire for thinness despite all other features suggestive of ED.

However, in our study, we found that a large proportion of adolescents that is 62% of girls and 48% of boys (55% of total study population) wanted to become thinner, and another 27% wanted to become fatter, indicating that there is a significant level of dissatisfaction with body image among our population. The changing socio-cultural environment and the increased exposure to media with an increased emphasis on the “thin” ideal in girls and the “muscular” ideal in boys may play a role in the above findings. (7,28)

In a study in Dublin school girls(= 420), the prevalence of body image dissatisfaction was found to be around 60%, similar to the findings in our study. (30) They noted that there was a significant discrepancy between actual and perceived body weight. The motivation to diet and lose weight was largely determined by weight perception rather than the actual weight.

EAT-26:

The EAT-26 total score ranged from 0 to 75 with a mean value of 13.6. Similarly, the BID score ranged from -4 to +6, indicating adolescents wanted to either lose weight or gain weight, therefore, suggesting a dissatisfaction with their body image.

Although the EAT-26 total score suggested that the majority of adolescents were not at risk of developing an eating disorder, a significant quarter (22%) of the sample were at risk of developing an eating disorder (EAT-26 total score ≥ 20).

Almost an equal number of boys and girls (21% and 24%) were at risk of developing an eating disorder according to EAT-26 total score.

In a study among Jordanian school going girls, they studied 326 girls with a mean BMI of 20.9 kg/m². The mean BMI of our study population was similar (19.8 kg/m²). The mean EAT-26 score was slightly higher (16.6) as compared to our findings (13.6). High EAT-26 score (≥ 20) was found in 40% of girls as compared to 22% of our adolescents. They demonstrated higher rates of disordered eating behavior as compared to our population. However, the percentage of adolescents with body image dissatisfaction was higher in our study (55% versus 21%). This may be due to different measures used for measuring body image dissatisfaction (Body Shape Questionnaire-34). (38)

BMI and BID score:

In our study, as the BMI increased, so did the dissatisfaction with body image and hence, the desire to become thinner increases. However, of note is that among the adolescents with normal BMI, 39% of them want to lose weight. Hence,

dissatisfaction with body image and the desire to be thinner was not exclusive to the higher BMI centiles, but was present in all BMI groups, with an increased tendency in the higher BMI group.

The scatter plot in figure 7 demonstrates that for adolescents who wanted to lose weight (positive BID score on the figure rating scale), as the BMI increased the dissatisfaction score also increased.

We found that the desire to be thinner was not restricted to the overweight and obese group, but was also seen among adolescents in the normal and underweight category.

This was similar to the findings in a study done in Dublin school girls, where they found that a sample of girls (67/420) showed a desire for a thinner body image even though they perceived their weight to be normal. (30) This study however, took into consideration perceived weight, while our study calculated actual weight and BMI. 96% (76/79) of obese adolescents in our study showed body image dissatisfaction as compared with 39% (136/347) of adolescents in the normal BMI range. The study in Malaysian adolescents also showed that obese students had a 4 times greater body image dissatisfaction as compared to students with normal BMI. (31) A similar linear relationship between BMI and increasing body image dissatisfaction was demonstrated in our study. Another study in Beijing demonstrated that body image dissatisfaction was not limited to a particular weight category as also seen in our study. (64) A study done among school going girls in Jordan also showed a positive correlation between increasing BMI and increased BID. (38)

A study done in Brazil showed a similar high level of BID (65%) as seen in our findings with increasing BID as BMI increases. (39)

Gender and BID score:

In our study, we found that almost equal percentage of boys and girls were satisfied with their body image, but a larger percentage of girls (62%) wanted to lose weight as compared to boys (48%).

There were similar findings in a study done in primary school adolescents in Malaysia, where 60% of students were dissatisfied with their body image and the dissatisfaction was found to be more in girls than in boys. (31)

EAT-26 (risk of ED and BID score):

After confirming the normality of our data, we used Pearson's correlation to identify the relationship between the BID score and total EAT-26 score.

Among adolescents who wanted to become thinner (that is a positive BID score), the Pearson's correlation showed a moderate positive relationship (r value of 0.262), and this relationship was statistically significant (p value <0.05).

For adolescents who wanted to gain weight (that is a negative BID score), there was a weak negative correlation (r value of -0.184), and this relationship was also statistically significant (p value <0.05).

Among those who had a positive BID score (wanted to lose weight), the direction of the relationship between the BIDS score and the EAT-26-Total score was positive.

Therefore, as the desire to become thin increased, the risk of developing an eating disorder also increased. Even though the magnitude of this correlation was small (0.262), it was statistically a significant correlation. However, in those adolescents who had a negative body image score (wanted to gain weight), as the score tended

towards zero, that is as the score became less negative, the EAT-26 score also decreased. Hence, there was a negative correlation between the 2 variables. The magnitude of the relationship was small (-0.182), and there was a statistical trend towards significance.

Multivariate regression analysis is done when there are 2 or more predictor variables. Hence, we performed a multivariate regression analysis taking into account socio-economic status, level of physical activity, parental and child concern about weight and chronic illness along with body image dissatisfaction as possible predictor variables. The p value of BID score had increases suggests some of the confounders also had contributed to the overall risk of developing eating disorder, however it still remained statistically significant.

Comparison with Indian studies:

Studies on body image dissatisfaction done in India have shown prevalence of body image dissatisfaction ranging from 26% to 77%. (47–51) We demonstrated a 55% prevalence of BID, which was towards the higher end of that shown in previous studies.

As compared to a study done among 97 students in New Delhi, only 3 participants (4%) were found to have high scores on EAT-26; however, our study showed EAT-26 positivity (score ≥ 20) in 22% of participants which was significantly higher. (55) This difference in findings may be due to a smaller sample size in that study as compared to our study.

In a study done among 200 female college students from Chennai, Tamil Nadu, 30% (60/200) showed disordered eating behavior on EAT-26, which was slightly higher than our finding of 22%. (56) This study was conducted among adolescents predominantly from a city area, and that may explain the slightly higher prevalence in that study.

Tendulkar et al, in a study of 451 students in the age group of 15-19 years in Mumbai (boys 226, girls 225) showed that 13% (60/451) had EAT-26 scores >20 with no statistically significant difference between males and females on the EAT-26 scores.

We found a higher prevalence of disordered eating behavior as compared to this study.

(65) Our findings were similar to the prevalence of disordered eating found by

Upadhyah et al where they found almost 26% of girls had high EAT-26 scores. (57)

Physical activity:

Majority of the adolescents had moderate level of physical activity, followed by 18% having low physical activity, and only 2% taking part in vigorous physical activity

In our study, around 2% of adolescents participated in vigorous physical activity and 70% in moderate physical activity.

In a study done in South Africa among 1019 females aged 18-23 years, body image dissatisfaction (desire to be thinner) was associated with EAT-26 scores indicative of disordered eating, as well as higher participation in physical activity, and this was found to be directly associated with a decreased desire to be thinner (i.e.: improved body image satisfaction). (66)

In table 12, we described the effect on risk of developing ED by variables of socio-economic status, parental concern about weight, child's concern about weight, chronic illness, level of physical activity, and perceived negative body image disturbance (that is desire to lose weight - positive BID score).

In this univariate regression analysis, only the level of physical activity and perceived negative body image had significant effect on the risk of developing eating disorders. However, when the confounding effect of the level of physical activity was controlled, the negative body image continued to have a significant role in the risk of developing ED.

We found that level of physical activity, had a significant relationship with EAT-26 score, however, there was no effect on body image satisfaction. Hence, we did not find physical activity to play a major role in maintaining ideal body image in our study. However, this may be due to low levels of physical activity among the general population as previously studied. (44) The reasons for low levels of physical activity include lack of emphasis on the importance of physical activity in schools as well as from parents, the high academic stress level for students with increasing time spent attending various tuition classes outside of school hours, lack of the appropriate infrastructure for physical activity, and the general lack of appreciation of the sport talent on our country.

VI.b: CONCLUSIONS:

The following were the main findings from our study:

1. The majority (63%) of our adolescents fall into the normal BMI for age.
2. Body image dissatisfaction is prevalent in our adolescents in the age group of 11-18 years with around 55% wanting to lose weight.
3. As the BMI increases, the prevalence of body image dissatisfaction increases; that is there is a linear correlation between the two variables.
4. Even though body image dissatisfaction increases with BMI, there is a proportion of adolescents (39%) in the normal BMI category who are desire to be thinner.
5. The prevalence of disordered eating behavior in our adolescents is around 22% as measured on the EAT-26 questionnaire.
6. There is a positive correlation between the desire to lose weight and the EAT-26 score, that is the risk of developing an eating disorder. One-unit increase in the body image dissatisfaction score, causes the EAT-26 score to increase by almost 4 units.
7. Physical activity did not play a significant role in body image satisfaction in our adolescents.

VI.c: STRENGTHS AND LIMITATIONS OF THE STUDY:

Strengths:

- We conducted a school-based study; hence our sample size was representative of the general population.
- As we visited the schools for data collection, we were able to conduct short health-education sessions along with data collection.
- We had a large sample size, with a good response rate.

Limitations:

- As it was a self-administered questionnaire, the quality of data could not be regulated.
- There was significant missing data in the parental and child concern section.
- Though the EAT-26 and Stunkard's figure rating scale have been used widely in many studies across countries and cultural backgrounds, these questionnaires have not been validated for Indian population.
- Body image dissatisfaction is a multifaceted concept, and a single figure tool may not be adequate to accurately assess body image dissatisfaction.
- There is a possibility of loss of meaning to certain questions in the questionnaires during translation from English to the Tamil.
- A concern of the study was understanding of the questions by students; we tried to help by explaining the questions in simple language in case of any doubt.

VI.d: FUTURE DIRECTIONS:

Eating disorders are being increasingly diagnosed in our country. We need to identify adolescents at risk of the same and initiate strategies for early detection. This will help prevent significant morbidity and mortality. We also need to create awareness among adolescents and parents about eating disorders and identify risk factors for the same. Schools and colleges must be aware that adolescents are “at risk”, and healthy eating behaviors and physical activity must be encouraged and taught.

The EAT-26 questionnaire and Stunkard’s figure rating scale have to be validated in the Indian population along with the translations of the same.

The EAT-26 and Stunkard’s figure rating scale are simple questionnaires that can be used on a large scale; hence, we may be able to use these questionnaires as screening tools for early identification of adolescents at risk of eating disorders. However, we need to conduct studies to assess the sensitivity and specificity of these questionnaires to use them as screening tools.

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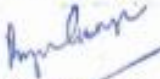
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VIII: ANNEXURES

VIII.a: Annexure I: Institutional Review Board Approval

	OFFICE OF RESEARCH INSTITUTIONAL REVIEW BOARD (IRB) CHRISTIAN MEDICAL COLLEGE, VELLORE, INDIA
Dr. B.J. Prashantham, M.A., M.A., Dr. M.D. (Clinical) Director, Christian Counseling Center, Chairperson, Ethics Committee.	Dr. Anna Benjamin Pallimood, M.B.B.S., MD., Ph.D., Chairperson, Research Committee & Principal
	Dr. Biju George, M.B.B.S., MD., DM., Deputy Chairperson, Secretary, Ethics Committee, IRB Additional Vice-Principal (Research)
March 30, 2019	
Dr. Carvalho Roshni Teresa Stephen, PG Registrar, Department of CH - 3, Christian Medical College, Vellore - 632 002.	
Sub: Fluid Research Grant: New Proposal: Risk of Eating disorders and Body Image Dissatisfaction among Adolescents in Vellore. Dr. Carvalho Roshni Teresa Stephen, Employment Number: 21406, Post graduate registrar, Paediatrics Unit 3, Dr. Mona Basker, Employment Number: 20081, Paediatrics Unit 3, Nicholas - Counsellor, Adolescent Medicine, Paediatrics Unit 3, Ms. Grace Rebekah, Biostatistics.	
Ref: IRB Min. No. 11463 [OBSERVE] dated 16.08.2018	
Dear Dr. Carvalho Roshni Teresa Stephen,	
I enclose the following documents:-	
1. Institutional Review Board approval 2. Agreement	
Could you please sign the agreement and send it to Dr. Biju George, Addl. Vice Principal (Research), so that the grant money can be released.	
With best wishes,	
 Dr. Biju George Secretary (Ethics Committee) Institutional Review Board	
Cc: Dr. Mona Basker, Dept. of CH - 3, CMC, Vellore	1 of 4

VIII.b: Annexure II: Data sheet

sn	name	age	sex	ses	med	wt	ht	BMIcentile	BMI	ptconc	chconc	chill
	spdiet	eat26	edrisk	paq	paet	bds	satis	q11	filter_5			
1.00	Lakshaya B	13.00	1.00	2.00	1.00	58.20	165.00	2.00	21.30	1.00	1.00	0.00
	0.00	10.00	0.00	2.50	1.00	1.00	1.00	#NULL!	1.00			
2.00	Narasimhan	13.00	1.00	2.00	1.00	48.30	160.00	1.00	18.80	#NULL!	#NULL!	#NULL!
	#NULL!	4.00	0.00	2.00	2.00	-1.00	2.00	#NULL!	0.00			
3.00	Mohanapraiya	13.00	1.00	1.00	1.00	43.80	149.00	1.00	19.70	2.00	2.00	0.00
	0.00	8.00	0.00	1.90	0.00	-1.00	2.00	#NULL!	0.00			
4.00	S. Suki	14.00	1.00	1.00	1.00	62.30	153.00	3.00	26.60	0.00	0.00	0.00
	0.00	12.00	0.00	2.90	1.00	1.00	1.00	#NULL!	1.00			
5.00	G. Dhavanya	14.00	1.00	2.00	1.00	61.50	158.00	2.00	24.60	0.00	0.00	0.00
	0.00	8.00	0.00	1.90	0.00	2.00	1.00	#NULL!	1.00			
6.00	Shiva K	15.00	0.00	2.00	1.00	54.50	171.50	1.00	18.60	0.00	0.00	0.00
	0.00	4.00	0.00	2.70	1.00	0.00	0.00	#NULL!	0.00			
7.00	V. Sanjay	13.00	0.00	#NULL!	1.00	49.80	165.50	1.00	18.20	#NULL!	#NULL!	#NULL!
	#NULL!	3.00	0.00	2.00	0.00	0.00	0.00	#NULL!	0.00			
8.00	K. Ajay	14.00	0.00	#NULL!	1.00	37.10	152.00	1.00	16.00	#NULL!	#NULL!	#NULL!
	#NULL!	8.00	0.00	2.10	1.00	2.00	1.00	#NULL!	1.00			
9.00	Lokesh	13.00	0.00	#NULL!	1.00	39.30	138.50	2.00	20.60	#NULL!	#NULL!	#NULL!
	#NULL!	4.00	0.00	3.00	1.00	2.00	1.00	#NULL!	1.00			
10.00	Arokiaj	13.00	0.00	1.00	1.00	52.90	157.00	2.00	21.50	1.00	1.00	1.00
	0.00	6.00	0.00	2.50	1.00	1.00	1.00	#NULL!	1.00			
11.00	Sharmila	14.00	1.00	1.00	1.00	68.80	159.50	3.00	27.20	1.00	0.00	0.00
	0.00	21.00	1.00	2.70	1.00	3.00	1.00	#NULL!	1.00			
12.00	Kamesh	14.00	0.00	1.00	1.00	62.90	169.00	2.00	22.00	1.00	0.00	0.00
	0.00	9.00	0.00	1.90	0.00	2.00	1.00	#NULL!	1.00			
13.00	M. Sivakumar	14.00	0.00	2.00	1.00	38.00	155.00	1.00	15.80	0.00	0.00	0.00
	0.00	6.00	0.00	1.80	0.00	-3.00	2.00	#NULL!	0.00			
14.00	Sivakumar	15.00	0.00	0.00	1.00	40.90	149.00	1.00	18.40	2.00	2.00	0.00
	0.00	15.00	0.00	2.30	1.00	-1.00	#NULL!	#NULL!	0.00			
15.00	Bharath Kumar	14.00	0.00	#NULL!	1.00	45.50	153.00	1.00	19.40	#NULL!	#NULL!	#NULL!
	#NULL!	15.00	0.00	2.80	1.00	1.00	1.00	#NULL!	1.00			
16.00	Ranjana	13.00	1.00	2.00	1.00	49.60	158.00	1.00	19.80	0.00	0.00	0.00
	0.00	5.00	0.00	2.30	1.00	1.00	1.00	#NULL!	1.00			
17.00	Jaivarshini	14.00	1.00	2.00	1.00	43.30	152.00	1.00	18.70	2.00	0.00	0.00
	0.00	3.00	0.00	2.20	1.00	-1.00	2.00	#NULL!	0.00			
18.00	Akshaya M.	14.00	1.00	0.00	1.00	51.80	155.00	1.00	21.50	0.00	0.00	0.00
	0.00	6.00	0.00	1.70	0.00	1.00	1.00	#NULL!	1.00			
19.00	Roshini	14.00	1.00	0.00	1.00	62.50	148.00	3.00	28.50	1.00	1.00	0.00
	0.00	4.00	0.00	1.90	0.00	2.00	1.00	#NULL!	1.00			
20.00	Sandhiya	13.00	1.00	1.00	1.00	74.60	154.00	3.00	31.40	1.00	0.00	0.00
	0.00	17.00	0.00	2.30	1.00	2.00	1.00	#NULL!	1.00			
21.00	J. Lourdu Nithi	14.00	0.00	3.00	1.00	55.40	165.00	1.00	20.30	2.00	0.00	0.00
	0.00	8.00	0.00	2.00	0.00	0.00	0.00	#NULL!	0.00			
22.00	S Vasanth Kumar	13.00	0.00	0.00	1.00	57.40	164.00	2.00	21.30	0.00	0.00	0.00
	0.00	12.00	0.00	2.60	1.00	1.00	1.00	#NULL!	1.00			
23.00	Sashidharan	14.00	0.00	1.00	1.00	40.60	158.00	1.00	16.20	0.00	2.00	1.00
	0.00	9.00	0.00	1.70	0.00	-3.00	2.00	#NULL!	0.00			
24.00	Mukesh	14.00	0.00	2.00	1.00	63.30	160.00	2.00	24.70	1.00	1.00	0.00
	0.00	23.00	1.00	2.90	1.00	2.00	1.00	#NULL!	1.00			
25.00	J. Matthew Neel	15.00	0.00	1.00	1.00	63.70	159.00	2.00	25.10	1.00	1.00	0.00
	0.00	36.00	1.00	1.70	0.00	5.00	1.00	#NULL!	1.00			
26.00	C. Harish	13.00	0.00	0.00	1.00	49.70	163.00	1.00	18.70	0.00	0.00	0.00
	0.00	9.00	0.00	2.80	1.00	-1.00	2.00	#NULL!	0.00			
27.00	A.S. Surya Seha	14.00	0.00	#NULL!	1.00	66.50	167.00	2.00	23.80	#NULL!	#NULL!	#NULL!
	#NULL!	8.00	0.00	2.70	1.00	-1.00	2.00	#NULL!	0.00			
28.00	S. Madhan	13.00	0.00	0.00	1.00	41.70	154.00	1.00	17.50	#NULL!	#NULL!	#NULL!
	#NULL!	5.00	0.00	2.80	1.00	-2.00	2.00	#NULL!	0.00			
29.00	Kishore K	14.00	0.00	1.00	1.00	34.90	152.00	1.00	15.10	0.00	2.00	0.00
	0.00	8.00	0.00	2.70	1.00	-3.00	2.00	#NULL!	0.00			
30.00	P.S.Shree Manas	13.00	0.00	1.00	1.00	34.70	145.00	1.00	16.50	0.00	0.00	0.00
	0.00	10.00	0.00	2.20	1.00	-1.00	2.00	#NULL!	0.00			
31.00	G. Manisha	13.00	1.00	2.00	1.00	46.30	148.00	1.00	21.10	2.00	1.00	0.00
	0.00	2.00	0.00	3.40	1.00	1.00	1.00	#NULL!	1.00			
32.00	V. Subashree	13.00	1.00	1.00	1.00	42.70	157.00	1.00	17.30	2.00	2.00	0.00
	0.00	10.00	0.00	2.50	1.00	1.00	1.00	#NULL!	1.00			
33.00	Sanjay	14.00	0.00	0.00	1.00	46.80	165.00	1.00	17.10	#NULL!	#NULL!	#NULL!
	#NULL!	3.00	0.00	3.20	1.00	-1.00	2.00	#NULL!	0.00			
34.00	Kaviarasan	13.00	0.00	0.00	1.00	48.00	148.00	2.00	21.90	2.00	2.00	0.00
	0.00	5.00	0.00	3.00	1.00	3.00	1.00	#NULL!	1.00			

35.00	Rahul	13.00	0.00	1.00	1.00	50.00	168.00	1.00	17.70	0.00	0.00	0.00
	0.00	3.00	0.00	3.20	1.00	0.00	0.00	#NULL!	0.00			
36.00	Sakthi Vel	14.00	0.00	2.00	1.00	58.60	157.00	2.00	23.70	2.00	0.00	0.00
	0.00	7.00	0.00	#NULL!	#NULL!	1.00	1.00	#NULL!	1.00			
37.00	Sathanarayan	14.00	0.00	3.00	1.00	50.70	157.00	1.00	20.50	2.00	2.00	0.00
	0.00	12.00	0.00	3.00	1.00	-2.00	2.00	#NULL!	0.00			
38.00	Varun Kumar	14.00	0.00	2.00	1.00	54.50	153.00	2.00	23.20	0.00	0.00	0.00
	0.00	13.00	0.00	2.60	1.00	1.00	1.00	#NULL!	1.00			
39.00	Narender	13.00	0.00	1.00	1.00	33.50	142.00	1.00	16.60	2.00	2.00	0.00
	0.00	32.00	1.00	1.50	0.00	-1.00	2.00	#NULL!	0.00			
40.00	Harish	13.00	0.00	1.00	1.00	48.80	148.00	2.00	22.20	2.00	2.00	0.00
	0.00	11.00	0.00	3.60	1.00	4.00	1.00	#NULL!	1.00			
41.00	K. Divya	15.00	1.00	#NULL!	0.00	29.50	144.00	0.00	14.20	#NULL!	#NULL!	#NULL!
	#NULL!	22.00	1.00	2.40	1.00	-1.00	2.00	#NULL!	0.00			
42.00		15.00	1.00	#NULL!	0.00	34.80	146.50	1.00	16.30	#NULL!	#NULL!	#NULL!
	#NULL!	21.00	1.00	2.30	1.00	-1.00	2.00	#NULL!	0.00			
43.00		15.00	1.00	#NULL!	0.00	39.70	152.00	1.00	17.10	#NULL!	#NULL!	#NULL!
	#NULL!	9.00	0.00	3.10	1.00	1.00	1.00	#NULL!	1.00			
44.00	S Deepika	13.00	1.00	#NULL!	0.00	28.30	138.00	1.00	14.80	#NULL!	#NULL!	#NULL!
	#NULL!	29.00	1.00	3.20	1.00	0.00	0.00	#NULL!	0.00			
45.00	Argiya Mukhan	12.00	1.00	#NULL!	0.00	51.00	154.00	2.00	21.50	#NULL!	#NULL!	#NULL!
	#NULL!	13.00	0.00	2.80	1.00	0.00	0.00	#NULL!	0.00			
46.00	Priyanka	15.00	1.00	2.00	1.00	73.50	154.00	3.00	30.90	1.00	1.00	0.00
	0.00	7.00	0.00	1.80	0.00	3.00	1.00	#NULL!	1.00			
47.00	Dhanush	16.00	0.00	#NULL!	#NULL!	60.50	180.00	1.00	18.70	#NULL!	#NULL!	#NULL!
	#NULL!	3.00	0.00	#NULL!	#NULL!	3.00	1.00	#NULL!	1.00			
48.00	Jeevitha	14.00	1.00	#NULL!	1.00	37.20	149.00	1.00	16.80	#NULL!	#NULL!	#NULL!
	#NULL!	9.00	0.00	1.90	0.00	-1.00	2.00	#NULL!	0.00			
49.00	Chandru	14.00	0.00	#NULL!	1.00	47.20	177.00	1.00	15.10	#NULL!	#NULL!	#NULL!
	#NULL!	13.00	0.00	#NULL!	#NULL!	1.00	1.00	#NULL!	1.00			
50.00	Abhishek	14.00	0.00	#NULL!	1.00	37.50	181.00	0.00	11.40	#NULL!	#NULL!	#NULL!
	#NULL!	7.00	0.00	#NULL!	#NULL!	-2.00	2.00	#NULL!	0.00			
51.00	Dhanush	14.00	0.00	#NULL!	1.00	53.40	166.00	1.00	19.30	#NULL!	#NULL!	#NULL!
	#NULL!	1.00	0.00	2.80	1.00	1.00	1.00	#NULL!	1.00			
52.00	Gurudeva	14.00	0.00	#NULL!	1.00	34.20	151.50	1.00	14.90	#NULL!	#NULL!	#NULL!
	#NULL!	1.00	0.00	2.50	1.00	-1.00	2.00	#NULL!	0.00			
53.00	John Solomon	13.00	0.00	2.00	1.00	42.40	159.00	1.00	16.80	0.00	0.00	0.00
	0.00	5.00	0.00	3.20	1.00	-2.00	2.00	#NULL!	0.00			
54.00	Gokul	15.00	0.00	2.00	1.00	76.00	173.00	3.00	25.30	0.00	0.00	0.00
	0.00	17.00	0.00	2.90	1.00	2.00	1.00	#NULL!	1.00			
55.00	Md. Zayed	14.00	0.00	1.00	1.00	72.50	166.00	3.00	26.30	1.00	0.00	0.00
	0.00	26.00	1.00	#NULL!	#NULL!	5.00	1.00	#NULL!	1.00			
56.00	Madhan Kumar	14.00	0.00	0.00	1.00	43.10	164.00	1.00	16.00	0.00	0.00	0.00
	0.00	9.00	0.00	3.10	1.00	-2.00	2.00	#NULL!	0.00			
57.00	Lokesh	14.00	0.00	0.00	1.00	45.90	171.00	1.00	15.60	#NULL!	#NULL!	#NULL!
	#NULL!	15.00	0.00	2.90	1.00	-1.00	2.00	#NULL!	0.00			
58.00	Karthekeyan	14.00	0.00	#NULL!	1.00	41.60	157.00	1.00	16.90	#NULL!	#NULL!	#NULL!
	#NULL!	13.00	0.00	3.40	1.00	-2.00	2.00	#NULL!	0.00			
59.00	Siva	14.00	0.00	0.00	1.00	45.00	164.00	1.00	16.70	2.00	0.00	0.00
	0.00	6.00	0.00	2.40	1.00	0.00	0.00	#NULL!	0.00			
60.00	Sathyamoorthy	14.00	0.00	1.00	1.00	63.40	169.00	2.00	22.10	0.00	0.00	0.00
	0.00	9.00	0.00	2.80	1.00	1.00	1.00	#NULL!	1.00			
61.00	Parthasarthi	15.00	0.00	#NULL!	1.00	72.50	163.50	3.00	27.20	1.00	0.00	0.00
	0.00	42.00	1.00	3.90	1.00	1.00	1.00	#NULL!	1.00			
62.00	Udhaya	14.00	0.00	#NULL!	1.00	42.70	167.00	1.00	15.30	#NULL!	#NULL!	#NULL!
	#NULL!	7.00	0.00	2.40	1.00	-1.00	2.00	#NULL!	0.00			
63.00	Jothi Saranya	15.00	1.00	3.00	1.00	79.50	159.00	3.00	31.40	1.00	1.00	0.00
	0.00	32.00	1.00	2.80	1.00	2.00	1.00	#NULL!	1.00			
64.00	Keeryl Jothsana	14.00	1.00	2.00	1.00	59.90	151.00	3.00	26.20	0.00	1.00	0.00
	0.00	13.00	0.00	3.70	1.00	1.00	1.00	#NULL!	1.00			
65.00	Janani	13.00	1.00	2.00	1.00	39.20	157.00	1.00	15.90	2.00	0.00	0.00
	0.00	9.00	0.00	2.10	1.00	-1.00	2.00	#NULL!	0.00			
66.00	Abdul Fawaz	13.00	0.00	0.00	1.00	65.20	151.50	3.00	28.50	1.00	1.00	0.00
	0.00	8.00	0.00	2.40	1.00	2.00	1.00	#NULL!	1.00			
67.00	Nandhini	13.00	1.00	2.00	1.00	45.20	155.00	1.00	18.80	2.00	1.00	0.00
	0.00	5.00	0.00	3.10	1.00	1.00	1.00	#NULL!	1.00			
68.00	Vandhana	13.00	1.00	1.00	1.00	55.40	158.00	2.00	22.20	2.00	0.00	0.00
	0.00	17.00	0.00	2.50	1.00	1.00	1.00	#NULL!	1.00			
69.00	Harini	14.00	1.00	2.00	1.00	44.50	153.00	1.00	19.00	2.00	0.00	0.00
	0.00	7.00	0.00	2.40	1.00	-1.00	2.00	#NULL!	0.00			
70.00	Vidhya	14.00	1.00	0.00	1.00	45.30	152.50	1.00	19.60	1.00	1.00	0.00
	0.00	5.00	0.00	2.70	1.00	2.00	1.00	#NULL!	1.00			

71.00	Malavika	14.00	1.00	0.00	1.00	41.70	154.00	1.00	17.60	2.00	1.00	0.00
	0.00	5.00	0.00	3.10	1.00	1.00	1.00	#NULL!	1.00			
72.00	Logapriya	14.00	1.00	1.00	1.00	37.70	148.00	1.00	17.20	0.00	0.00	0.00
	0.00	18.00	0.00	1.80	0.00	-1.00	2.00	#NULL!	0.00			
73.00	Kiruthika	13.00	1.00	#NULL!	1.00	52.00	147.00	2.00	24.10	0.00	0.00	0.00
	0.00	8.00	0.00	1.60	0.00	2.00	1.00	#NULL!	1.00			
74.00	P. Rithika	14.00	1.00	1.00	1.00	41.70	136.00	2.00	22.50	0.00	0.00	0.00
	0.00	13.00	0.00	1.60	0.00	1.00	1.00	#NULL!	1.00			
75.00	Mehiak Jabeen	13.00	1.00	0.00	1.00	29.90	150.00	0.00	13.20	2.00	2.00	0.00
	0.00	11.00	0.00	2.20	1.00	-1.00	2.00	#NULL!	0.00			
76.00	Radhika	13.00	1.00	1.00	1.00	38.20	147.00	1.00	17.60	2.00	2.00	0.00
	0.00	3.00	0.00	2.60	1.00	-2.00	2.00	#NULL!	0.00			
77.00	Ridha Fathima	14.00	1.00	0.00	1.00	43.80	148.00	1.00	19.90	0.00	0.00	0.00
	0.00	0.00	0.00	2.10	1.00	2.00	1.00	#NULL!	1.00			
78.00	Vasundhara	13.00	1.00	1.00	1.00	39.90	154.00	1.00	16.80	2.00	2.00	0.00
	0.00	4.00	0.00	2.30	1.00	-1.00	2.00	#NULL!	0.00			
79.00	Gayathri	13.00	1.00	1.00	1.00	44.60	153.00	1.00	19.00	0.00	0.00	0.00
	0.00	11.00	0.00	2.40	1.00	1.00	1.00	#NULL!	1.00			
80.00	Celviya Charlet	14.00	1.00	2.00	1.00	42.70	156.00	1.00	17.50	0.00	0.00	0.00
	0.00	15.00	0.00	2.40	1.00	1.00	1.00	#NULL!	1.00			
81.00	Deepak	14.00	0.00	1.00	1.00	50.30	154.00	2.00	21.20	1.00	1.00	0.00
	0.00	15.00	0.00	#NULL!	#NULL!	1.00	1.00	#NULL!	1.00			
82.00	Dhanush	14.00	0.00	#NULL!	1.00	47.80	160.00	1.00	18.60	#NULL!	#NULL!	#NULL!
	#NULL!	22.00	1.00	#NULL!	#NULL!	-1.00	2.00	#NULL!	0.00			
83.00	Mugesh Kumar	14.00	0.00	1.00	1.00	50.00	184.50	1.00	14.70	0.00	0.00	0.00
	0.00	9.00	0.00	#NULL!	#NULL!	1.00	1.00	#NULL!	1.00			
84.00	Stephen A	14.00	0.00	2.00	1.00	47.50	179.00	1.00	14.80	1.00	0.00	0.00
	0.00	16.00	0.00	2.00	1.00	-1.00	2.00	#NULL!	0.00			
85.00	Gowtham	15.00	0.00	0.00	1.00	50.00	176.00	1.00	16.10	0.00	0.00	0.00
	0.00	10.00	0.00	2.40	1.00	1.00	1.00	#NULL!	1.00			
86.00	Hemavarshini	14.00	1.00	#NULL!	1.00	39.60	152.00	1.00	17.10	#NULL!	#NULL!	#NULL!
	#NULL!	12.00	0.00	1.90	0.00	1.00	1.00	#NULL!	1.00			
87.00	Divya	14.00	1.00	#NULL!	1.00	64.40	159.00	2.00	25.50	1.00	0.00	0.00
	0.00	20.00	1.00	2.10	1.00	2.00	1.00	#NULL!	1.00			
88.00	Aishwarya	14.00	1.00	0.00	1.00	44.30	147.00	1.00	20.50	0.00	0.00	0.00
	0.00	6.00	0.00	1.50	0.00	1.00	1.00	#NULL!	1.00			
89.00	Nisha	14.00	1.00	1.00	1.00	78.90	162.50	3.00	30.00	1.00	0.00	0.00
	0.00	17.00	0.00	1.60	0.00	1.00	1.00	#NULL!	1.00			
90.00	Pavithra	13.00	1.00	0.00	1.00	44.20	152.00	1.00	19.10	0.00	0.00	0.00
	0.00	7.00	0.00	1.80	0.00	1.00	1.00	#NULL!	1.00			
91.00	Vijayalakshmi	13.00	1.00	0.00	1.00	63.10	154.00	3.00	26.60	1.00	0.00	0.00
	0.00	31.00	1.00	1.70	0.00	2.00	1.00	#NULL!	1.00			
92.00	Nivetha	13.00	1.00	0.00	1.00	46.90	152.50	1.00	20.30	0.00	0.00	0.00
	0.00	20.00	1.00	2.70	1.00	1.00	1.00	#NULL!	1.00			
93.00	Jayapriya	13.00	1.00	1.00	1.00	42.10	152.10	1.00	18.20	0.00	0.00	0.00
	0.00	15.00	0.00	1.30	0.00	1.00	1.00	#NULL!	1.00			
94.00	Jayasi	14.00	1.00	0.00	1.00	58.00	154.00	2.00	24.50	0.00	0.00	0.00
	0.00	15.00	0.00	1.30	0.00	1.00	1.00	#NULL!	1.00			
95.00	Logapriya	14.00	1.00	1.00	1.00	60.40	156.00	2.00	24.80	1.00	0.00	0.00
	0.00	10.00	0.00	1.30	0.00	1.00	1.00	#NULL!	1.00			
96.00	Bhoomika	14.00	1.00	1.00	1.00	35.90	157.00	1.00	15.70	2.00	2.00	0.00
	0.00	15.00	0.00	3.00	1.00	-1.00	2.00	#NULL!	0.00			
97.00	Afiya Kowsar	14.00	1.00	1.00	1.00	33.40	151.00	1.00	14.60	1.00	0.00	0.00
	0.00	18.00	0.00	2.80	1.00	-1.00	2.00	#NULL!	0.00			
98.00	Rohith	13.00	0.00	1.00	1.00	37.00	169.00	0.00	13.00	2.00	2.00	0.00
	0.00	3.00	0.00	#NULL!	#NULL!	-2.00	2.00	#NULL!	0.00			
99.00	Vaishnavi	13.00	1.00	1.00	1.00	52.60	155.00	2.00	21.80	1.00	1.00	0.00
	0.00	2.00	0.00	2.30	1.00	2.00	1.00	#NULL!	1.00			
100.00	Thilo	13.00	1.00	0.00	1.00	48.60	161.00	1.00	18.70	2.00	2.00	0.00
	0.00	9.00	0.00	2.50	1.00	-1.00	2.00	#NULL!	0.00			
101.00	Divya	12.00	1.00	1.00	1.00	39.50	152.00	1.00	17.10	2.00	2.00	0.00
	0.00	18.00	0.00	2.40	1.00	-1.00	2.00	#NULL!	0.00			
102.00	Boomika	14.00	1.00	1.00	1.00	57.70	153.00	2.00	24.60	1.00	0.00	0.00
	0.00	6.00	0.00	2.10	1.00	1.00	1.00	#NULL!	1.00			
103.00	Bhathraj	13.00	0.00	#NULL!	1.00	46.70	158.00	1.00	18.70	#NULL!	#NULL!	#NULL!
	#NULL!	2.00	0.00	3.30	1.00	1.00	1.00	#NULL!	1.00			
104.00	Jayakanniga	14.00	1.00	1.00	1.00	76.20	155.50	3.00	31.70	1.00	1.00	0.00
	0.00	28.00	1.00	2.30	1.00	2.00	1.00	#NULL!	1.00			
105.00	Vinodhini	14.00	1.00	0.00	1.00	44.80	154.50	1.00	18.90	0.00	0.00	0.00
	0.00	9.00	0.00	2.50	1.00	#NULL!	#NULL!	#NULL!	#NULL!			
106.00	Pavithra	14.00	1.00	0.00	1.00	60.20	162.00	2.00	22.90	0.00	0.00	0.00
	0.00	7.00	0.00	2.90	1.00	1.00	1.00	#NULL!	1.00			

107.00	Shanuja	14.00	1.00	1.00	1.00	45.50	162.00	1.00	17.30	2.00	2.00	0.00
	0.00	16.00	0.00	2.70	1.00	-1.00	2.00	#NULL!	0.00			
108.00	Lokesh	14.00	0.00	0.00	1.00	51.40	161.00	1.00	19.80	2.00	0.00	0.00
	0.00	22.00	0.00	2.60	1.00	1.00	1.00	#NULL!	1.00			
109.00	Krishna	14.00	0.00	0.00	1.00	55.10	165.50	1.00	20.20	1.00	#NULL!	#NULL!
	#NULL!	8.00	0.00	1.70	0.00	1.00	1.00	#NULL!	1.00			
110.00	Nithyanandhan	14.00	0.00	#NULL!	1.00	69.50	163.00	3.00	26.10	#NULL!	#NULL!	#NULL!
	#NULL!	29.00	1.00	3.00	1.00	3.00	1.00	#NULL!	1.00			
111.00	Pooja	13.00	1.00	1.00	1.00	35.60	146.50	1.00	16.70	0.00	0.00	0.00
	0.00	15.00	0.00	1.30	0.00	1.00	1.00	#NULL!	1.00			
112.00	Sabista	14.00	1.00	0.00	1.00	37.80	150.50	1.00	16.80	#NULL!	#NULL!	#NULL!
	#NULL!	1.00	0.00	1.80	0.00	-1.00	2.00	#NULL!	0.00			
113.00	Yuvashree	14.00	1.00	0.00	1.00	51.20	159.00	1.00	20.30	1.00	1.00	0.00
	0.00	22.00	1.00	2.00	0.00	1.00	1.00	#NULL!	1.00			
114.00	Bhavani	13.00	1.00	1.00	1.00	63.70	151.00	3.00	27.90	#NULL!	#NULL!	#NULL!
	#NULL!	10.00	0.00	2.60	1.00	0.00	0.00	#NULL!	0.00			
115.00	Priyadarshini	14.00	1.00	1.00	1.00	51.00	153.00	2.00	21.80	0.00	0.00	0.00
	0.00	18.00	0.00	#NULL!	#NULL!	2.00	1.00	#NULL!	1.00			
116.00	Madhumitha	14.00	1.00	2.00	1.00	49.00	155.00	1.00	20.40	2.00	0.00	0.00
	0.00	7.00	0.00	2.90	1.00	1.00	1.00	#NULL!	1.00			
117.00	Harshini	14.00	1.00	0.00	1.00	66.00	149.00	3.00	29.70	1.00	1.00	0.00
	0.00	9.00	0.00	1.70	0.00	2.00	1.00	#NULL!	1.00			
118.00	Oviya Anilkumar	14.00	1.00	0.00	1.00	46.00	151.00	1.00	20.20	2.00	0.00	0.00
	0.00	16.00	0.00	4.30	2.00	0.00	0.00	#NULL!	0.00			
119.00	Charumathi	13.00	1.00	2.00	1.00	50.70	157.00	1.00	20.70	1.00	1.00	0.00
	0.00	14.00	0.00	2.40	1.00	0.00	0.00	#NULL!	0.00			
120.00	Madhulatha	13.00	1.00	1.00	1.00	58.80	164.00	2.00	21.90	1.00	1.00	0.00
	0.00	17.00	0.00	2.00	0.00	2.00	1.00	#NULL!	1.00			
121.00	Dhivyadarshini	14.00	1.00	0.00	1.00	70.80	150.00	3.00	31.40	1.00	1.00	0.00
	0.00	27.00	1.00	2.40	1.00	1.00	1.00	#NULL!	1.00			
122.00	S. Nisha	14.00	1.00	1.00	1.00	77.80	163.00	3.00	29.30	1.00	#NULL!	#NULL!
	#NULL!	23.00	1.00	2.60	1.00	5.00	1.00	#NULL!	1.00			
123.00	Jemimah Blessy	14.00	1.00	1.00	1.00	50.00	154.00	1.00	21.10	#NULL!	#NULL!	#NULL!
	#NULL!	7.00	0.00	2.10	1.00	1.00	1.00	#NULL!	1.00			
124.00	Thirupavai	13.00	1.00	1.00	1.00	52.90	159.00	1.00	20.90	2.00	0.00	0.00
	0.00	4.00	0.00	1.50	0.00	1.00	1.00	#NULL!	1.00			
125.00	Janapriya	13.00	1.00	1.00	1.00	41.30	151.00	1.00	18.10	2.00	0.00	0.00
	0.00	11.00	0.00	2.10	1.00	0.00	0.00	#NULL!	0.00			
126.00	Prassanna	13.00	0.00	0.00	1.00	53.80	175.50	1.00	17.60	1.00	1.00	0.00
	0.00	8.00	0.00	#NULL!	#NULL!	1.00	1.00	#NULL!	1.00			
127.00	Delhi Babu	14.00	0.00	0.00	1.00	51.70	189.50	1.00	14.50	#NULL!	#NULL!	#NULL!
	#NULL!	9.00	0.00	#NULL!	#NULL!	3.00	1.00	#NULL!	1.00			
128.00	Yokesh	14.00	0.00	0.00	1.00	45.80	184.00	0.00	13.50	0.00	0.00	0.00
	0.00	1.00	0.00	1.80	0.00	2.00	1.00	#NULL!	1.00			
129.00	Vomanikandan	13.00	0.00	1.00	1.00	39.00	175.00	0.00	12.70	#NULL!	#NULL!	#NULL!
	#NULL!	6.00	0.00	#NULL!	#NULL!	1.00	1.00	#NULL!	1.00			
130.00	Bharath	14.00	0.00	1.00	1.00	78.00	187.00	2.00	22.30	1.00	0.00	0.00
	0.00	9.00	0.00	#NULL!	#NULL!	2.00	1.00	#NULL!	1.00			
131.00	Malliga	14.00	1.00	2.00	1.00	37.30	141.50	1.00	18.80	0.00	0.00	0.00
	0.00	15.00	0.00	2.80	1.00	-1.00	2.00	#NULL!	0.00			
132.00	Swathy	14.00	1.00	0.00	1.00	54.70	156.00	2.00	22.50	2.00	0.00	0.00
	0.00	15.00	0.00	1.90	0.00	1.00	1.00	#NULL!	1.00			
133.00	Mohanapriya	14.00	1.00	0.00	1.00	36.80	153.50	1.00	15.70	0.00	0.00	0.00
	0.00	17.00	0.00	2.40	1.00	0.00	0.00	#NULL!	0.00			
134.00	Manisha	13.00	1.00	0.00	1.00	39.30	157.00	1.00	15.90	0.00	0.00	0.00
	0.00	15.00	0.00	2.10	1.00	0.00	0.00	#NULL!	0.00			
135.00	Udhaya kumar	14.00	0.00	#NULL!	1.00	58.00	160.00	2.00	22.60	#NULL!	#NULL!	#NULL!
	#NULL!	21.00	1.00	2.30	1.00	2.00	1.00	#NULL!	1.00			
136.00	Parasaraman	15.00	0.00	#NULL!	1.00	42.10	159.00	1.00	16.70	#NULL!	#NULL!	#NULL!
	#NULL!	9.00	0.00	1.60	0.00	0.00	0.00	#NULL!	0.00			
137.00	Ajay	13.00	0.00	0.00	1.00	32.70	147.00	1.00	15.10	2.00	#NULL!	0.00
	0.00	21.00	1.00	3.30	1.00	-3.00	2.00	#NULL!	0.00			
138.00	Hemadarshini	13.00	1.00	2.00	1.00	67.70	160.00	3.00	26.40	1.00	1.00	0.00
	0.00	4.00	0.00	2.20	1.00	3.00	1.00	#NULL!	1.00			
139.00	Suruthi	14.00	1.00	1.00	1.00	64.00	158.00	2.00	25.60	2.00	1.00	0.00
	0.00	1.00	0.00	2.00	0.00	2.00	1.00	#NULL!	1.00			
140.00	Nithya sri	14.00	1.00	1.00	1.00	37.30	156.00	1.00	15.30	2.00	2.00	0.00
	0.00	1.00	0.00	2.10	1.00	-2.00	2.00	#NULL!	0.00			
141.00	U. Dhivya	14.00	1.00	2.00	1.00	47.80	157.00	1.00	19.40	2.00	2.00	0.00
	0.00	1.00	0.00	2.40	1.00	#NULL!	#NULL!	#NULL!	#NULL!			
142.00	Dhanalakshmi	14.00	1.00	1.00	1.00	39.80	156.00	1.00	16.40	2.00	0.00	0.00
	0.00	7.00	0.00	2.30	1.00	0.00	0.00	#NULL!	0.00			

143.00	Kiruthika	13.00	1.00	3.00	1.00	48.80	148.00	2.00	22.30	0.00	0.00	0.00
	0.00	17.00	0.00	2.00	0.00	2.00	1.00	#NULL!	1.00			
144.00	Firdouse Fathim	13.00	1.00	3.00	1.00	41.90	150.00	1.00	18.60	0.00	0.00	0.00
	0.00	14.00	0.00	2.10	1.00	2.00	1.00	#NULL!	1.00			
145.00	Judith Patricia	13.00	1.00	#NULL!	1.00	38.20	144.00	1.00	18.40	#NULL!	#NULL!	#NULL!
	#NULL!	8.00	0.00	2.20	1.00	0.00	0.00	#NULL!	0.00			
146.00	Shamma Mehra	13.00	1.00	0.00	1.00	58.60	166.00	2.00	21.30	2.00	#NULL!	#NULL!
	#NULL!	9.00	0.00	2.70	1.00	0.00	0.00	3.00	0.00			
147.00	Hathim Sheriff	14.00	0.00	0.00	1.00	61.20	177.00	1.00	19.50	1.00	#NULL!	0.00
	0.00	10.00	0.00	2.10	1.00	1.00	1.00	2.00	1.00			
148.00	Sathish	13.00	0.00	1.00	1.00	32.50	143.00	1.00	15.90	2.00	#NULL!	#NULL!
	#NULL!	21.00	1.00	1.90	0.00	-3.00	2.00	2.00	0.00			
149.00	Vignesh	14.00	0.00	2.00	1.00	33.10	154.00	1.00	14.00	2.00	#NULL!	#NULL!
	#NULL!	21.00	1.00	2.30	1.00	-3.00	2.00	2.00	0.00			
150.00	Sucha	14.00	1.00	#NULL!	1.00	38.20	157.00	1.00	15.50	0.00	0.00	0.00
	0.00	14.00	0.00	2.50	1.00	-1.00	2.00	0.00	0.00			
151.00	Heera	13.00	1.00	0.00	1.00	80.90	166.00	3.00	29.40	1.00	1.00	0.00
	0.00	10.00	0.00	2.40	1.00	2.00	1.00	0.00	1.00			
152.00	Rincy Alex	13.00	1.00	3.00	1.00	52.50	152.00	2.00	22.70	1.00	1.00	0.00
	0.00	8.00	0.00	2.30	1.00	1.00	1.00	#NULL!	1.00			
153.00	Rekshitha	12.00	1.00	1.00	1.00	51.30	152.00	2.00	22.20	1.00	1.00	0.00
	0.00	6.00	0.00	2.40	1.00	3.00	1.00	0.00	1.00			
154.00	Rasimeena	14.00	1.00	2.00	1.00	53.50	152.00	2.00	23.20	2.00	1.00	0.00
	0.00	6.00	0.00	2.00	0.00	3.00	1.00	3.00	1.00			
155.00	Emmimal Shiny	13.00	1.00	2.00	1.00	46.80	153.00	1.00	20.00	2.00	1.00	0.00
	0.00	11.00	0.00	2.40	1.00	1.00	1.00	3.00	1.00			
156.00	Balaji	14.00	0.00	0.00	1.00	88.00	159.00	3.00	34.80	1.00	#NULL!	#NULL!
	#NULL!	21.00	1.00	2.30	1.00	2.00	1.00	3.00	1.00			
157.00	Kishan	14.00	0.00	1.00	1.00	54.00	157.50	2.00	21.90	1.00	#NULL!	#NULL!
	#NULL!	16.00	0.00	1.80	0.00	1.00	1.00	0.00	1.00			
158.00	Gokul	14.00	0.00	#NULL!	1.00	51.60	156.00	2.00	21.20	#NULL!	#NULL!	#NULL!
	#NULL!	3.00	0.00	2.50	1.00	2.00	1.00	0.00	1.00			
159.00	Santhosh Kumar	13.00	0.00	#NULL!	1.00	36.20	157.50	1.00	15.90	#NULL!	#NULL!	#NULL!
	#NULL!	12.00	0.00	2.10	1.00	-3.00	2.00	0.00	0.00			
160.00	Sriram	14.00	0.00	1.00	1.00	51.40	164.50	1.00	19.10	0.00	0.00	0.00
	0.00	5.00	0.00	2.40	1.00	-1.00	2.00	0.00	0.00			
161.00	Jairam	13.00	0.00	1.00	1.00	45.30	164.50	1.00	16.80	0.00	0.00	0.00
	0.00	3.00	0.00	2.10	1.00	-2.00	2.00	0.00	0.00			
162.00	Madhan Kumar	14.00	0.00	1.00	1.00	55.10	166.00	1.00	20.00	1.00	#NULL!	#NULL!
	#NULL!	10.00	0.00	2.10	1.00	-2.00	2.00	0.00	0.00			
163.00	Vigneshwar	13.00	0.00	2.00	1.00	50.20	164.00	1.00	18.70	2.00	#NULL!	0.00
	0.00	17.00	0.00	1.70	0.00	1.00	1.00	3.00	1.00			
164.00	Samuel	13.00	0.00	#NULL!	1.00	39.60	162.00	1.00	15.10	2.00	#NULL!	#NULL!
	#NULL!	22.00	1.00	2.10	1.00	-3.00	2.00	0.00	0.00			
165.00	Ramachandran	14.00	0.00	0.00	1.00	50.40	164.00	1.00	18.70	0.00	0.00	0.00
	0.00	9.00	0.00	3.70	1.00	-1.00	2.00	0.00	0.00			
166.00	K Sathish	14.00	0.00	1.00	1.00	47.80	158.00	1.00	19.10	0.00	2.00	0.00
	0.00	11.00	0.00	3.50	1.00	-1.00	2.00	0.00	0.00			
167.00	Sorna	15.00	1.00	2.00	1.00	51.30	146.00	2.00	24.10	2.00	1.00	0.00
	0.00	8.00	0.00	2.50	1.00	2.00	1.00	3.00	1.00			
168.00	Mohanraj	13.00	0.00	0.00	1.00	63.00	178.00	1.00	19.90	1.00	0.00	0.00
	0.00	3.00	0.00	2.80	1.00	2.00	1.00	0.00	1.00			
169.00	Joshua	14.00	0.00	0.00	1.00	49.00	164.00	1.00	18.20	1.00	1.00	0.00
	0.00	17.00	0.00	#NULL!	#NULL!	3.00	1.00	0.00	1.00			
170.00	Dhivakar	14.00	0.00	1.00	1.00	66.00	184.00	1.00	19.50	1.00	1.00	1.00
	0.00	22.00	1.00	#NULL!	#NULL!	4.00	1.00	1.00	1.00			
171.00	Vijesh Kumawat	14.00	0.00	0.00	1.00	35.00	151.50	1.00	15.40	2.00	0.00	0.00
	0.00	1.00	0.00	1.30	0.00	-1.00	2.00	0.00	0.00			
172.00	Vijay	14.00	0.00	2.00	1.00	32.50	149.00	1.00	14.60	0.00	0.00	0.00
	0.00	1.00	0.00	1.60	0.00	-1.00	2.00	0.00	0.00			
173.00	Lokesh	14.00	0.00	#NULL!	1.00	51.50	168.00	1.00	18.20	#NULL!	#NULL!	#NULL!
	#NULL!	9.00	0.00	3.60	1.00	-1.00	2.00	0.00	0.00			
174.00	Md Fazil	14.00	0.00	1.00	1.00	33.50	150.00	1.00	14.90	2.00	0.00	0.00
	0.00	4.00	0.00	3.50	1.00	0.00	0.00	0.00	0.00			
175.00	Syed Asad	13.00	0.00	0.00	1.00	64.50	164.50	3.00	24.00	#NULL!	#NULL!	#NULL!
	#NULL!	6.00	0.00	#NULL!	#NULL!	1.00	1.00	0.00	1.00			
176.00	Naveen Kumar	13.00	0.00	1.00	1.00	55.20	150.00	3.00	24.50	#NULL!	#NULL!	#NULL!
	#NULL!	5.00	0.00	2.60	1.00	3.00	1.00	0.00	1.00			
177.00	Abdul Salam	14.00	0.00	0.00	1.00	62.60	156.50	3.00	25.70	1.00	1.00	0.00
	0.00	10.00	0.00	2.80	1.00	2.00	1.00	#NULL!	1.00			
178.00	Lakshmanan	14.00	0.00	1.00	1.00	92.80	161.50	3.00	35.80	1.00	1.00	0.00
	0.00	6.00	0.00	#NULL!	#NULL!	3.00	1.00	3.00	1.00			

179.00	Tharun	14.00	0.00	0.00	1.00	50.70	152.50	2.00	21.90	0.00	0.00	0.00
		10.00	0.00	2.80	1.00	1.00	1.00	0.00	1.00			
180.00	Nivetha	14.00	1.00	#NULL!	1.00	47.30	155.00	1.00	19.70	#NULL!	#NULL!	#NULL!
		3.00	0.00	2.50	1.00	1.00	1.00	0.00	1.00			
181.00	Iniha	13.00	1.00	#NULL!	1.00	43.00	157.00	3.00	28.40	#NULL!	#NULL!	#NULL!
		9.00	0.00	3.00	1.00	1.00	1.00	0.00	1.00			
182.00	Srinidhi	13.00	1.00	#NULL!	1.00	60.90	162.00	2.00	23.20	#NULL!	#NULL!	#NULL!
		6.00	0.00	2.60	1.00	1.00	1.00	0.00	1.00			
183.00	Aarthi	14.00	1.00	#NULL!	1.00	53.00	154.00	2.00	22.30	#NULL!	#NULL!	#NULL!
		3.00	0.00	2.10	1.00	2.00	1.00	0.00	1.00			
184.00	Rakshita	14.00	1.00	#NULL!	1.00	98.20	167.00	3.00	35.20	#NULL!	#NULL!	#NULL!
		16.00	0.00	2.80	1.00	1.00	1.00	0.00	1.00			
185.00	Priya Dharshini	14.00	1.00	#NULL!	1.00	59.20	164.00	2.00	22.00	#NULL!	#NULL!	#NULL!
		22.00	1.00	2.00	0.00	1.00	1.00	3.00	1.00			
186.00	Ranjani	13.00	1.00	#NULL!	1.00	54.80	162.00	1.00	20.90	#NULL!	#NULL!	#NULL!
		11.00	0.00	2.10	1.00	1.00	1.00	3.00	1.00			
187.00	Sidra Tabassum	13.00	1.00	#NULL!	1.00	54.60	158.00	2.00	21.90	#NULL!	#NULL!	#NULL!
		10.00	0.00	2.50	1.00	1.00	1.00	3.00	1.00			
188.00	Nageshwari	14.00	1.00	#NULL!	1.00	57.40	154.00	2.00	24.20	#NULL!	#NULL!	#NULL!
		18.00	0.00	2.90	1.00	1.00	1.00	0.00	1.00			
189.00	Aishwaryalashmi	12.00	1.00	#NULL!	1.00	57.50	147.00	3.00	26.60	#NULL!	#NULL!	#NULL!
		9.00	0.00	1.70	0.00	1.00	1.00	0.00	1.00			
190.00	Haripriya	13.00	1.00	#NULL!	1.00	61.90	156.00	3.00	25.40	#NULL!	#NULL!	#NULL!
		7.00	0.00	1.90	0.00	3.00	1.00	0.00	1.00			
191.00	Lavanya	13.00	1.00	#NULL!	1.00	60.70	159.00	2.00	24.00	#NULL!	#NULL!	#NULL!
		4.00	0.00	2.00	0.00	1.00	1.00	0.00	1.00			
192.00	Karkmizahli	14.00	1.00	#NULL!	1.00	46.00	159.00	1.00	18.20	#NULL!	#NULL!	#NULL!
		7.00	0.00	1.60	0.00	0.00	0.00	0.00	0.00			
193.00	Prema Kumari	13.00	1.00	#NULL!	1.00	77.80	164.00	3.00	28.90	#NULL!	#NULL!	#NULL!
		9.00	0.00	2.20	1.00	2.00	1.00	0.00	1.00			
194.00	Mizba Fathima	14.00	1.00	#NULL!	1.00	49.50	152.00	1.00	21.40	#NULL!	#NULL!	#NULL!
		8.00	0.00	3.50	1.00	0.00	0.00	0.00	0.00			
195.00	Priyadharshini	13.00	1.00	#NULL!	1.00	48.70	154.00	1.00	20.50	#NULL!	#NULL!	#NULL!
		11.00	0.00	2.90	1.00	1.00	1.00	0.00	1.00			
196.00	Guna	13.00	1.00	#NULL!	1.00	71.00	152.00	3.00	30.70	#NULL!	#NULL!	#NULL!
		8.00	0.00	2.30	1.00	1.00	1.00	3.00	1.00			
197.00	Priyanga	14.00	1.00	#NULL!	1.00	58.30	160.00	2.00	22.80	#NULL!	#NULL!	#NULL!
		24.00	1.00	2.50	1.00	1.00	1.00	0.00	1.00			
198.00	Aishwarya	14.00	1.00	#NULL!	1.00	49.50	154.00	1.00	20.90	#NULL!	#NULL!	#NULL!
		21.00	1.00	2.30	1.00	0.00	0.00	0.00	0.00			
199.00	Poorniam	14.00	1.00	#NULL!	1.00	54.70	158.00	2.00	21.90	#NULL!	#NULL!	#NULL!
		3.00	0.00	1.80	0.00	1.00	1.00	0.00	1.00			
200.00	Nisha	13.00	1.00	#NULL!	1.00	46.50	150.00	1.00	20.70	#NULL!	#NULL!	#NULL!
		4.00	0.00	2.51	1.00	1.00	1.00	0.00	1.00			
201.00	Nisha	15.00	1.00	#NULL!	1.00	41.80	147.00	1.00	19.30	#NULL!	#NULL!	#NULL!
		12.00	0.00	2.60	1.00	1.00	1.00	0.00	1.00			
202.00	Jabez	13.00	0.00	#NULL!	1.00	64.00	162.00	3.00	24.40	#NULL!	#NULL!	#NULL!
		15.00	0.00	2.90	1.00	3.00	1.00	0.00	1.00			
203.00	Sanjana Singh	14.00	1.00	#NULL!	1.00	62.00	151.00	3.00	27.20	#NULL!	#NULL!	#NULL!
		7.00	0.00	2.80	1.00	1.00	1.00	0.00	1.00			
204.00	Tamilzhini	13.00	1.00	#NULL!	1.00	44.20	162.00	1.00	16.80	#NULL!	#NULL!	#NULL!
		17.00	0.00	3.10	1.00	-1.00	2.00	2.00	0.00			
205.00	Anusri	13.00	1.00	#NULL!	1.00	68.80	157.00	3.00	27.80	#NULL!	#NULL!	#NULL!
		5.00	0.00	3.00	1.00	2.00	1.00	0.00	1.00			
206.00	Dhaanasri	13.00	1.00	#NULL!	1.00	62.30	151.00	3.00	27.30	#NULL!	#NULL!	#NULL!
		12.00	0.00	2.40	1.00	4.00	1.00	0.00	1.00			
207.00	Preethi	15.00	1.00	#NULL!	1.00	48.00	150.00	1.00	21.30	#NULL!	#NULL!	#NULL!
		15.00	0.00	2.40	1.00	1.00	1.00	0.00	1.00			
208.00	Swetha	14.00	1.00	#NULL!	1.00	43.80	158.00	1.00	17.50	#NULL!	#NULL!	#NULL!
		16.00	0.00	2.30	1.00	1.00	1.00	0.00	1.00			
209.00	Hanishka	14.00	1.00	#NULL!	1.00	54.50	152.00	2.00	23.60	#NULL!	#NULL!	#NULL!
		8.00	0.00	2.50	1.00	2.00	1.00	0.00	1.00			
210.00	Dinesh Kumar	13.00	1.00	#NULL!	1.00	73.00	158.00	3.00	29.20	#NULL!	#NULL!	#NULL!
		10.00	0.00	2.60	1.00	2.00	0.00	0.00	1.00			
211.00	Abinaya	14.00	1.00	#NULL!	1.00	39.20	151.00	1.00	17.10	#NULL!	#NULL!	#NULL!
		12.00	0.00	2.10	1.00	0.00	0.00	0.00	0.00			
212.00	Zainab	14.00	1.00	#NULL!	1.00	52.70	146.00	2.00	24.70	#NULL!	#NULL!	#NULL!
		21.00	1.00	2.30	1.00	2.00	1.00	0.00	1.00			
213.00	Saroni	14.00	1.00	#NULL!	1.00	40.10	151.00	1.00	17.60	#NULL!	#NULL!	#NULL!
		10.00	0.00	2.40	1.00	1.00	1.00	0.00	1.00			
214.00	Pooja	14.00	1.00	#NULL!	1.00	57.50	145.00	3.00	27.30	#NULL!	#NULL!	#NULL!
		9.00	0.00	2.60	1.00	1.00	1.00	0.00	1.00			

215.00	Jayalakshmi	13.00	1.00	#NULL!	1.00	39.00	144.00	1.00	18.80	#NULL!	#NULL!	#NULL!
	#NULL!	6.00	0.00	2.20	1.00	1.00	1.00	0.00	1.00			
216.00	Deepika	14.00	1.00	#NULL!	1.00	37.50	148.00	1.00	17.10	#NULL!	#NULL!	#NULL!
	#NULL!	5.00	0.00	2.00	0.00	1.00	1.00	0.00	1.00			
217.00	Priya	13.00	1.00	#NULL!	1.00	29.10	144.00	1.00	14.00	#NULL!	#NULL!	#NULL!
	#NULL!	7.00	0.00	2.30	1.00	-1.00	2.00	0.00	0.00			
218.00	Gayathri	13.00	1.00	#NULL!	1.00	36.00	139.00	1.00	18.60	#NULL!	#NULL!	#NULL!
	#NULL!	13.00	0.00	1.80	0.00	0.00	0.00	0.00	0.00			
219.00	Reethika	13.00	1.00	#NULL!	1.00	56.70	153.00	2.00	24.20	#NULL!	#NULL!	#NULL!
	#NULL!	4.00	0.00	1.70	0.00	2.00	1.00	0.00	1.00			
220.00	Ashwini	14.00	1.00	#NULL!	1.00	43.50	156.00	1.00	17.90	#NULL!	#NULL!	#NULL!
	#NULL!	9.00	0.00	2.50	1.00	-1.00	2.00	0.00	0.00			
221.00	Sanjay	14.00	0.00	#NULL!	1.00	52.20	170.00	1.00	18.10	#NULL!	#NULL!	#NULL!
	#NULL!	10.00	0.00	1.80	0.00	1.00	1.00	0.00	1.00			
222.00	Andrew Paul	15.00	0.00	#NULL!	1.00	78.00	162.00	3.00	29.70	#NULL!	#NULL!	#NULL!
	#NULL!	23.00	1.00	1.80	0.00	3.00	1.00	3.00	1.00			
223.00	Lokesh Kumar	14.00	0.00	#NULL!	1.00	50.10	160.00	1.00	19.60	#NULL!	#NULL!	#NULL!
	#NULL!	15.00	0.00	2.20	1.00	2.00	1.00	2.00	1.00			
224.00	Joel Freddy	15.00	0.00	#NULL!	1.00	55.40	166.00	1.00	20.10	#NULL!	#NULL!	#NULL!
	#NULL!	17.00	0.00	2.00	0.00	1.00	1.00	0.00	1.00			
225.00	Deva	15.00	1.00	#NULL!	1.00	60.10	181.00	1.00	18.30	#NULL!	#NULL!	#NULL!
	#NULL!	6.00	0.00	3.10	1.00	-2.00	2.00	0.00	0.00			
226.00	Sanjai	15.00	0.00	#NULL!	1.00	40.60	163.00	1.00	15.30	#NULL!	#NULL!	#NULL!
	#NULL!	9.00	0.00	2.60	1.00	-1.00	2.00	0.00	0.00			
227.00	Newton	13.00	0.00	#NULL!	1.00	66.20	160.00	3.00	25.90	#NULL!	#NULL!	#NULL!
	#NULL!	14.00	0.00	3.00	1.00	3.00	1.00	0.00	1.00			
228.00	Madhivanan	14.00	0.00	#NULL!	1.00	71.70	157.00	3.00	29.10	#NULL!	#NULL!	#NULL!
	#NULL!	15.00	0.00	3.90	1.00	2.00	1.00	0.00	1.00			
229.00	Ahef Ahmed	15.00	0.00	#NULL!	1.00	50.60	164.00	1.00	18.80	#NULL!	#NULL!	#NULL!
	#NULL!	7.00	0.00	3.70	1.00	-2.00	1.00	0.00	0.00			
230.00	Idhreez Baig	14.00	0.00	#NULL!	1.00	42.40	151.00	1.00	18.50	#NULL!	#NULL!	#NULL!
	#NULL!	7.00	0.00	2.20	1.00	0.00	0.00	0.00	0.00			
231.00	Umar Zyad	14.00	0.00	#NULL!	1.00	48.70	164.00	1.00	18.10	#NULL!	#NULL!	#NULL!
	#NULL!	17.00	0.00	1.60	0.00	1.00	1.00	2.00	1.00			
232.00	Ashwath	15.00	0.00	#NULL!	1.00	#NULL!	#NULL!	#NULL!	#NULL!	#NULL!	#NULL!	#NULL!
	#NULL!	6.00	0.00	2.40	1.00	2.00	1.00	0.00	1.00			
233.00	Abubakkar Siddi	15.00	0.00	#NULL!	1.00	85.00	162.00	3.00	32.40	#NULL!	#NULL!	#NULL!
	#NULL!	12.00	0.00	1.90	0.00	2.00	1.00	3.00	1.00			
234.00	Thirumal	14.00	0.00	#NULL!	1.00	58.90	164.00	2.00	22.00	#NULL!	#NULL!	#NULL!
	#NULL!	11.00	0.00	2.30	0.00	0.00	0.00	0.00	0.00			
235.00	Premkumar	14.00	0.00	#NULL!	1.00	79.80	166.50	3.00	29.00	#NULL!	#NULL!	#NULL!
	#NULL!	19.00	0.00	2.50	1.00	3.00	1.00	3.00	1.00			
236.00	Dilhi Babu	14.00	0.00	#NULL!	1.00	38.40	152.50	1.00	16.60	#NULL!	#NULL!	#NULL!
	#NULL!	15.00	0.00	2.80	1.00	-1.00	2.00	2.00	0.00			
237.00	Janardhanan	14.00	0.00	#NULL!	1.00	45.00	146.50	2.00	21.10	#NULL!	#NULL!	#NULL!
	#NULL!	15.00	0.00	1.90	0.00	2.00	1.00	3.00	1.00			
238.00	Dhanasekaran	13.00	0.00	#NULL!	1.00	49.30	165.50	1.00	18.10	#NULL!	#NULL!	#NULL!
	#NULL!	8.00	0.00	2.20	1.00	-2.00	2.00	0.00	0.00			
239.00	Md Shoaib	13.00	0.00	#NULL!	1.00	47.30	158.50	1.00	18.90	#NULL!	#NULL!	#NULL!
	#NULL!	6.00	0.00	#NULL!	#NULL!	1.00	1.00	0.00	1.00			
240.00	Naveen	14.00	0.00	#NULL!	1.00	46.30	148.00	2.00	21.10	#NULL!	#NULL!	#NULL!
	#NULL!	35.00	1.00	2.90	1.00	2.00	1.00	3.00	1.00			
241.00	Sanahi	14.00	0.00	0.00	1.00	50.70	171.00	1.00	17.30	2.00	0.00	0.00
	0.00	26.00	1.00	#NULL!	#NULL!	#NULL!	#NULL!	0.00	#NULL!			
242.00	Haritharasadan	14.00	0.00	#NULL!	1.00	55.70	158.00	2.00	22.30	#NULL!	#NULL!	#NULL!
	#NULL!	5.00	0.00	3.00	1.00	#NULL!	#NULL!	0.00	#NULL!			
243.00	Sivasankar	14.00	0.00	#NULL!	1.00	43.30	154.00	1.00	18.30	#NULL!	#NULL!	#NULL!
	#NULL!	21.00	1.00	3.30	1.00	#NULL!	#NULL!	3.00	#NULL!			
244.00	Shreya Balaji	13.00	0.00	#NULL!	1.00	49.80	152.00	2.00	21.60	#NULL!	#NULL!	#NULL!
	#NULL!	23.00	1.00	3.30	1.00	#NULL!	#NULL!	3.00	#NULL!			
245.00	Giri Prakash	14.00	0.00	#NULL!	1.00	52.10	163.00	1.00	19.60	#NULL!	#NULL!	#NULL!
	#NULL!	19.00	0.00	3.20	1.00	0.00	0.00	0.00	0.00			
246.00	Kishore	14.00	0.00	#NULL!	1.00	42.80	159.00	1.00	16.90	#NULL!	#NULL!	#NULL!
	#NULL!	8.00	0.00	2.70	1.00	0.00	0.00	0.00	0.00			
247.00	Yuvaraj	14.00	0.00	#NULL!	1.00	44.00	148.00	1.00	20.10	#NULL!	#NULL!	#NULL!
	#NULL!	3.00	0.00	2.70	1.00	1.00	1.00	0.00	1.00			
248.00	Sanjay	14.00	0.00	#NULL!	1.00	49.00	174.00	1.00	16.20	#NULL!	#NULL!	#NULL!
	#NULL!	7.00	0.00	2.20	1.00	1.00	1.00	0.00	1.00			
249.00	Gideon Samuel	14.00	0.00	#NULL!	1.00	76.00	165.00	3.00	27.90	#NULL!	#NULL!	#NULL!
	#NULL!	11.00	0.00	2.90	1.00	2.00	1.00	0.00	1.00			
250.00	Ruthresh	14.00	0.00	#NULL!	1.00	54.00	159.00	2.00	21.40	#NULL!	#NULL!	#NULL!
	#NULL!	17.00	0.00	3.60	1.00	2.00	1.00	0.00	1.00			

251.00	Lohith	13.00	0.00	#NULL!	1.00	31.60	141.50	1.00	15.90	#NULL!	#NULL!	#NULL!
	#NULL!	3.00	0.00	1.60	0.00	-2.00	2.00	0.00	0.00			
252.00	Gokul	13.00	0.00	0.00	1.00	35.70	153.00	1.00	15.30	0.00	0.00	0.00
	0.00	3.00	0.00	2.30	1.00	-2.00	2.00	0.00	0.00			
253.00	Sathmanaban	14.00	0.00	0.00	1.00	33.10	142.50	1.00	16.40	2.00	0.00	0.00
	0.00	11.00	0.00	2.50	1.00	-2.00	2.00	0.00	0.00			
254.00	Santhosh Kumar	14.00	0.00	0.00	1.00	46.00	165.00	1.00	16.90	2.00	0.00	0.00
	0.00	12.00	0.00	3.60	1.00	0.00	0.00	0.00	0.00			
255.00	Manoj	13.00	0.00	0.00	1.00	46.20	154.50	1.00	19.50	#NULL!	#NULL!	#NULL!
	#NULL!	16.00	0.00	1.90	0.00	2.00	1.00	3.00	1.00			
256.00	Kishore	14.00	0.00	#NULL!	1.00	48.70	158.00	1.00	19.50	#NULL!	#NULL!	#NULL!
	#NULL!	12.00	0.00	2.90	1.00	1.00	1.00	3.00	1.00			
257.00	Md Siddiq	14.00	0.00	#NULL!	1.00	58.70	155.00	3.00	24.40	#NULL!	#NULL!	#NULL!
	#NULL!	18.00	0.00	2.70	1.00	3.00	1.00	3.00	1.00			
258.00	Tabrez	14.00	0.00	#NULL!	1.00	55.90	150.00	3.00	24.80	#NULL!	#NULL!	#NULL!
	#NULL!	19.00	0.00	2.70	1.00	3.00	1.00	0.00	1.00			
259.00	Charahesk	14.00	0.00	#NULL!	1.00	41.20	154.00	1.00	17.40	#NULL!	#NULL!	#NULL!
	#NULL!	25.00	1.00	#NULL!	#NULL!	1.00	1.00	0.00	1.00			
260.00	Fadeen Abbaz	15.00	0.00	#NULL!	1.00	47.10	154.00	1.00	19.90	#NULL!	#NULL!	#NULL!
	#NULL!	10.00	0.00	#NULL!	#NULL!	-1.00	2.00	0.00	0.00			
261.00	Keerthi Utsan	13.00	0.00	#NULL!	1.00	35.00	173.00	0.00	11.70	#NULL!	#NULL!	#NULL!
	#NULL!	24.00	1.00	1.80	0.00	-2.00	2.00	1.00	0.00			
262.00	Sanjay	13.00	0.00	#NULL!	1.00	35.00	176.00	0.00	11.30	#NULL!	#NULL!	#NULL!
	#NULL!	5.00	0.00	#NULL!	#NULL!	-2.00	2.00	0.00	0.00			
263.00	Muralidharan	14.00	0.00	#NULL!	1.00	#NULL!	#NULL!	#NULL!	#NULL!	#NULL!	#NULL!	#NULL!
	#NULL!	13.00	0.00	2.10	1.00	-3.00	2.00	0.00	0.00			
264.00	x	14.00	0.00	#NULL!	1.00	81.00	191.00	2.00	22.20	#NULL!	#NULL!	#NULL!
	#NULL!	15.00	0.00	#NULL!	#NULL!	3.00	1.00	0.00	1.00			
265.00	Srikanth	14.00	0.00	#NULL!	1.00	36.80	179.50	0.00	11.50	#NULL!	#NULL!	#NULL!
	#NULL!	15.00	0.00	#NULL!	#NULL!	-4.00	2.00	3.00	0.00			
266.00	Yuvaraj	14.00	0.00	#NULL!	1.00	29.20	174.00	0.00	9.60	#NULL!	#NULL!	#NULL!
	#NULL!	12.00	0.00	2.40	1.00	-4.00	2.00	0.00	0.00			
267.00	Karthivel	14.00	0.00	#NULL!	1.00	#NULL!	#NULL!	#NULL!	#NULL!	#NULL!	#NULL!	#NULL!
	#NULL!	15.00	0.00	#NULL!	#NULL!	2.00	1.00	0.00	1.00			
268.00	Subash	13.00	0.00	#NULL!	1.00	50.00	164.50	1.00	18.60	#NULL!	#NULL!	#NULL!
	#NULL!	9.00	0.00	#NULL!	#NULL!	1.00	1.00	0.00	1.00			
269.00	Matheswaran	14.00	0.00	0.00	1.00	60.00	162.00	2.00	22.90	#NULL!	#NULL!	#NULL!
	#NULL!	10.00	0.00	3.30	1.00	3.00	1.00	0.00	1.00			
270.00	Lokesh Kumar	14.00	0.00	#NULL!	1.00	70.50	166.00	3.00	25.60	#NULL!	#NULL!	#NULL!
	#NULL!	5.00	0.00	3.40	1.00	4.00	1.00	0.00	1.00			
271.00	Yogesh Kumar	14.00	0.00	#NULL!	1.00	57.20	165.50	2.00	21.00	#NULL!	#NULL!	#NULL!
	#NULL!	15.00	0.00	2.80	1.00	1.00	1.00	0.00	1.00			
272.00	Md Kaif	14.00	0.00	#NULL!	1.00	36.10	144.00	1.00	17.40	#NULL!	#NULL!	#NULL!
	#NULL!	9.00	0.00	3.20	1.00	-2.00	2.00	0.00	0.00			
273.00	Noah Frank	14.00	0.00	#NULL!	1.00	55.50	160.00	2.00	21.70	#NULL!	#NULL!	#NULL!
	#NULL!	4.00	0.00	3.30	1.00	-1.00	2.00	0.00	0.00			
274.00	Naveen Kumar	13.00	0.00	#NULL!	1.00	38.50	151.00	1.00	16.90	#NULL!	#NULL!	#NULL!
	#NULL!	1.00	0.00	1.90	0.00	0.00	0.00	0.00	0.00			
275.00	Loganibhayagam	14.00	0.00	#NULL!	1.00	56.40	171.00	1.00	19.30	#NULL!	#NULL!	#NULL!
	#NULL!	19.00	0.00	#NULL!	#NULL!	0.00	0.00	0.00	0.00			
276.00	Jaish Amar	14.00	0.00	#NULL!	1.00	76.50	162.00	3.00	29.10	#NULL!	#NULL!	#NULL!
	#NULL!	25.00	1.00	2.30	1.00	1.00	1.00	0.00	1.00			
277.00	Kamesh Siddhart	14.00	0.00	#NULL!	1.00	55.70	157.00	2.00	22.60	#NULL!	#NULL!	#NULL!
	#NULL!	15.00	0.00	3.30	1.00	2.00	1.00	2.00	1.00			
278.00	Tharun	14.00	0.00	#NULL!	1.00	53.10	167.00	1.00	19.00	#NULL!	#NULL!	#NULL!
	#NULL!	9.00	0.00	3.80	1.00	-1.00	2.00	0.00	0.00			
279.00	Farhan Abbas	14.00	0.00	#NULL!	1.00	57.50	163.00	2.00	21.60	#NULL!	#NULL!	#NULL!
	#NULL!	3.00	0.00	1.90	0.00	2.00	1.00	0.00	1.00			
280.00	Barath	13.00	0.00	#NULL!	1.00	49.40	153.00	2.00	21.10	#NULL!	#NULL!	#NULL!
	#NULL!	14.00	0.00	3.10	1.00	1.00	1.00	0.00	1.00			
281.00	S. Sanjana	14.00	1.00	#NULL!	1.00	61.70	162.00	2.00	25.51	#NULL!	#NULL!	#NULL!
	#NULL!	4.00	0.00	3.90	1.00	1.00	1.00	0.00	1.00			
282.00	N. Kavya	13.00	1.00	#NULL!	1.00	44.00	148.00	1.00	20.08	#NULL!	#NULL!	#NULL!
	#NULL!	20.00	1.00	2.50	1.00	0.00	0.00	3.00	0.00			
283.00	K. Suriyamoorthy	15.00	0.00	#NULL!	1.00	47.30	172.00	1.00	15.99	#NULL!	#NULL!	#NULL!
	#NULL!	15.00	0.00	2.80	1.00	#NULL!	#NULL!	0.00	#NULL!			
284.00	S. Yogeshwari	14.00	1.00	#NULL!	1.00	52.40	152.00	2.00	22.68	#NULL!	#NULL!	#NULL!
	#NULL!	38.00	1.00	2.28	1.00	2.00	1.00	3.00	1.00			
285.00	J. Lidiya	14.00	0.00	#NULL!	1.00	75.00	159.00	3.00	29.67	#NULL!	#NULL!	#NULL!
	#NULL!	37.00	1.00	2.13	1.00	2.00	1.00	2.00	1.00			
286.00	Ramya M.	14.00	1.00	#NULL!	1.00	63.20	161.00	3.00	24.38	#NULL!	#NULL!	#NULL!
	#NULL!	4.00	0.00	3.13	1.00	0.00	0.00	0.00	0.00			

287.00	L. Joselin	14.00	1.00	#NULL!	1.00	54.80	149.00	3.00	24.68	#NULL!	#NULL!	#NULL!
	#NULL!	44.00	1.00	3.38	1.00	4.00	1.00	3.00	1.00			
288.00	R. Keerthuna	13.00	1.00	#NULL!	1.00	50.20	164.00	1.00	18.66	#NULL!	#NULL!	#NULL!
	#NULL!	11.00	0.00	2.00	0.00	0.00	0.00	0.00	0.00			
289.00	S. T.JebaAmalia	14.00	1.00	#NULL!	1.00	56.00	148.00	3.00	25.57	#NULL!	#NULL!	#NULL!
	#NULL!	13.00	0.00	4.00	2.00	2.00	1.00	2.00	1.00			
290.00	A. Shiraz	13.00	0.00	#NULL!	1.00	39.00	161.50	1.00	14.95	#NULL!	#NULL!	#NULL!
	#NULL!	12.00	0.00	#NULL!	#NULL!	#NULL!	#NULL!	0.00	#NULL!			
291.00	L. P. Sanjay	14.00	0.00	#NULL!	1.00	50.00	159.00	1.00	19.78	#NULL!	#NULL!	#NULL!
	#NULL!	16.00	0.00	3.38	1.00	0.00	0.00	0.00	0.00			
292.00	G.Lingaboopathy	14.00	0.00	#NULL!	1.00	65.10	176.00	1.00	21.02	#NULL!	#NULL!	#NULL!
	#NULL!	10.00	0.00	2.28	1.00	2.00	1.00	0.00	1.00			
293.00	S. Kishore	13.00	0.00	#NULL!	1.00	34.00	171.00	0.00	11.60	#NULL!	#NULL!	#NULL!
	#NULL!	15.00	0.00	2.00	0.00	-3.00	2.00	0.00	0.00			
294.00	J. Royal Justin	13.00	0.00	#NULL!	1.00	58.00	185.00	1.00	16.95	#NULL!	#NULL!	#NULL!
	#NULL!	10.00	0.00	3.75	1.00	-2.00	2.00	0.00	0.00			
295.00	D.K.Saikrishna	14.00	0.00	#NULL!	1.00	69.30	164.00	2.00	25.76	#NULL!	#NULL!	#NULL!
	#NULL!	1.00	0.00	3.00	1.00	1.00	1.00	1.00	1.00			
296.00	R.Sahambaridevi	15.00	1.00	#NULL!	1.00	51.60	158.00	1.00	20.67	#NULL!	#NULL!	#NULL!
	#NULL!	1.00	0.00	2.63	1.00	0.00	0.00	0.00	0.00			
297.00	D. Tharagesh	13.00	0.00	#NULL!	1.00	34.50	151.00	1.00	15.13	#NULL!	#NULL!	#NULL!
	#NULL!	5.00	0.00	2.13	1.00	-1.00	2.00	0.00	0.00			
298.00	V. Rakesh	13.00	0.00	#NULL!	1.00	35.70	152.00	1.00	15.45	#NULL!	#NULL!	#NULL!
	#NULL!	12.00	0.00	1.86	0.00	-2.00	2.00	0.00	0.00			
299.00	P.Kishore	13.00	0.00	#NULL!	1.00	35.80	149.00	1.00	16.13	#NULL!	#NULL!	#NULL!
	#NULL!	24.00	1.00	3.00	1.00	-2.00	2.00	0.00	0.00			
300.00	T. Kamalesh	13.00	0.00	#NULL!	1.00	53.30	159.00	1.00	21.08	#NULL!	#NULL!	#NULL!
	#NULL!	15.00	0.00	3.38	1.00	2.00	1.00	3.00	1.00			
301.00	G. Vishwa	14.00	0.00	#NULL!	1.00	62.90	157.00	2.00	25.52	#NULL!	#NULL!	#NULL!
	#NULL!	37.00	1.00	2.13	1.00	4.00	1.00	3.00	1.00			
302.00	S. Yokeshwari	14.00	1.00	#NULL!	1.00	42.60	154.00	1.00	17.96	#NULL!	#NULL!	#NULL!
	#NULL!	11.00	0.00	2.33	1.00	1.00	1.00	0.00	1.00			
303.00	S. K. Akshaya	14.00	1.00	#NULL!	1.00	39.20	159.50	1.00	15.40	#NULL!	#NULL!	#NULL!
	#NULL!	10.00	0.00	2.88	1.00	#NULL!	#NULL!	0.00	#NULL!			
304.00	R. Nikhita	14.00	1.00	#NULL!	1.00	77.40	158.00	3.00	31.00	#NULL!	#NULL!	#NULL!
	#NULL!	19.00	0.00	2.75	1.00	2.00	1.00	3.00	1.00			
305.00	Suruthi S	14.00	1.00	#NULL!	1.00	36.00	152.50	1.00	15.48	#NULL!	#NULL!	#NULL!
	#NULL!	18.00	0.00	1.50	0.00	-1.00	2.00	0.00	0.00			
306.00	Sachin	14.00	0.00	#NULL!	1.00	76.60	168.50	3.00	26.98	#NULL!	#NULL!	#NULL!
	#NULL!	15.00	0.00	2.67	1.00	3.00	1.00	2.00	1.00			
307.00	K. K. Barath	15.00	0.00	#NULL!	1.00	39.00	151.50	1.00	16.99	#NULL!	#NULL!	#NULL!
	#NULL!	14.00	0.00	2.75	1.00	-2.00	2.00	0.00	0.00			
308.00	Ashwin S	14.00	0.00	#NULL!	1.00	54.40	167.00	1.00	19.51	#NULL!	#NULL!	#NULL!
	#NULL!	8.00	0.00	3.00	1.00	2.00	1.00	0.00	1.00			
309.00	M. Siddarthan	14.00	0.00	#NULL!	1.00	67.60	155.00	3.00	28.14	#NULL!	#NULL!	#NULL!
	#NULL!	29.00	1.00	2.66	1.00	3.00	1.00	2.00	1.00			
310.00	T kaacImmanuel	14.00	0.00	#NULL!	1.00	76.70	166.00	3.00	27.83	#NULL!	#NULL!	#NULL!
	#NULL!	27.00	1.00	2.86	1.00	5.00	1.00	3.00	1.00			
311.00	Prajan G	14.00	0.00	#NULL!	1.00	74.00	165.00	3.00	27.18	#NULL!	#NULL!	#NULL!
	#NULL!	12.00	0.00	3.13	1.00	1.00	1.00	0.00	1.00			
312.00	Sanjay G	14.00	0.00	#NULL!	1.00	52.50	162.00	1.00	20.00	#NULL!	#NULL!	#NULL!
	#NULL!	9.00	0.00	3.50	1.00	-1.00	2.00	0.00	0.00			
313.00	FKmohammedKaif	14.00	0.00	#NULL!	1.00	75.50	167.00	3.00	27.07	#NULL!	#NULL!	#NULL!
	#NULL!	6.00	0.00	3.33	1.00	1.00	1.00	0.00	1.00			
314.00	Vishwa K	13.00	0.00	#NULL!	1.00	45.00	182.50	0.00	13.51	#NULL!	#NULL!	#NULL!
	#NULL!	3.00	0.00	2.75	1.00	-1.00	2.00	0.00	0.00			
315.00	T. Vishnu	14.00	0.00	#NULL!	1.00	56.60	167.00	1.00	20.29	#NULL!	#NULL!	#NULL!
	#NULL!	5.00	0.00	3.43	1.00	1.00	1.00	0.00	1.00			
316.00	Ganesh	14.00	0.00	#NULL!	1.00	53.60	155.00	2.00	22.30	#NULL!	#NULL!	#NULL!
	#NULL!	12.00	0.00	2.16	1.00	3.00	1.00	0.00	1.00			
317.00	P.ShivaGanapathy	14.00	0.00	#NULL!	1.00	36.70	154.00	1.00	15.50	#NULL!	#NULL!	#NULL!
	#NULL!	19.00	0.00	2.70	1.00	-2.00	2.00	0.00	0.00			
318.00	Kanishnath A	13.00	0.00	#NULL!	1.00	42.70	160.00	1.00	16.70	#NULL!	#NULL!	#NULL!
	#NULL!	8.00	0.00	3.80	1.00	-1.00	2.00	0.00	0.00			
319.00	A. Shafiya	13.00	1.00	1.00	0.00	38.60	141.50	1.00	19.28	#NULL!	#NULL!	#NULL!
	#NULL!	39.00	1.00	2.50	1.00	3.00	1.00	1.00	1.00			
320.00	V.ShyajajaKumari	13.00	1.00	0.00	0.00	36.30	138.00	1.00	19.06	#NULL!	#NULL!	#NULL!
	#NULL!	15.00	0.00	1.00	0.00	1.00	1.00	0.00	1.00			
321.00	M. Gopika	12.00	1.00	0.00	0.00	35.90	151.00	1.00	15.74	#NULL!	#NULL!	#NULL!
	#NULL!	7.00	0.00	1.66	0.00	-1.00	2.00	0.00	0.00			
322.00	S. Priyadharstii	13.00	1.00	0.00	0.00	41.50	141.50	1.00	20.72	#NULL!	#NULL!	#NULL!
	#NULL!	19.00	0.00	2.00	0.00	1.00	1.00	0.00	1.00			

323.00	M. Thulasi	13.00	1.00	3.00	0.00	66.70	154.00	3.00	28.12	#NULL!	#NULL!	#NULL!
	#NULL!	3.00	0.00	#NULL!	#NULL!	2.00	1.00	0.00	1.00			
324.00	M. Faiza	13.00	1.00	0.00	0.00	53.00	152.00	2.00	22.94	#NULL!	#NULL!	#NULL!
	#NULL!	6.00	0.00	#NULL!	#NULL!	#NULL!	#NULL!	0.00	#NULL!			
325.00	S. Habeeba	13.00	1.00	0.00	0.00	33.70	154.00	1.00	14.21	#NULL!	#NULL!	#NULL!
	#NULL!	6.00	0.00	#NULL!	#NULL!	#NULL!	#NULL!	1.00	#NULL!			
326.00	A. ArshiyaAnjum	13.00	1.00	#NULL!	0.00	42.80	153.50	1.00	18.16	#NULL!	#NULL!	#NULL!
	#NULL!	6.00	0.00	2.50	1.00	2.00	1.00	0.00	1.00			
327.00	TSameenaTabasum	13.00	1.00	#NULL!	0.00	47.70	159.00	1.00	18.87	#NULL!	#NULL!	#NULL!
	#NULL!	6.00	0.00	1.70	0.00	2.00	1.00	0.00	1.00			
328.00	G. Thenmozhi	13.00	1.00	0.00	0.00	43.70	142.50	2.00	21.52	#NULL!	#NULL!	#NULL!
	#NULL!	23.00	1.00	2.90	1.00	3.00	1.00	0.00	1.00			
329.00	A Stimathi	13.00	1.00	0.00	0.00	32.80	142.50	1.00	16.15	#NULL!	#NULL!	#NULL!
	#NULL!	13.00	0.00	2.00	0.00	#NULL!	#NULL!	0.00	#NULL!			
330.00	M.	13.00	1.00	0.00	0.00	43.50	149.00	1.00	19.59	#NULL!	#NULL!	#NULL!
	#NULL!	20.00	1.00	2.60	1.00	1.00	1.00	0.00	1.00			
331.00	N NafiyaFirdose	13.00	1.00	0.00	0.00	44.80	150.00	1.00	19.91	#NULL!	#NULL!	#NULL!
	#NULL!	6.00	0.00	3.33	1.00	1.00	1.00	0.00	1.00			
332.00	A Vahidha	14.00	1.00	1.00	0.00	42.80	153.00	1.00	18.28	#NULL!	#NULL!	#NULL!
	#NULL!	6.00	0.00	#NULL!	#NULL!	1.00	1.00	0.00	1.00			
333.00	N Saheba Fatima	14.00	1.00	0.00	0.00	37.80	145.00	1.00	17.98	#NULL!	#NULL!	#NULL!
	#NULL!	23.00	1.00	2.83	1.00	1.00	1.00	1.00	1.00			
334.00	M Mehar Fathima	12.00	1.00	0.00	0.00	35.50	151.00	1.00	15.57	#NULL!	#NULL!	#NULL!
	#NULL!	12.00	0.00	2.50	1.00	-1.00	2.00	1.00	0.00			
335.00	S Gopika	12.00	1.00	1.00	0.00	40.70	147.00	1.00	18.83	#NULL!	#NULL!	#NULL!
	#NULL!	20.00	1.00	3.00	1.00	-1.00	2.00	0.00	0.00			
336.00	S Saranya	12.00	1.00	0.00	0.00	48.50	153.00	2.00	20.72	#NULL!	#NULL!	#NULL!
	#NULL!	25.00	1.00	2.80	1.00	3.00	1.00	1.00	1.00			
337.00	V Suruthi	12.00	1.00	0.00	0.00	52.50	155.00	2.00	21.85	#NULL!	#NULL!	#NULL!
	#NULL!	20.00	1.00	2.66	1.00	2.00	1.00	1.00	1.00			
338.00	V Sivakumar	14.00	0.00	#NULL!	0.00	30.60	140.00	1.00	15.61	#NULL!	#NULL!	#NULL!
	#NULL!	21.00	1.00	2.50	1.00	-3.00	2.00	3.00	0.00			
339.00	N SarifaFathima	12.00	1.00	0.00	0.00	45.30	147.50	2.00	20.82	#NULL!	#NULL!	#NULL!
	#NULL!	27.00	1.00	3.17	1.00	2.00	1.00	1.00	1.00			
340.00	S Gayathri	14.00	1.00	#NULL!	0.00	60.50	149.00	3.00	27.25	#NULL!	#NULL!	#NULL!
	#NULL!	28.00	1.00	2.83	1.00	2.00	1.00	0.00	1.00			
341.00	V Mahalakshmi	13.00	1.00	0.00	0.00	52.50	149.50	2.00	23.49	#NULL!	#NULL!	#NULL!
	#NULL!	7.00	0.00	3.33	1.00	2.00	1.00	0.00	1.00			
342.00	RVahidhaNiubeen	13.00	1.00	3.00	0.00	50.30	149.00	2.00	22.66	#NULL!	#NULL!	#NULL!
	#NULL!	7.00	0.00	3.33	1.00	2.00	1.00	0.00	1.00			
343.00	R Prabakaran	13.00	0.00	#NULL!	0.00	27.50	141.50	1.00	13.73	#NULL!	#NULL!	#NULL!
	#NULL!	18.00	0.00	3.00	1.00	-3.00	2.00	3.00	0.00			
344.00	V Vijay Sarathi	13.00	0.00	1.00	0.00	36.90	156.00	1.00	15.16	#NULL!	#NULL!	#NULL!
	#NULL!	24.00	1.00	3.50	1.00	0.00	0.00	1.00	0.00			
345.00	S Althaf	15.00	0.00	0.00	0.00	35.30	152.50	1.00	15.18	#NULL!	#NULL!	#NULL!
	#NULL!	13.00	0.00	2.80	1.00	-1.00	2.00	1.00	0.00			
346.00	M Priya	13.00	1.00	0.00	0.00	48.00	152.50	1.00	20.64	#NULL!	#NULL!	#NULL!
	#NULL!	46.00	1.00	2.20	1.00	1.00	1.00	0.00	1.00			
347.00	B Benita	14.00	1.00	0.00	0.00	64.60	155.50	3.00	26.72	#NULL!	#NULL!	#NULL!
	#NULL!	39.00	1.00	3.30	1.00	5.00	1.00	1.00	1.00			
348.00	A. Venmathi	13.00	1.00	3.00	0.00	42.90	165.00	1.00	15.61	#NULL!	#NULL!	#NULL!
	#NULL!	16.00	0.00	1.20	0.00	-1.00	2.00	0.00	0.00			
349.00	G Jabeen Tajj	13.00	0.00	0.00	0.00	53.00	161.00	2.00	20.45	#NULL!	#NULL!	#NULL!
	#NULL!	14.00	0.00	2.50	1.00	2.00	1.00	1.00	1.00			
350.00	C. Ameen	14.00	0.00	#NULL!	0.00	34.80	152.00	1.00	15.06	#NULL!	#NULL!	#NULL!
	#NULL!	14.00	0.00	2.50	1.00	-2.00	2.00	1.00	0.00			
351.00	L.	13.00	0.00	#NULL!	0.00	65.40	153.00	3.00	27.94	#NULL!	#NULL!	#NULL!
	#NULL!	7.00	0.00	2.50	1.00	3.00	1.00	0.00	1.00			
352.00	G. Aasiya	13.00	1.00	#NULL!	0.00	38.50	158.00	1.00	15.42	#NULL!	#NULL!	#NULL!
	#NULL!	3.00	0.00	#NULL!	#NULL!	#NULL!	#NULL!	0.00	#NULL!			
353.00	KPriyaHarshini	13.00	1.00	#NULL!	0.00	35.20	143.00	1.00	17.21	#NULL!	#NULL!	#NULL!
	#NULL!	5.00	0.00	2.80	1.00	0.00	0.00	0.00	0.00			
354.00	V Archana	14.00	1.00	#NULL!	0.00	36.00	154.00	1.00	15.18	#NULL!	#NULL!	#NULL!
	#NULL!	19.00	0.00	2.60	1.00	#NULL!	#NULL!	1.00	#NULL!			
355.00	H Saffiya	13.00	1.00	#NULL!	0.00	29.70	145.00	1.00	14.12	#NULL!	#NULL!	#NULL!
	#NULL!	21.00	1.00	2.83	1.00	-1.00	2.00	1.00	0.00			
356.00	D Sumithra	13.00	1.00	#NULL!	0.00	63.00	147.00	3.00	29.15	#NULL!	#NULL!	#NULL!
	#NULL!	13.00	0.00	2.80	1.00	1.00	1.00	0.00	1.00			
357.00	(in tamil)	13.00	1.00	#NULL!	0.00	59.00	160.00	2.00	23.04	#NULL!	#NULL!	#NULL!
	#NULL!	6.00	0.00	1.75	0.00	2.00	1.00	0.00	1.00			
358.00	in tamil	13.00	1.00	#NULL!	0.00	42.50	154.50	1.00	17.81	#NULL!	#NULL!	#NULL!
	#NULL!	6.00	0.00	1.75	0.00	#NULL!	#NULL!	0.00	#NULL!			

359.00	in tamil	13.00	1.00	#NULL!	0.00	63.00	166.00	2.00	22.86	#NULL!	#NULL!	#NULL!
	#NULL!	6.00	0.00	1.75	0.00	#NULL!	#NULL!	0.00	#NULL!			
360.00	A L Dharami	13.00	1.00	#NULL!	0.00	32.30	146.00	1.00	15.15	#NULL!	#NULL!	#NULL!
	#NULL!	13.00	0.00	1.50	0.00	-2.00	2.00	3.00	0.00			
361.00	A Muthu Lakshmi	15.00	1.00	#NULL!	0.00	47.70	144.00	2.00	23.00	#NULL!	#NULL!	#NULL!
	#NULL!	17.00	0.00	1.67	0.00	3.00	1.00	0.00	1.00			
362.00	J Gopika	13.00	1.00	#NULL!	0.00	36.00	140.00	1.00	18.37	#NULL!	#NULL!	#NULL!
	#NULL!	13.00	0.00	2.67	1.00	1.00	1.00	0.00	1.00			
363.00	P...wn	13.00	1.00	#NULL!	0.00	38.00	156.00	1.00	15.61	#NULL!	#NULL!	#NULL!
	#NULL!	8.00	0.00	3.40	1.00	1.00	1.00	0.00	1.00			
364.00	Tamilselvi B	12.00	1.00	#NULL!	0.00	37.90	146.50	1.00	17.47	#NULL!	#NULL!	#NULL!
	#NULL!	6.00	0.00	2.30	1.00	-1.00	2.00	0.00	0.00			
365.00	in tamil	13.00	1.00	0.00	0.00	31.10	147.50	1.00	14.29	#NULL!	#NULL!	#NULL!
	#NULL!	28.00	1.00	2.50	1.00	-1.00	2.00	1.00	0.00			
366.00	S.	12.00	1.00	0.00	0.00	31.80	143.50	1.00	15.44	#NULL!	#NULL!	#NULL!
	#NULL!	27.00	1.00	2.00	1.00	-1.00	2.00	1.00	0.00			
367.00	V Manisha	13.00	1.00	0.00	0.00	40.10	151.50	1.00	17.47	#NULL!	#NULL!	#NULL!
	#NULL!	9.00	0.00	2.80	1.00	1.00	1.00	0.00	1.00			
368.00	N Sri--	13.00	1.00	0.00	0.00	40.80	145.50	1.00	19.27	#NULL!	#NULL!	#NULL!
	#NULL!	15.00	0.00	3.60	1.00	2.00	1.00	3.00	1.00			
369.00	C Abu Saood	15.00	0.00	0.00	0.00	44.90	164.50	1.00	16.59	#NULL!	#NULL!	#NULL!
	#NULL!	25.00	1.00	4.50	2.00	3.00	1.00	0.00	1.00			
370.00	J Udhaya Jyothi	15.00	0.00	1.00	0.00	43.40	152.00	1.00	18.78	#NULL!	#NULL!	#NULL!
	#NULL!	14.00	0.00	3.80	1.00	0.00	0.00	0.00	0.00			
371.00	M Vignesh	14.00	0.00	1.00	0.00	77.60	158.00	3.00	31.08	#NULL!	#NULL!	#NULL!
	#NULL!	27.00	1.00	4.00	2.00	4.00	1.00	0.00	1.00			
372.00	R Kamlesh	13.00	0.00	#NULL!	0.00	38.10	161.50	1.00	14.61	#NULL!	#NULL!	#NULL!
	#NULL!	1.00	0.00	4.30	2.00	0.00	0.00	0.00	0.00			
373.00	S Praveen	14.00	0.00	0.00	0.00	30.40	148.00	1.00	13.88	#NULL!	#NULL!	#NULL!
	#NULL!	3.00	0.00	2.50	1.00	-1.00	2.00	0.00	0.00			
374.00	A.	13.00	0.00	1.00	0.00	41.90	160.00	1.00	16.37	#NULL!	#NULL!	#NULL!
	#NULL!	#NULL!	#NULL!	#NULL!	#NULL!	#NULL!	#NULL!	#NULL!	#NULL!			
375.00	A. J.n	13.00	1.00	0.00	0.00	49.40	151.00	2.00	21.67	#NULL!	#NULL!	#NULL!
	#NULL!	24.00	1.00	3.20	1.00	1.00	1.00	0.00	1.00			
376.00	S. Abitha	14.00	1.00	#NULL!	0.00	60.90	152.00	3.00	26.36	#NULL!	#NULL!	#NULL!
	#NULL!	29.00	1.00	1.33	0.00	2.00	1.00	0.00	1.00			
377.00	S Mahalakshmi	13.00	1.00	0.00	0.00	32.10	145.50	1.00	15.16	#NULL!	#NULL!	#NULL!
	#NULL!	18.00	0.00	2.50	1.00	-2.00	2.00	0.00	0.00			
378.00	M Deepika	14.00	1.00	0.00	0.00	51.40	151.50	2.00	22.39	#NULL!	#NULL!	#NULL!
	#NULL!	23.00	1.00	2.33	1.00	2.00	1.00	0.00	1.00			
379.00	J Arshiya	14.00	1.00	0.00	0.00	49.20	156.00	1.00	20.22	#NULL!	#NULL!	#NULL!
	#NULL!	19.00	0.00	2.33	1.00	2.00	1.00	0.00	1.00			
380.00	E.	14.00	1.00	0.00	0.00	51.00	153.00	1.00	21.79	#NULL!	#NULL!	#NULL!
	#NULL!	11.00	0.00	3.50	1.00	4.00	1.00	1.00	1.00			
381.00	F Hishwm	13.00	1.00	0.00	0.00	35.70	147.00	1.00	16.52	#NULL!	#NULL!	#NULL!
	#NULL!	4.00	0.00	2.13	1.00	0.00	0.00	0.00	0.00			
382.00	M. K...	13.00	1.00	#NULL!	0.00	28.20	133.00	1.00	15.94	#NULL!	#NULL!	#NULL!
	#NULL!	17.00	0.00	3.60	1.00	-1.00	2.00	0.00	0.00			
383.00	N Swaresa	12.00	1.00	0.00	0.00	31.50	142.00	1.00	15.62	#NULL!	#NULL!	#NULL!
	#NULL!	20.00	1.00	3.50	1.00	0.00	0.00	0.00	0.00			
384.00	N Jana	14.00	0.00	0.00	0.00	33.80	151.00	1.00	14.82	#NULL!	#NULL!	#NULL!
	#NULL!	23.00	1.00	#NULL!	#NULL!	-4.00	2.00	3.00	0.00			
385.00	S Kannan	13.00	0.00	3.00	0.00	36.90	153.00	1.00	15.76	#NULL!	#NULL!	#NULL!
	#NULL!	11.00	0.00	#NULL!	#NULL!	-2.00	2.00	0.00	0.00			
386.00	B.	14.00	0.00	0.00	0.00	38.80	160.50	1.00	15.06	#NULL!	#NULL!	#NULL!
	#NULL!	23.00	1.00	#NULL!	#NULL!	-4.00	2.00	3.00	0.00			
387.00	S	13.00	1.00	0.00	0.00	61.10	158.50	2.00	24.32	#NULL!	#NULL!	#NULL!
	#NULL!	20.00	1.00	#NULL!	#NULL!	2.00	1.00	0.00	1.00			
388.00	T Jai Aakash	13.00	0.00	0.00	0.00	35.40	143.50	1.00	17.19	#NULL!	#NULL!	#NULL!
	#NULL!	14.00	0.00	#NULL!	#NULL!	-1.00	2.00	0.00	0.00			
389.00	H Saheel	14.00	0.00	0.00	0.00	46.40	158.00	1.00	18.59	#NULL!	#NULL!	#NULL!
	#NULL!	4.00	0.00	4.80	2.00	0.00	0.00	0.00	0.00			
390.00	S Logesh	13.00	0.00	#NULL!	0.00	43.40	160.00	1.00	16.95	#NULL!	#NULL!	#NULL!
	#NULL!	4.00	0.00	4.80	2.00	-1.00	2.00	0.00	0.00			
391.00	S Naveen Kumar	14.00	0.00	#NULL!	0.00	43.00	161.00	1.00	16.59	#NULL!	#NULL!	#NULL!
	#NULL!	48.00	1.00	2.50	1.00	-2.00	2.00	3.00	0.00			
392.00	R Gokulon	14.00	0.00	#NULL!	0.00	49.60	172.00	1.00	16.76	#NULL!	#NULL!	#NULL!
	#NULL!	13.00	0.00	#NULL!	#NULL!	-1.00	2.00	0.00	0.00			
393.00	A Bishalkumar	14.00	0.00	#NULL!	0.00	45.30	156.50	1.00	18.49	#NULL!	#NULL!	#NULL!
	#NULL!	19.00	0.00	2.33	1.00	3.00	1.00	3.00	1.00			
394.00	A Sonisroun	14.00	0.00	#NULL!	0.00	40.00	144.00	1.00	19.29	#NULL!	#NULL!	#NULL!
	#NULL!	6.00	0.00	#NULL!	#NULL!	2.00	1.00	1.00	1.00			

395.00	S.	14.00	0.00	#NULL!	0.00	39.40	153.50	1.00	16.72	#NULL!	#NULL!	#NULL!
	#NULL!	12.00	0.00	#NULL!	#NULL!	#NULL!	#NULL!	0.00	#NULL!			
396.00	A Akash Lumar	15.00	0.00	#NULL!	0.00	49.60	164.50	1.00	18.32	#NULL!	#NULL!	#NULL!
	#NULL!	15.00	0.00	2.10	1.00	0.00	0.00	0.00	0.00			
397.00	J Mubarak Basha	15.00	0.00	#NULL!	0.00	52.90	163.50	1.00	19.79	#NULL!	#NULL!	#NULL!
	#NULL!	14.00	0.00	2.80	1.00	1.00	1.00	0.00	1.00			
398.00	P Nandhini	14.00	1.00	#NULL!	0.00	42.00	156.50	1.00	17.15	#NULL!	#NULL!	#NULL!
	#NULL!	6.00	0.00	1.70	0.00	0.00	0.00	0.00	0.00			
399.00	J	13.00	0.00	#NULL!	0.00	31.60	143.50	1.00	15.34	#NULL!	#NULL!	#NULL!
	#NULL!	22.00	1.00	#NULL!	#NULL!	-4.00	2.00	3.00	0.00			
400.00	S Sivaranjanani	13.00	1.00	0.00	0.00	48.50	156.00	1.00	19.92	#NULL!	#NULL!	#NULL!
	#NULL!	9.00	0.00	3.40	1.00	1.00	1.00	0.00	1.00			
401.00	S Maha lakshmi	14.00	1.00	#NULL!	0.00	44.00	149.00	1.00	19.81	#NULL!	#NULL!	#NULL!
	#NULL!	30.00	1.00	1.70	0.00	0.00	0.00	0.00	0.00			
402.00	M Gayathri	13.00	1.00	#NULL!	0.00	36.20	145.00	1.00	17.21	#NULL!	#NULL!	#NULL!
	#NULL!	22.00	1.00	3.00	1.00	1.00	1.00	3.00	1.00			
403.00	S Aaswarya	14.00	1.00	0.00	0.00	40.40	156.00	1.00	16.60	#NULL!	#NULL!	#NULL!
	#NULL!	14.00	0.00	3.50	1.00	-2.00	2.00	0.00	0.00			
404.00	B.	15.00	1.00	#NULL!	0.00	53.30	145.00	2.00	25.35	#NULL!	#NULL!	#NULL!
	#NULL!	25.00	1.00	3.70	1.00	#NULL!	#NULL!	0.00	#NULL!			
405.00	In tamil	13.00	1.00	#NULL!	0.00	32.50	152.00	1.00	14.07	#NULL!	#NULL!	#NULL!
	#NULL!	11.00	0.00	2.70	1.00	-1.00	2.00	0.00	0.00			
406.00	In tamil	14.00	1.00	#NULL!	0.00	36.20	152.00	1.00	15.67	#NULL!	#NULL!	#NULL!
	#NULL!	23.00	1.00	3.50	1.00	-3.00	2.00	1.00	0.00			
407.00	S.	13.00	1.00	#NULL!	0.00	50.30	156.50	1.00	20.54	#NULL!	#NULL!	#NULL!
	#NULL!	3.00	0.00	2.50	1.00	1.00	1.00	0.00	1.00			
408.00	F.	14.00	1.00	#NULL!	0.00	55.50	153.00	2.00	23.71	#NULL!	#NULL!	#NULL!
	#NULL!	15.00	0.00	2.70	1.00	2.00	1.00	0.00	1.00			
409.00	J.	14.00	1.00	#NULL!	0.00	45.70	149.50	1.00	20.45	#NULL!	#NULL!	#NULL!
	#NULL!	8.00	0.00	1.50	0.00	1.00	1.00	0.00	1.00			
410.00	S.	14.00	1.00	#NULL!	0.00	46.50	154.00	1.00	19.61	#NULL!	#NULL!	#NULL!
	#NULL!	9.00	0.00	1.20	0.00	1.00	1.00	0.00	1.00			
411.00	A.	13.00	1.00	#NULL!	0.00	40.70	153.50	1.00	17.27	#NULL!	#NULL!	#NULL!
	#NULL!	7.00	0.00	2.50	1.00	0.00	0.00	0.00	0.00			
412.00	V. Keerthika	14.00	1.00	#NULL!	0.00	37.30	152.00	1.00	16.14	#NULL!	#NULL!	#NULL!
	#NULL!	9.00	0.00	2.50	1.00	1.00	1.00	0.00	1.00			
413.00	A.	14.00	0.00	0.00	0.00	60.40	153.00	3.00	25.80	#NULL!	#NULL!	#NULL!
	#NULL!	21.00	1.00	2.00	1.00	2.00	1.00	3.00	1.00			
414.00	E Ranganath	15.00	0.00	0.00	0.00	43.20	155.00	1.00	17.98	#NULL!	#NULL!	#NULL!
	#NULL!	24.00	1.00	2.30	1.00	1.00	1.00	0.00	1.00			
415.00	S Dhamush	14.00	0.00	1.00	0.00	78.10	169.00	3.00	27.34	#NULL!	#NULL!	#NULL!
	#NULL!	25.00	1.00	2.20	1.00	4.00	1.00	0.00	1.00			
416.00	S Ragburaj	13.00	0.00	3.00	0.00	43.00	152.00	1.00	18.61	#NULL!	#NULL!	#NULL!
	#NULL!	11.00	0.00	2.00	1.00	1.00	1.00	0.00	1.00			
417.00	K Sakthivel	13.00	0.00	#NULL!	0.00	52.00	161.50	1.00	19.94	#NULL!	#NULL!	#NULL!
	#NULL!	28.00	1.00	3.30	2.00	2.00	1.00	1.00	1.00			
418.00	A Sudharshan	13.00	0.00	0.00	0.00	25.40	137.50	0.00	13.43	#NULL!	#NULL!	#NULL!
	#NULL!	12.00	0.00	3.00	1.00	-1.00	2.00	0.00	0.00			
419.00	R Santhosh	14.00	0.00	0.00	0.00	33.50	144.50	1.00	16.04	#NULL!	#NULL!	#NULL!
	#NULL!	4.00	0.00	1.70	0.00	-1.00	2.00	0.00	0.00			
420.00	V	14.00	0.00	3.00	0.00	37.60	156.50	1.00	15.35	#NULL!	#NULL!	#NULL!
	#NULL!	21.00	1.00	2.80	1.00	-1.00	2.00	0.00	0.00			
421.00	S Thangamani	14.00	0.00	0.00	0.00	40.90	154.50	1.00	17.13	#NULL!	#NULL!	#NULL!
	#NULL!	21.00	1.00	2.80	1.00	1.00	1.00	0.00	1.00			
422.00	KMohammedSameer	14.00	0.00	1.00	0.00	41.00	146.00	1.00	19.23	#NULL!	#NULL!	#NULL!
	#NULL!	9.00	0.00	3.33	1.00	1.00	1.00	0.00	1.00			
423.00	M Siva	14.00	0.00	3.00	0.00	40.30	159.00	1.00	15.94	#NULL!	#NULL!	#NULL!
	#NULL!	15.00	0.00	3.00	1.00	-2.00	2.00	3.00	0.00			
424.00	S Selvam	14.00	0.00	0.00	0.00	35.80	153.00	1.00	15.29	#NULL!	#NULL!	#NULL!
	#NULL!	20.00	1.00	1.25	0.00	-2.00	2.00	0.00	0.00			
425.00	M Bharath	15.00	0.00	#NULL!	0.00	41.00	152.00	1.00	17.75	#NULL!	#NULL!	#NULL!
	#NULL!	32.00	1.00	3.20	1.00	0.00	0.00	3.00	0.00			
426.00	M Meiarasu	13.00	0.00	#NULL!	0.00	23.30	133.50	0.00	13.07	#NULL!	#NULL!	#NULL!
	#NULL!	3.00	0.00	1.70	0.00	-1.00	2.00	0.00	0.00			
427.00	K	13.00	0.00	1.00	0.00	44.60	150.00	1.00	19.82	#NULL!	#NULL!	#NULL!
	#NULL!	38.00	1.00	2.30	1.00	1.00	1.00	0.00	1.00			
428.00	A Abdulwaheed	14.00	0.00	3.00	0.00	24.10	136.50	0.00	12.93	#NULL!	#NULL!	#NULL!
	#NULL!	20.00	1.00	3.60	1.00	-1.00	1.00	0.00	0.00			
429.00	B Yashwanth	16.00	0.00	0.00	0.00	83.10	173.00	3.00	27.77	#NULL!	#NULL!	#NULL!
	#NULL!	36.00	1.00	3.50	1.00	3.00	1.00	3.00	1.00			
430.00	S Aswin	14.00	0.00	0.00	0.00	40.70	146.20	1.00	19.04	#NULL!	#NULL!	#NULL!
	#NULL!	30.00	1.00	3.20	1.00	0.00	0.00	0.00	0.00			

431.00	Z	13.00	1.00	0.00	0.00	53.50	153.50	2.00	22.71	#NULL!	#NULL!	#NULL!
	#NULL!	45.00	1.00	2.80	1.00	1.00	1.00	3.00	1.00			
432.00	K	13.00	1.00	0.00	0.00	46.00	154.00	1.00	19.40	#NULL!	#NULL!	#NULL!
	#NULL!	30.00	1.00	2.80	1.00	1.00	1.00	1.00	1.00			
433.00	R	13.00	1.00	0.00	0.00	37.00	152.00	1.00	16.01	#NULL!	#NULL!	#NULL!
	#NULL!	29.00	1.00	3.20	1.00	-1.00	2.00	2.00	0.00			
434.00	A	14.00	1.00	3.00	0.00	36.60	150.00	1.00	16.27	#NULL!	#NULL!	#NULL!
	#NULL!	25.00	1.00	2.20	1.00	-1.00	1.00	1.00	0.00			
435.00	P Induja	13.00	1.00	0.00	0.00	57.50	160.00	2.00	22.40	#NULL!	#NULL!	#NULL!
	#NULL!	20.00	1.00	2.30	1.00	2.00	1.00	0.00	1.00			
436.00	M	14.00	1.00	0.00	0.00	44.50	146.00	1.00	20.88	#NULL!	#NULL!	#NULL!
	#NULL!	50.00	1.00	2.50	1.00	1.00	1.00	3.00	1.00			
437.00	A	13.00	1.00	1.00	0.00	60.80	152.00	3.00	26.32	#NULL!	#NULL!	#NULL!
	#NULL!	11.00	0.00	3.70	1.00	6.00	1.00	1.00	1.00			
438.00	in tamil	13.00	1.00	0.00	0.00	70.90	160.00	3.00	27.69	#NULL!	#NULL!	#NULL!
	#NULL!	12.00	0.00	2.80	1.00	3.00	1.00	1.00	1.00			
439.00	R swetha	12.00	1.00	0.00	0.00	36.00	147.00	1.00	16.66	#NULL!	#NULL!	#NULL!
	#NULL!	11.00	0.00	3.20	1.00	3.00	1.00	1.00	1.00			
440.00	S	13.00	1.00	0.00	0.00	31.00	145.00	1.00	14.74	#NULL!	#NULL!	#NULL!
	#NULL!	12.00	0.00	3.00	1.00	-2.00	2.00	1.00	0.00			
441.00	In tamil	13.00	1.00	0.00	0.00	34.30	153.00	1.00	14.65	#NULL!	#NULL!	#NULL!
	#NULL!	4.00	0.00	2.70	1.00	-2.00	2.00	0.00	0.00			
442.00	In tamil	14.00	0.00	3.00	0.00	43.30	162.00	1.00	16.50	#NULL!	#NULL!	#NULL!
	#NULL!	36.00	1.00	3.00	1.00	0.00	0.00	0.00	0.00			
443.00	In tamil	13.00	1.00	0.00	0.00	41.70	148.00	1.00	19.04	#NULL!	#NULL!	#NULL!
	#NULL!	4.00	0.00	2.80	1.00	2.00	1.00	0.00	1.00			
444.00	K	13.00	1.00	0.00	0.00	30.00	151.00	0.00	13.16	#NULL!	#NULL!	#NULL!
	#NULL!	25.00	1.00	2.30	1.00	-1.00	2.00	1.00	0.00			
445.00	R Aarthi	13.00	1.00	0.00	0.00	43.60	150.00	1.00	19.38	#NULL!	#NULL!	#NULL!
	#NULL!	8.00	0.00	3.00	1.00	1.00	1.00	0.00	1.00			
446.00	C	14.00	0.00	0.00	0.00	36.70	155.50	1.00	15.18	#NULL!	#NULL!	#NULL!
	#NULL!	23.00	1.00	2.80	1.00	4.00	1.00	3.00	1.00			
447.00	In tamil	14.00	0.00	0.00	0.00	27.70	138.00	1.00	14.54	#NULL!	#NULL!	#NULL!
	#NULL!	20.00	1.00	2.80	1.00	-2.00	2.00	0.00	0.00			
448.00	S	14.00	0.00	0.00	0.00	30.40	143.00	1.00	14.87	#NULL!	#NULL!	#NULL!
	#NULL!	24.00	1.00	3.00	1.00	-2.00	2.00	3.00	0.00			
449.00	E	14.00	0.00	0.00	0.00	30.50	136.00	1.00	16.49	#NULL!	#NULL!	#NULL!
	#NULL!	11.00	0.00	2.80	1.00	-1.00	2.00	0.00	0.00			
450.00	B	13.00	0.00	0.00	0.00	28.20	142.00	1.00	13.99	#NULL!	#NULL!	#NULL!
	#NULL!	26.00	1.00	3.00	1.00	-2.00	2.00	0.00	0.00			
451.00	S Mohammed Ibra	13.00	0.00	0.00	0.00	47.90	153.00	2.00	20.46	#NULL!	#NULL!	#NULL!
	#NULL!	27.00	1.00	2.50	1.00	2.00	1.00	0.00	1.00			
452.00	M AllahBakashKh	14.00	0.00	0.00	0.00	37.50	157.00	1.00	15.21	#NULL!	#NULL!	#NULL!
	#NULL!	16.00	0.00	2.50	1.00	-1.00	2.00	0.00	0.00			
453.00	P	14.00	0.00	0.00	0.00	29.90	147.00	1.00	13.83	#NULL!	#NULL!	#NULL!
	#NULL!	20.00	1.00	2.80	1.00	-4.00	2.00	0.00	0.00			
454.00	M	14.00	0.00	1.00	0.00	45.40	161.00	1.00	17.51	#NULL!	#NULL!	#NULL!
	#NULL!	19.00	0.00	2.70	1.00	-2.00	2.00	1.00	0.00			
455.00	J	13.00	0.00	0.00	0.00	36.30	142.00	1.00	18.00	#NULL!	#NULL!	#NULL!
	#NULL!	7.00	0.00	2.50	1.00	-1.00	2.00	0.00	0.00			
456.00	K Kishore kumar	15.00	0.00	0.00	0.00	75.90	165.00	3.00	27.88	#NULL!	#NULL!	#NULL!
	#NULL!	1.00	0.00	2.70	1.00	2.00	1.00	0.00	1.00			
457.00	S Geeve Jothi	13.00	1.00	3.00	0.00	42.00	144.00	1.00	20.25	#NULL!	#NULL!	#NULL!
	#NULL!	19.00	0.00	2.40	1.00	2.00	1.00	0.00	1.00			
458.00	A M Dinesh babu	14.00	0.00	3.00	0.00	38.40	153.00	1.00	16.40	#NULL!	#NULL!	#NULL!
	#NULL!	16.00	0.00	3.80	1.00	2.00	1.00	0.00	1.00			
459.00	Z	14.00	1.00	0.00	0.00	40.30	142.00	1.00	19.99	#NULL!	#NULL!	#NULL!
	#NULL!	24.00	1.00	3.20	1.00	1.00	1.00	0.00	1.00			
460.00	B	13.00	1.00	0.00	0.00	60.60	157.00	2.00	24.59	#NULL!	#NULL!	#NULL!
	#NULL!	25.00	1.00	3.20	1.00	2.00	1.00	0.00	1.00			
461.00	M Manikaddan	14.00	0.00	0.00	0.00	50.50	161.50	1.00	19.36	#NULL!	#NULL!	#NULL!
	#NULL!	7.00	0.00	2.80	1.00	2.00	1.00	0.00	1.00			
462.00	RMahammedIsmail	14.00	0.00	0.00	0.00	55.00	165.00	1.00	20.20	#NULL!	#NULL!	#NULL!
	#NULL!	12.00	0.00	2.50	1.00	1.00	1.00	0.00	1.00			
463.00	S Shammugan	13.00	0.00	0.00	0.00	28.10	141.00	1.00	14.13	#NULL!	#NULL!	#NULL!
	#NULL!	19.00	0.00	3.00	1.00	-2.00	2.00	1.00	0.00			
464.00	V Tamil Selvan	14.00	0.00	3.00	0.00	44.80	153.50	1.00	19.01	#NULL!	#NULL!	#NULL!
	#NULL!	20.00	1.00	3.00	1.00	2.00	1.00	1.00	1.00			
465.00	V Poovarshan	14.00	0.00	0.00	0.00	28.70	135.00	1.00	15.75	#NULL!	#NULL!	#NULL!
	#NULL!	14.00	0.00	3.50	1.00	0.00	0.00	0.00	0.00			
466.00	S Raghul	14.00	0.00	3.00	0.00	35.20	155.00	1.00	14.65	#NULL!	#NULL!	#NULL!
	#NULL!	14.00	0.00	2.50	1.00	-3.00	2.00	0.00	0.00			

467.00	Va Riyaz	14.00	0.00	0.00	0.00	36.40	156.00	1.00	14.96	#NULL!	#NULL!	#NULL!
	#NULL!	27.00	1.00	1.70	0.00	-2.00	2.00	1.00	0.00			
468.00	M Banuprakash	14.00	0.00	0.00	0.00	29.80	145.00	1.00	14.18	#NULL!	#NULL!	#NULL!
	#NULL!	22.00	1.00	3.60	1.00	-1.00	2.00	1.00	0.00			
469.00	H Shridar	14.00	0.00	#NULL!	0.00	49.70	156.00	1.00	20.42	#NULL!	#NULL!	#NULL!
	#NULL!	36.00	1.00	2.20	1.00	3.00	1.00	0.00	1.00			
470.00	B Mohammednawaz	17.00	0.00	0.00	0.00	60.10	167.00	1.00	21.55	#NULL!	#NULL!	#NULL!
	#NULL!	13.00	0.00	2.50	1.00	1.00	1.00	0.00	1.00			
471.00	V MirAbbas Ali	14.00	0.00	0.00	0.00	58.30	163.00	2.00	21.94	#NULL!	#NULL!	#NULL!
	#NULL!	13.00	0.00	2.50	1.00	1.00	1.00	0.00	1.00			
472.00	R Siddharth	13.00	0.00	3.00	0.00	35.00	156.50	1.00	14.29	#NULL!	#NULL!	#NULL!
	#NULL!	17.00	0.00	3.00	1.00	0.00	0.00	0.00	0.00			
473.00	G Gori	14.00	0.00	#NULL!	0.00	47.10	163.50	1.00	17.62	#NULL!	#NULL!	#NULL!
	#NULL!	18.00	0.00	2.80	1.00	0.00	0.00	3.00	0.00			
474.00	M Lokesh	14.00	0.00	#NULL!	0.00	34.50	151.50	1.00	15.03	#NULL!	#NULL!	#NULL!
	#NULL!	18.00	0.00	3.00	1.00	-2.00	2.00	3.00	0.00			
475.00	Asihkumar	13.00	0.00	#NULL!	0.00	45.80	149.70	2.00	20.44	#NULL!	#NULL!	#NULL!
	#NULL!	10.00	0.00	2.50	1.00	1.00	1.00	0.00	1.00			
476.00	D Vkesh	13.00	0.00	0.00	0.00	44.60	162.00	1.00	16.99	#NULL!	#NULL!	#NULL!
	#NULL!	9.00	0.00	2.80	1.00	-3.00	2.00	0.00	0.00			
477.00	S	14.00	1.00	0.00	0.00	45.20	150.00	1.00	20.09	#NULL!	#NULL!	#NULL!
	#NULL!	6.00	0.00	2.70	1.00	1.00	1.00	0.00	1.00			
478.00	S	14.00	1.00	0.00	0.00	37.00	143.00	1.00	18.09	#NULL!	#NULL!	#NULL!
	#NULL!	25.00	1.00	3.20	1.00	0.00	0.00	0.00	0.00			
479.00	In tamil	14.00	1.00	#NULL!	0.00	39.40	164.00	1.00	14.65	#NULL!	#NULL!	#NULL!
	#NULL!	27.00	1.00	2.80	1.00	0.00	0.00	0.00	0.00			
480.00	S Z Sufiyanaaz	13.00	1.00	0.00	0.00	37.00	152.00	1.00	16.01	#NULL!	#NULL!	#NULL!
	#NULL!	13.00	0.00	3.00	1.00	0.00	0.00	1.00	0.00			
481.00	G Yasmeen Taj	13.00	1.00	#NULL!	0.00	44.50	154.50	1.00	18.64	#NULL!	#NULL!	#NULL!
	#NULL!	6.00	0.00	2.50	1.00	2.00	1.00	0.00	1.00			
482.00	M Tanzib	13.00	1.00	0.00	0.00	45.00	148.00	1.00	20.54	#NULL!	#NULL!	#NULL!
	#NULL!	8.00	0.00	3.00	1.00	1.00	1.00	0.00	1.00			
483.00	A Kuksana	12.00	1.00	0.00	0.00	43.50	156.00	1.00	17.87	#NULL!	#NULL!	#NULL!
	#NULL!	14.00	0.00	3.20	1.00	2.00	1.00	1.00	1.00			
484.00	Monika N	13.00	1.00	#NULL!	0.00	40.00	152.50	1.00	17.20	#NULL!	#NULL!	#NULL!
	#NULL!	18.00	0.00	2.50	1.00	3.00	1.00	0.00	1.00			
485.00	K Azra Kounain	12.00	1.00	#NULL!	0.00	57.80	155.00	2.00	24.06	#NULL!	#NULL!	#NULL!
	#NULL!	14.00	0.00	3.50	1.00	0.00	0.00	1.00	0.00			
486.00	D Roshini	12.00	1.00	0.00	0.00	63.50	153.00	3.00	27.12	#NULL!	#NULL!	#NULL!
	#NULL!	75.00	1.00	2.60	1.00	3.00	1.00	3.00	1.00			
487.00	T Yoganaki	13.00	1.00	0.00	0.00	34.70	139.00	1.00	17.96	#NULL!	#NULL!	#NULL!
	#NULL!	23.00	1.00	2.70	1.00	3.00	1.00	0.00	1.00			
488.00	R DivyaDarshani	12.00	1.00	0.00	0.00	40.50	150.00	1.00	18.00	#NULL!	#NULL!	#NULL!
	#NULL!	5.00	0.00	2.70	1.00	0.00	0.00	0.00	0.00			
489.00	I ayesha Siddiq	13.00	1.00	0.00	0.00	41.50	153.00	1.00	17.73	#NULL!	#NULL!	#NULL!
	#NULL!	6.00	0.00	2.50	1.00	1.00	1.00	1.00	1.00			
490.00	K Naziya	12.00	1.00	0.00	0.00	56.80	154.00	2.00	23.95	#NULL!	#NULL!	#NULL!
	#NULL!	9.00	0.00	3.10	1.00	2.00	1.00	0.00	1.00			
491.00	I Reshma Banu	13.00	1.00	#NULL!	0.00	35.80	145.50	1.00	16.91	#NULL!	#NULL!	#NULL!
	#NULL!	7.00	0.00	2.80	1.00	-1.00	2.00	1.00	0.00			
492.00	A K UzmaKouser	13.00	1.00	0.00	0.00	41.50	154.00	1.00	17.50	#NULL!	#NULL!	#NULL!
	#NULL!	9.00	0.00	3.00	1.00	1.00	1.00	0.00	1.00			
493.00	S Pavithra	12.00	1.00	0.00	0.00	41.50	153.00	1.00	17.73	#NULL!	#NULL!	#NULL!
	#NULL!	5.00	0.00	1.50	0.00	0.00	0.00	0.00	0.00			
494.00	S Ruksana Astifa	13.00	1.00	0.00	0.00	41.00	159.50	1.00	16.11	#NULL!	#NULL!	#NULL!
	#NULL!	13.00	0.00	3.70	1.00	1.00	1.00	1.00	1.00			
495.00	M AyeshaSiddiqu	12.00	1.00	0.00	0.00	40.00	147.00	1.00	18.51	#NULL!	#NULL!	#NULL!
	#NULL!	29.00	1.00	3.00	1.00	1.00	1.00	1.00	1.00			
496.00	A Kamimozhi	12.00	1.00	0.00	0.00	44.00	155.00	1.00	18.31	#NULL!	#NULL!	#NULL!
	#NULL!	5.00	0.00	2.70	1.00	0.00	0.00	0.00	0.00			
497.00	K Vaishnavi	13.00	1.00	0.00	0.00	35.60	149.00	1.00	16.04	#NULL!	#NULL!	#NULL!
	#NULL!	29.00	1.00	3.30	1.00	1.00	1.00	1.00	1.00			
498.00	E Srimathi	13.00	1.00	0.00	0.00	42.50	142.00	1.00	21.08	#NULL!	#NULL!	#NULL!
	#NULL!	9.00	0.00	1.40	0.00	2.00	1.00	0.00	1.00			
499.00	I Shamrin Basu	13.00	1.00	0.00	0.00	39.40	154.50	1.00	16.51	#NULL!	#NULL!	#NULL!
	#NULL!	8.00	0.00	3.20	1.00	0.00	0.00	0.00	0.00			
500.00	P Magana Valli	14.00	1.00	0.00	0.00	49.50	154.50	1.00	20.74	#NULL!	#NULL!	#NULL!
	#NULL!	10.00	0.00	3.70	1.00	2.00	1.00	0.00	1.00			
501.00	In tamil	14.00	1.00	#NULL!	0.00	34.50	145.00	1.00	16.41	#NULL!	#NULL!	#NULL!
	#NULL!	12.00	0.00	2.25	1.00	-1.00	2.00	0.00	0.00			
502.00	In tamil	14.00	1.00	#NULL!	0.00	39.00	149.00	1.00	17.57	#NULL!	#NULL!	#NULL!
	#NULL!	16.00	0.00	4.70	2.00	-3.00	2.00	3.00	0.00			

503.00	R	13.00	1.00	#NULL!	0.00	28.00	144.00	0.00	13.50	#NULL!	#NULL!	#NULL!
	#NULL!	3.00	0.00	2.30	1.00	0.00	0.00	0.00	0.00			
504.00	P	13.00	1.00	#NULL!	0.00	36.50	147.00	1.00	16.89	#NULL!	#NULL!	#NULL!
	#NULL!	3.00	0.00	2.30	1.00	-1.00	2.00	0.00	0.00			
505.00	In tamil	13.00	1.00	#NULL!	0.00	37.70	155.50	1.00	15.59	#NULL!	#NULL!	#NULL!
	#NULL!	3.00	0.00	2.30	1.00	0.00	0.00	0.00	0.00			
506.00	S Bhuwaneswari	13.00	1.00	#NULL!	0.00	43.00	149.00	1.00	19.37	#NULL!	#NULL!	#NULL!
	#NULL!	3.00	0.00	2.30	1.00	-1.00	2.00	0.00	0.00			
507.00	B	16.00	1.00	#NULL!	0.00	58.50	158.00	2.00	23.43	#NULL!	#NULL!	#NULL!
	#NULL!	36.00	1.00	2.80	1.00	1.00	1.00	3.00	1.00			
508.00	K	13.00	1.00	#NULL!	0.00	77.00	162.00	3.00	29.34	#NULL!	#NULL!	#NULL!
	#NULL!	27.00	1.00	2.20	1.00	1.00	1.00	3.00	1.00			
509.00	I Jothi	14.00	1.00	#NULL!	0.00	49.00	155.00	1.00	20.39	#NULL!	#NULL!	#NULL!
	#NULL!	3.00	0.00	4.50	2.00	1.00	1.00	0.00	1.00			
510.00	S	14.00	1.00	0.00	0.00	38.00	156.00	1.00	15.61	#NULL!	#NULL!	#NULL!
	#NULL!	9.00	0.00	3.00	1.00	1.00	1.00	0.00	1.00			
511.00	M	13.00	1.00	#NULL!	0.00	35.60	145.00	1.00	16.93	#NULL!	#NULL!	#NULL!
	#NULL!	14.00	0.00	1.20	0.00	1.00	1.00	2.00	1.00			
512.00	K	14.00	1.00	#NULL!	0.00	39.50	151.00	1.00	17.32	#NULL!	#NULL!	#NULL!
	#NULL!	17.00	0.00	3.00	1.00	0.00	0.00	2.00	0.00			
513.00	M Mahalakshmi	14.00	1.00	0.00	0.00	67.30	156.00	3.00	27.65	#NULL!	#NULL!	#NULL!
	#NULL!	18.00	0.00	2.20	1.00	3.00	1.00	1.00	1.00			
514.00	E Jeevitha	14.00	1.00	0.00	0.00	55.90	146.00	2.00	26.22	#NULL!	#NULL!	#NULL!
	#NULL!	2.00	0.00	1.70	0.00	2.00	1.00	0.00	1.00			
515.00	M Sakthipriya	13.00	1.00	0.00	0.00	48.30	144.00	2.00	23.29	#NULL!	#NULL!	#NULL!
	#NULL!	4.00	0.00	3.50	1.00	2.00	1.00	0.00	1.00			
516.00	B Esvari	13.00	1.00	0.00	0.00	34.20	145.00	1.00	16.26	#NULL!	#NULL!	#NULL!
	#NULL!	7.00	0.00	2.70	1.00	0.00	0.00	0.00	0.00			
517.00	In tamil	14.00	1.00	0.00	0.00	51.50	149.00	2.00	23.20	#NULL!	#NULL!	#NULL!
	#NULL!	6.00	0.00	3.20	1.00	3.00	1.00	0.00	1.00			
518.00	R Radhika	13.00	1.00	0.00	0.00	35.50	160.00	0.00	13.87	#NULL!	#NULL!	#NULL!
	#NULL!	16.00	0.00	3.00	1.00	-2.00	2.00	0.00	0.00			
519.00	B Lincy	15.00	1.00	1.00	0.00	54.00	154.00	2.00	22.77	#NULL!	#NULL!	#NULL!
	#NULL!	17.00	0.00	1.90	0.00	3.00	1.00	0.00	1.00			
520.00	Babina	14.00	1.00	0.00	0.00	28.00	131.00	1.00	16.31	#NULL!	#NULL!	#NULL!
	#NULL!	2.00	0.00	3.20	1.00	-4.00	2.00	0.00	0.00			
521.00	V Nathiya	14.00	1.00	0.00	0.00	40.40	154.00	1.00	17.03	#NULL!	#NULL!	#NULL!
	#NULL!	16.00	0.00	1.90	0.00	0.00	0.00	0.00	0.00			
522.00	D Gowthami	15.00	1.00	0.00	0.00	44.70	155.00	1.00	18.61	#NULL!	#NULL!	#NULL!
	#NULL!	18.00	0.00	2.80	1.00	1.00	1.00	0.00	1.00			
523.00	V Flarini	14.00	1.00	0.00	0.00	43.20	148.00	1.00	19.72	#NULL!	#NULL!	#NULL!
	#NULL!	8.00	0.00	1.70	0.00	1.00	1.00	0.00	1.00			
524.00	P	14.00	1.00	0.00	0.00	51.20	153.50	1.00	21.73	#NULL!	#NULL!	#NULL!
	#NULL!	1.00	0.00	1.80	0.00	1.00	1.00	0.00	1.00			
525.00	M	14.00	1.00	0.00	0.00	40.70	160.50	1.00	15.80	#NULL!	#NULL!	#NULL!
	#NULL!	2.00	0.00	1.80	0.00	-1.00	2.00	0.00	0.00			
526.00	G	14.00	1.00	#NULL!	0.00	39.80	147.00	1.00	18.42	#NULL!	#NULL!	#NULL!
	#NULL!	13.00	0.00	2.70	1.00	-1.00	2.00	0.00	0.00			
527.00	M Bathru Disa	14.00	1.00	0.00	0.00	57.00	154.50	2.00	23.88	#NULL!	#NULL!	#NULL!
	#NULL!	42.00	1.00	1.70	0.00	2.00	1.00	3.00	1.00			
528.00	In tamil	13.00	1.00	0.00	0.00	29.10	142.00	1.00	14.43	#NULL!	#NULL!	#NULL!
	#NULL!	5.00	0.00	2.20	1.00	-2.00	2.00	1.00	0.00			
529.00	M	14.00	1.00	0.00	0.00	72.30	160.50	3.00	27.29	#NULL!	#NULL!	#NULL!
	#NULL!	21.00	1.00	2.00	1.00	2.00	1.00	0.00	1.00			
530.00	G Nandhini	14.00	1.00	0.00	0.00	43.30	143.00	1.00	21.17	#NULL!	#NULL!	#NULL!
	#NULL!	31.00	1.00	2.50	1.00	2.00	1.00	1.00	1.00			
531.00	S	14.00	1.00	#NULL!	0.00	35.60	145.00	1.00	16.93	#NULL!	#NULL!	#NULL!
	#NULL!	8.00	0.00	2.20	1.00	-1.00	2.00	0.00	0.00			
532.00	V Preethi	14.00	1.00	0.00	0.00	41.70	150.00	1.00	18.53	#NULL!	#NULL!	#NULL!
	#NULL!	9.00	0.00	3.00	1.00	-2.00	2.00	0.00	0.00			
533.00	S	14.00	1.00	0.00	0.00	35.00	141.00	1.00	17.60	#NULL!	#NULL!	#NULL!
	#NULL!	13.00	0.00	2.80	1.00	-1.00	2.00	0.00	0.00			
534.00	in tamil	14.00	1.00	#NULL!	0.00	71.00	154.00	3.00	29.94	#NULL!	#NULL!	#NULL!
	#NULL!	35.00	1.00	1.80	0.00	4.00	1.00	3.00	1.00			
535.00	A	13.00	1.00	1.00	0.00	39.30	154.00	1.00	16.57	#NULL!	#NULL!	#NULL!
	#NULL!	12.00	0.00	1.70	0.00	0.00	0.00	0.00	0.00			
536.00	B	14.00	1.00	0.00	0.00	37.70	152.00	1.00	16.32	#NULL!	#NULL!	#NULL!
	#NULL!	7.00	0.00	2.70	1.00	-2.00	2.00	0.00	0.00			
537.00	N Ambiga	14.00	1.00	#NULL!	0.00	39.50	140.00	1.00	20.15	#NULL!	#NULL!	#NULL!
	#NULL!	15.00	0.00	2.70	1.00	-1.00	2.00	1.00	0.00			
538.00	M	13.00	1.00	#NULL!	0.00	49.60	151.50	2.00	21.61	#NULL!	#NULL!	#NULL!
	#NULL!	13.00	0.00	3.00	1.00	1.00	1.00	0.00	1.00			

539.00	R Saraswathi	14.00	1.00	0.00	0.00	66.00	156.50	3.00	26.95	#NULL!	#NULL!	#NULL!
	#NULL!	10.00	0.00	4.30	2.00	3.00	1.00	0.00	1.00			
540.00	S	14.00	1.00	0.00	0.00	49.10	147.50	2.00	22.57	#NULL!	#NULL!	#NULL!
	#NULL!	1.00	0.00	4.30	2.00	1.00	1.00	0.00	1.00			
541.00	R	15.00	1.00	#NULL!	0.00	49.00	155.00	1.00	20.40	#NULL!	#NULL!	#NULL!
	#NULL!	3.00	0.00	2.00	1.00	1.00	1.00	0.00	1.00			
542.00	S Sharbuddin	15.00	0.00	0.00	0.00	46.50	168.50	1.00	16.38	#NULL!	#NULL!	#NULL!
	#NULL!	4.00	0.00	1.70	0.00	-1.00	2.00	0.00	0.00			
543.00	M Satish	13.00	0.00	#NULL!	0.00	69.10	166.00	3.00	25.08	#NULL!	#NULL!	#NULL!
	#NULL!	20.00	1.00	3.70	1.00	3.00	1.00	3.00	1.00			
544.00	Bharat R S	14.00	0.00	0.00	0.00	37.10	147.00	1.00	17.17	#NULL!	#NULL!	#NULL!
	#NULL!	21.00	1.00	2.30	1.00	0.00	0.00	3.00	0.00			
545.00	P	14.00	0.00	0.00	0.00	41.00	153.00	1.00	17.51	#NULL!	#NULL!	#NULL!
	#NULL!	20.00	1.00	3.50	1.00	1.00	1.00	0.00	1.00			
546.00	In tamil	15.00	0.00	0.00	0.00	34.20	153.00	1.00	14.61	#NULL!	#NULL!	#NULL!
	#NULL!	17.00	0.00	2.20	1.00	0.00	0.00	0.00	0.00			
547.00	L Ramya	14.00	0.00	#NULL!	0.00	39.60	146.00	1.00	18.58	#NULL!	#NULL!	#NULL!
	#NULL!	7.00	0.00	3.00	1.00	0.00	0.00	0.00	0.00			
548.00	R	14.00	1.00	0.00	0.00	49.40	158.50	2.00	19.66	#NULL!	#NULL!	#NULL!
	#NULL!	2.00	0.00	1.80	0.00	0.00	0.00	0.00	0.00			
549.00	S	14.00	1.00	0.00	0.00	41.00	156.50	2.00	16.74	#NULL!	#NULL!	#NULL!
	#NULL!	12.00	0.00	3.00	1.00	0.00	0.00	0.00	0.00			
550.00	B	14.00	1.00	1.00	0.00	60.90	148.00	3.00	27.80	#NULL!	#NULL!	#NULL!
	#NULL!	13.00	0.00	3.20	1.00	1.00	1.00	0.00	1.00			

VIII.c: Annexure III: Assent, Consent forms with Information sheet

1. Child assent form in English

<u>CHILD ASSENT FORM</u>	
STUDY TITLE: Prevalence of Eating Disorders and Body Image Dissatisfaction among adolescents.	
Dear student, We as doctors from Department of Paediatrics, CMC Vellore, are conducting a research to study the prevalence of risk for developing eating disorders and that of body image dissatisfaction among adolescents like yourself.	
What is an eating disorder? Eating disorders are illnesses that cause severe disturbances to a person's eating behaviours, ultimately leading to serious and even fatal effects on the health of a person. Body image perception is how a person feels about the way they look. Abnormal body image perception has been known as an important risk factor to the development of eating disorders.	
For this study, we will ask you questions about	
<ol style="list-style-type: none">1. Yourself, your eating habits,2. About how you (perceive) think about yourself, whether you think that you are too thin or too fat or correct for your age.3. Your daily physical activity.	
We hope to find out if there is any relation between the above three. Depending on what we find in this research, we as doctors will be able to understand this disease better. And therefore, we will be better able to help other teens like you.	
This research does not involve any medicines, injections, operations or blood tests. We assure you that no harm will happen to you during this study. The information that you provide will be kept confidential. You are free to ask any questions during the conduct of the study to any one of us.	
Your participation in this study is not compulsory. But we hope that you will agree to take part and provide valuable information.	
Your parent(s)/guardian(s) were asked if it is OK for you to be in this study. Even if they say it's OK, it is still your choice whether or not to take part.	
You can ask any questions you have, now or later. If you think of a question later, you or your parents can contact one of us at the following phone numbers: Roshni - 8979604480/ roshcarvalho@gmail.com Dr. Mona – 9489592002/ whitesheepnz@yahoo.co.in Pediatrics 3 office - 04162283343	
If you agree to take part in this study, please sign and write your name below.	
Name: _____	Name of investigator: _____
Sign: _____	Sign: _____
<input type="text"/>	<input type="text"/>
Date: _____	Date: _____
Parent's name: _____	

2. Information sheet and Parental consent form in English

Christian Medical College, Vellore.

Adolescent Medicine, Department of Paediatrics.

Title: Study on risk of Eating Disorders and Body Image Dissatisfaction among Adolescents

INFORMATION SHEET

Dear Parent,

We are a team of doctors and nurses from the Department of Pediatrics, who are conducting a study on eating disorders among teenagers like your child.

After reading this information sheet, we hope that you will permit your child to participate in this study. From this study, we want to find out how many adolescents may be at risk of developing eating disorders. We would also like to know how our adolescents perceive their body image and the role it plays in their eating habits.

What are eating disorders?

Eating disorders are illnesses that cause severe disturbances to a person's eating behaviours, ultimately leading to serious effects on the health of a person and even death.

Body image perception is the feeling of a person about the way they look. Abnormal body image perception has been known as an important risk factor to the development of eating disorders.

Why do we want to do this study?

Adolescents have been recognized as an "at-risk" group, as there are many behavioural and psychosocial changes that take place during this age. It is the age when they take risks, and develop self-esteem. It is also the time when they are most influenced by their external environment, including peers, social media etc. One of the areas where adolescents have been known to face challenges is how they perceive or how they think of their own body. The pressure from society and media to maintain an "ideal body image" has been associated with an increased risk of abnormal dietary habits and risky weight loss methods. An "abnormal body image perception" may lead to an increased risk of eating disorders causing serious health effects. Early identification of teenagers who are at risk of developing eating disorders will help us to start early treatment. We will randomly choose schools and administer a questionnaire to screen and detect those who may be at a risk of developing an eating disorder and to assess the level of dissatisfaction with their own body image. We will also try to determine the level of physical activity among the participants in order to analyze the role of physical activity in maintaining

an ideal body image.

If you take part what will you have to do?

If you agree for your child to take part in this study, the following will be done:

1. A general information sheet and a written informed consent to be signed by the parent.
2. 3 questionnaires to be filled by the student – on physical activity, eating habits and body image perception. Approximate time required to fill these questionnaires will be 30 – 40 minutes.

Can you withdraw from the study at any point?

Yes, you can withdraw from the study at any point.

What will happen if you develop any study related injury?

Since there are no blood tests or medications involved in this study, we do not foresee any study related injuries.

What happens after the study is over?

After students in a class have completed the questionnaires, we will be conducting an interactive health education session for all participants, regarding healthy lifestyle, healthy eating habits and physical activity. This will be an opportunity for the students to ask questions to us. We will be happy to help.

If we come across any serious problem during the course of the study or during analysis of the data collected, parents will be informed and the necessary medical treatment will be advised.

Will your personal details be kept confidential?

The results of this study will be published in a medical journal but you will not be identified by name in any publication or presentation of results.

If you have any further questions, please contact:

Dr. Roshni Carvalho (0416223343/ 8979604480; child3@cmcvellore.ac.in)

Dr. Mona Basker (04162283343/ 9489592002; email: child3@cmcvellore.ac.in)

INFORMED CONSENT (Parent/Guardian)

- (i) I confirm that I have read and understood the information sheet for the above study.
- (ii) I understand that my ward's participation in the study is voluntary and that I am free to withdraw it at any time, without giving any reason and without my medical care or legal rights being affected.
- (iii) I understand that my ward's identity will not be revealed in any information released to third parties.
- (iv) I agree not to restrict the use of any data or results that arise from this study provided such data is used only for scientific purpose(s).
- (v) I agree on my ward's behalf to take part in the above study.

Name of Student:

Date of Birth / Age: _____

Name of Parent/ Guardian:

Signature (or Thumb impression) of the Parent/Guardian:

Date: ____/____/____

Witness name:

Witness signature:

Investigator's name:

Signature of the Investigator:

Date: ____/____/____

3. Socio-demographic data in English

Socio-demographic and Clinical Data Sheet

This is to be filled by parent/guardian

Name of Child: _____

Date of Birth: ___/___/_____

Age: _____ Years

Sex: _____

Place of stay: _____

FAMILY DETAILS:

Education of Father: _____ Occupation of Father: _____

Education of Mother: _____ Occupation of Mother: _____

Total income of the family per month: _____

Number of siblings: _____

REGARDING YOUR CHILD'S WEIGHT:

Are you concerned that your child is overweight or underweight? _____

If yes, specify – overweight/ underweight- _____

Do you/ or anyone in your household tell your child to lose/gain weight? _____

Specify – lose or gain weight - _____

If yes, how often? _____

(frequently/ often/ rarely/ never)

Have you seen your child being made fun of in school or in your neighborhood because he/she is overweight/ underweight? _____

Specify – underweight/ underweight - _____

Does your child tell you that he/she wants to lose or gain weight?

Specify – lose/ gain weight - _____

ANY TREATMENT RECEIVED:

Does your child suffer from any chronic health condition (example – heart disease, lung disease like asthma, cystic fibrosis, thyroid disease, arthritis)? - _____

If yes, specify the condition - _____

Is your child on any special diet for the above health condition? - _____

If yes, specify - _____

Have you been to see a doctor in the past 1 year for your child's weight? - _____

If yes, what was your concern? - _____

What advice did the doctor give you? - _____

4. Child assent form in Tamil

கிருத்துவ மருத்துவமனை, வேலூர்
பருவகால மருத்துவம், குழந்தை நலப்பர்வு

ஒப்புதல் படிவம்

தலைப்பு:

வால்பர்ன் உணவு சீர்குலைவு மற்றும் அதனால்
ஏற்படும் உடல்வடிவ அதிருப்தியின் நோய்த்தாக்கம்.

அன்பு மாணவர்களே,

ஈ.எம்.ஈ மருத்துவமனையில் குழந்தை நல
மருத்துவராகிய நாங்கள், உங்களைப்போன்ற
இளந்தலைமுறையினர்டம் உணவு சீர்குலைவினால்
ஏற்படும் உடல்வடிவ அதிருப்தியைப்பற்றி ஆய்வு செய்ய
இருக்கிறோம்.

உணவு சீர்குலைவு என்றால் என்ன?

இது ஒருவகையான கவனிமை. இதனால் இயல்பான
உணவு பழக்கத்தில் இடையூறு ஏற்படும் அதனால்
உடல் ஆரோக்கியத்தின் பெரிய அளவில் பாதிப்பு
ஏற்படக்கூடும்.

உடல்வடிவ கருத்து என்பது ஒருவரின் உடல்வடிவம்
மற்றும் தோற்றம் பற்றிய உணர்வு வேறுபாடான உடல்
வடிவ கருத்து, உணவு சீர்குலைவிற்கான முக்கிய
காரணமாய் கருதப்படுகிறது.

இந்த ஆராய்ச்சிக்காக கீழ்க்கண்டவற்றைப்பற்றி
உங்களிடம் சில கேள்விகள் கேட்கப்படும்.

- 1) உங்களைப்பற்றியும் உங்கள் உணவு பழக்கம்
பற்றியும்
- 2) உங்கள் உடலமைப்பு பற்றி நீங்கள் என்ன
நினைக்கிறீர்கள், உங்கள் தோற்றம் உங்களுக்கு
ஒல்லியாகவோ இல்லை பருமனாகவோ அல்லது
உங்கள் வயதுக்கு ஏற்றதாக இருக்கிறதா
என்பதை பற்றியும்
- 3) உங்களின் தினசரி உடற்பயிற்சியின் விவரம்
பற்றியும் இந்த முன்று கேள்விகளில் உங்களின்
பதல் மூலமாகவும் மருத்துவர்களாகிய நாங்கள்
இந்த நோயைப்பற்றி நன்கு அறிந்து உங்களைப்
போன்ற இளம்வயதினருக்கு உதவ இயலும்.

இந்த ஆய்வில் எந்தவித மருந்தோ, ஊசியோ,
சிக்சையோ, இரத்த பரிசோதனையோ
தேவையில்லை. இதனால் உங்களுக்கு எந்த
வகையிலும் பாதிப்பு ஏற்படாது. நீங்கள் அளிக்கும்
பதல் ரகசியமாக பாதுகாக்கப்படும் என
உறுதியளிக்கிறோம்.

இந்த ஆய்வில் பங்கேற்க உங்களை
கட்டாயப்படுத்தவில்லை ஆயினும் கலந்து கொண்டு
உங்களின் பங்களிப்பை தருவீர்கள் என
எதிர்பார்க்கிறோம்.

இது தொடர்பாக உங்களுக்கு ஏற்படும் சந்தேகத்தை
நீங்கள் கேட்கலாம்.

உங்களுடைய பெற்றோர் / பாதுகாவலர்டம் நீங்கள்
பங்கு பெற அனுமதி கேட்க உள்ளோம். அவர்கள்
அனுமதித்தாலும் உங்களின் முடிவே இறுதியானது.

இது தொடர்பான எந்த கேள்வியையும் நீங்கள்
இப்பொழுதோ அல்லது பிறகோ கேட்கலாம். இது
பற்றி ஏதேனும் சந்தேகம் தோன்றினால் நீங்களோ
அல்லது உங்களது பெற்றோரோ கீழ்க்கண்ட
தொலைபேசி அல்லது மின்னஞ்சல் தொடர்பு
கொள்ளலாம்.

டாக்டர் ரோஹ்

குழந்தை நலப்பர்ஷ

8979604480

டாக்டர் மோனா பாஸ்கர்

பேராசிரியர்

குழந்தை நலப்பர்ஷ

0416 2283343

இந்த ஆய்வில் உங்களின் பங்கேற்பை தெரிவிக்க
உங்கள் பெயர் மற்றும் கையொப்பத்தை எழுதவும்:

பெயர்:

நடத்துனரின் பெயர்:

கையொப்பம்:

கையொப்பம்:

தேதி:

தேதி:

5. Information sheet in Tamil

கிருத்துவ மருத்துவமனை, வேலூர்
பருவகால மருத்துவம், சூழந்தை நலப்பர்வு

தகவல் படிவம் (மாணவர் / பெற்றோர்)

தலைப்பு:

வால்பர்ன் உணவு சீர்குலைவு மற்றும் அதனால் ஏற்படும் உடல்வடிவ அதிருப்தியின் நோய்த்தாக்கம்.

அன்பு மாணவர்களே / பெற்றோர்களே,

சீ.எம்.சி மருத்துவமனையில் சூழந்தை நல மருத்துவராகிய நாசிகள், உட்களைப்போன்ற / உட்கள் பிள்ளைகளை போன்ற இளம் வயதினர்களுக்கு உணவு சீர்குலைவினால் ஏற்படும் உடல்வடிவ அதிருப்தியைப் பற்றி ஆய்வு செய்ய இருக்கிறோம்.

இந்த தகவல் படிவத்தை படித்த பின் இந்த ஆய்வில் பங்குபெறுமாறு கேட்டுக்கொள்கின்றோம். இந்த ஆய்வின் முக்கிய நோக்கம் 11-18 வயதுக்குட்பட்டவர்களாகிய இளம்பருவத்தினரின் உணவு சீர்குலைவு மற்றும் உடல்வடிவ அதிருப்தியை பற்றி கண்டுபிடிப்பாகும். இந்த ஆய்விலிருந்து மருத்துவர்களாகிய எங்களுக்கு இளம்பருவத்தினர் எத்தனை பேர் பாதிப்புக்குள்ளாக இருக்கிறார்கள் என்பதை அறிய முடியும்.

உணவு சீர்குலைவு என்றால் என்ன?

உணவு சீர்குலைவு என்னும் நோய் ஒரு மனிதனின் உணவு பழக்கத்தை மிகவும் பாதிக்கிறது. சில சமயம் அது மனிதனின் உடல் ஆரோக்கியம் மற்றும் உயிரை கூட கொல்லும் அபாயம் ஏற்படக்கூடும்.

உடல்வடிவ கருத்து என்பது ஒருவரின் உடல்வடிவம் மற்றும் தோற்றம் பற்றிய உணர்வு வேறுபாடான உடல் வடிவ கருத்து, உணவு சீர்குலைவிற்கான முக்கிய காரணமாய் கருதப்படுகிறது.

ஒரு மனிதன் தன்னை எப்படி நினைக்கின்றான் என்பது தன் உடல் தோற்றத்தை சார்ந்து இருக்கின்றது. இயல்பற்ற உடல் தோற்றம், உண்ணல் சீர்கேடு மேலும் வளர்ச்சி பெற செய்கின்றது.

எதற்கு இந்த ஆய்வை மேற்கொள்ள வேண்டும்?

வளர் இளம்பருவத்தினர் சூழ அபாய நிலையில் உள்ளனர் என்பது குறிப்பிடத்தக்கது. ஏனெனில் அவர்களுடைய பழக்கவழக்கங்களில், மனநிலையில் அதிக மாற்றங்கள் ஏற்பட்டு வருகிறது. இந்த வயதில் அபாய காரியங்களில் தங்களை ஈடுபடுத்திக்கொண்டு கயமரியாதையை

வளர்ப்பதில் ஆர்வம் காட்டுவார்கள். மேலும் இப்பருவத்தில் நண்பர்களிடமும், உட்காண்களிலும் அதிக ஈடுபாடு கொண்டிருப்பார்கள். அவர்கள் தங்கள் உடல் தோற்றுத்தின் மீது இடுக்கும் எண்ணத்தை கொண்டிருக்காமல் மேற்கொள்வார்கள் சமுதாயம் மற்றும் உட்காண்களின் மூலம் ஏற்படும் அழுத்தத்தின் காரணமாக தங்கள் உடல் தோற்றுத்தை அழைத்துக் கொள்வதனால் உணவு உண்ணும் பழக்கம் மற்றும் உடல் எடை குறைப்பதில் ஈடுபடும் அபாயம் ஏற்படுகின்றது. சீர்தலை இல்லா உடல் தோற்றுத்தனால் ஏற்படும் உணர்வு, உண்ணல் சீர்கேடு அடையவும் மேலும் அதனால் ஆபத்தான விளைவுகளை சந்தக்க நேரிடும். வளர் இளம்பருவத்தினர் இந்த ஆபத்தான நிலையை அடைவதற்கு முன், இதனை விரைவாக கண்டறிப்பதன் மூலம் மருத்துவர்களால் அதற்குரிய சிகிச்சை அளிக்க ஏதுவாக இடுக்கும். இந்த ஆய்வின் மூலம் தங்கள் தோற்றுத்தில் அங்கீகரிக்கக்கூடிய இடம்பலர்களை நாம், நம்முடைய சமுதாயத்தில், பள்ளிகளில் உள்ள மூலம் கண்டறியலாம். பொதுவாக சில பள்ளிகளை தேர்ந்தெடுத்து மாணவர்களை கேள்விகளை கேட்பதன் மூலம் உண்ணல் சீர்கேடு அடையும் நிலையில் இடம்பலர்களை கண்டறிய முடியும். மேலும் அவர்கள் உடல்சீர்தயாக செய்யும் செயல்களையும் பயிற்சிகளையும் அறிந்து கொள்ளலாம்.

மாணவர்கள் கேள்விகளுக்கு பதிலளித்த பின் ஆரோக்கியத்திற்கான கல்வி பற்றி விளக்கப்படும். இதில் ஆரோக்கியமான வாழ்க்கை, உணவு பழக்கம் மற்றும் உடல் செயல்திறன் ஆகியவை குறிப்பிடப்பட்டு இடுக்கும். மாணவர்கள் தங்களின் சந்தேகங்களை கேட்டு அறிவை வளர்க்க சிறந்த வாய்ப்பாகும்.

இதில் பாடகு பெறு என்ன செய்யவேண்டும்?

நிபுகள் சம்மத்தால்/உட்கள் குழந்தை இதில் பாகேற்க சம்மத்தால் கீழ்க்கண்டவற்றை செய்யவேண்டும்

- பொது தகவல் அறிக்கை மற்றும் ஒப்புதல் படிவத்தின் கையெழுத்திடவேண்டும்
- 3 கேள்விகளை மாணவர்கள் பூர்த்திசெய்யவேண்டும் - உடல் செயல்திறன், உணவு உட்கொள்ளும் பழக்கம், உடல் தோற்றுத்தின் எண்ணம். இவற்றை பூர்த்தி செய்ய கமார் 30-40 நிமிடங்கள் தேவைப்படலாம்.

இந்த ஆய்விலிருந்து எந்த நேரத்திலும் விடைமுடியுமா?

ஆம், நிபுகள் இந்த ஆய்விலிருந்து எந்த நேரத்திலும் விடைக் கொள்ளலாம்.

இந்த ஆய்வீனால் காயம் ஏற்படுமா?

இந்த ஆய்வீல் எந்தவித இரத்த பரீசோதனையோ அல்லது ஸாத்தீரை உட்கொள்வதோ இல்லை அதனால் எந்த காயமும் ஏற்பட வாய்ப்பு இல்லை.

ஆய்வு முடிந்தபின் என்னாடும்?

மாணவர்கல் கேள்விகளுக்கு பதிலளித்த பின் ஆரோக்கியத்தீற்கான கல்வி பற்றி விளக்கப்படும். இதில் ஆரோக்கியமான வாழ்க்கை, உணவு பழக்கம் மற்றும் உடல் செயல்திறன் ஆகியவை குறிப்பிடப்படும். மாணவர்களுக்கு ஏதாவது சந்தேகங்கள் இருந்தால் கேட்டு தெரிய வாய்ப்பளிக்கப்படும். இந்த சமயத்தல் மாணவர்களுக்கு தீராத பிரச்சனை இருந்தால், பெற்றோருக்கு தெரிவிக்கப்பட்டு, தேவையான மருத்துவ ஆலோசனை வழங்கப்படும்.

உட்களின் கயவிவரங்கள் பாதுகாக்கப்படுமா?

இந்த ஆய்வீல் முடிவுகள் மருத்துவ நாளேட்டில் பிரசுரிக்கப்படும் ஆனால் எந்த நாளேட்டிலும் பெயரை கொண்டு முடிவுகள் கண்டு பிடிக்கமுடியாது.

இது தொடர்பான சந்தேகம் தோன்றினால் நீங்கள் தொடர்பு கொள்ள வேண்டியது:

டாக்டர் கர்வாலோ ரோஷித் தெரேசா
முதுகலை மாணவ்
குடிநதை நலப்பீர்வு
8979604480

டாக்டர் ஸோனா பால்கர்
பேராசீர்யர்
குடிநதை நலப்பீர்வு
0416 2283343

மின்னஞ்சல்: child3@cmcvellore.ac.in

6. Parental consent in Tamil

கருத்துவ மருத்துவமனை, வேலூர்
பருவகால மருத்துவம், குழந்தை நலப்பீடி

தலைப்பு:

வால்பர்ன் உணவு சீர்குலைவு மற்றும் அதனால் ஏற்படும் உடல்வடிவ அதிருப்திகள்
நோய்த்தாக்கம்.

தகவல் படிவம் (பெற்றோர் / பாதுகாவலர்)

- நான் மேற்கொண்டிருக்கும் ஆய்வின் தகவல்களை படித்து புரிந்துக் கொண்டேன்,
- இந்த தகவலை புரிந்து கொண்டேன் என் குழந்தை இதில் பங்கெடுத்து தண்ணார்வமானது என்பதை அறிவேன், நான் எந்த நேரத்திலும் இந்த ஆய்விருந்து காரணம் ஏதும் கூறாமல் வெளிவரலாம் என்பதை அறிவேன். இப்பட்சத்தில் என்னுடைய மருத்துவ சிகிச்சை மற்றும் சட்ட உரிமை எந்த விதத்திலும் பாதிக்கப்படாது,
- என்னுடைய குழந்தையின் எந்த தகவல்களும் மூன்றாம் நபரிடம் தெரிவிக்கப்படமாட்டாது என்பதையும் அறிவேன்,
- இந்த ஆய்வு முடிவுகளை ஆய்வின் சம்பந்தமாக வெளியிடுவதை எந்த தடையின்றி சம்மதிக்கின்றேன்,
- என் குழந்தை இந்த ஆய்வில் பங்குபெற நான் சம்மதிக்கின்றேன்,

மாணவரின் பெயர் :

பிறந்த நாள் / வயது :

பெற்றோரின் / பாதுகாப்பளர் பெயர்:

கையொப்பம் :

நாள் :

சாட்சியின் பெயர் :

கையொப்பம் :

ஆய்வாளரின் பெயர் :

கையொப்பம் :

நாள் :

7. Socio-demographic data in Tamil

மக்கள் தொகை விவரம் மற்றும் மருத்துவ தரவு
பெற்றோர் அல்லது பாதுகாப்பாளரால் பூர்த்தி செய்யப்படவேண்டியது.

குழந்தையின் பெயர்

பிறந்த தேதி

பாலினம்

வசிக்கும் இடம்

குடும்ப விவரம் :

தந்தையின் படிப்பு தந்தையின் வேலை

தாயின் படிப்பு தாயின் வேலை

குடும்பத்தின் மொத்த மாத வருமானம்

உடன் பிறந்தவர்கள் எண்ணிக்கை

உங்கள் குழந்தையின் விவரம் :

உங்கள் குழந்தையின் உடல் பருமன் அதிகமாக உள்ளது அல்லது குறைவாக உள்ளது என கவலை படுகிறீர்களா ? (ஆம் / இல்லை)

எது என்பதை குறிப்பிடுக ஆம் எனில் உடல் எடை அதிகம் / எடை குறைவு.

நீங்கள் அல்லது இரும்பு உற்பிளர் உங்கள் குழந்தையை எடையை குறைக்கவோ / அதிகரிக்கவோ சொல்வீர்களா ? (ஆம் / இல்லை)

ஆம் எனில் குறிப்பிடுக எடை குறைக்கவும் / எடை அதிகரிக்கவும்.

ஆம் எனில் எத்தனை முறை கூறுவீர்கள் ?

அடிக்கடி / எப்போதாவது / எப்போதும் இல்லை.

பள்ளியிலோ, பக்கத்து வீட்டுக்கார்களோ உங்கள் குடும்பத்தினரோ குழந்தையை எடை அதிகமாக இருப்பதாகவும் அல்லது எடை குறைவாக இருப்பதாகவும் கேலி செய்ததை நீங்கள் பார்த்துண்டா ?

குறிப்பிடவும் எடை அதிகம் / எடை குறைவு

தங்கள் குழந்தை எடை குறைக்க வேண்டும் அல்லது எடை அதிகரிக்க வேண்டும் என உங்களிடம் சொன்னதுண்டா ?

குறிப்பிடவும் எடை அதிகரிப்பு / எடை குறைவு

VIII.d: Annexure IV: Questionnaires in English

1. Eating Attitudes Test-26 (EAT-26)

Eating Attitudes Test (EAT-26)

Use of the EAT may be able to help you determine if you need to speak to a mental health professional or a physician and get help for an eating disorder. Completing the EAT-26 will take you about 2 minutes.

The EAT-26 is the most widely used screening measure that may be able to help you determine if you have an eating disorder that needs professional attention. The EAT-26 is a measure of symptoms and concerns that are characteristic of eating disorders. In 1982, the test was updated and shortened to the current 26-item version, known as the EAT-26©. The EAT-26 is designed to be either self-administered or administered by health professionals, school counselors, coaches, camp counselors, and others. **The EAT-26 is not designed to make a diagnosis of an eating disorder or to take the place of a professional diagnosis or consultation.**

The EAT-26 alone does not diagnose an eating disorder. In fact, no test or screening instrument has been shown to be highly efficient as the sole means of identifying an eating disorder. *Only a qualified health care professional can provide a diagnosis.* However, the EAT-26 can be a first step in the screening process, with the second step being a consultation and evaluation with a qualified professional. The idea behind early screening assumes that an eating disorder identified in its early stages can lead a person to seek earlier treatment, thereby reducing the risk of serious physical and psychological complications. The EAT-26 can be a particularly useful tool for assessing “**eating disorder risk**”.

All self-report measures require open and honest responses in order to provide accurate information. The fact that most people provide honest responses means that the EAT-26 usually provides very useful information about the eating symptoms and concerns that are common in eating disorders.

	Always	Usually	Often	Some times	Rarely	Never	Score
Please check a response for each of the following statements:	3	2	1	0	0	0	
1. Am terrified about being overweight.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
2. Avoid eating when I am hungry.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
3. Find myself preoccupied with food.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
4. Have gone on eating binges where I feel that I may not be able to stop.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
5. Cut my food into small pieces.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
6. Aware of the calorie content of foods that I eat.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
7. Particularly avoid food with a high carbohydrate content (i.e. bread, rice, potatoes, etc.)	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	

8.	Feel that others would prefer if I ate more.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>						
9.	Vomit after I have eaten.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>						
10.	Feel extremely guilty after eating.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>						
11.	Am preoccupied with a desire to be thinner.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>						
12.	Think about burning up calories when I exercise.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>						
13.	Other people think that I am too thin.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>						
14.	Am preoccupied with the thought of having fat on my body.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>						
15.	Take longer than others to eat my meals.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>						
16.	Avoid foods with sugar in them.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>						
17.	Eat diet foods.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>						
18.	Feel that food controls my life.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>						
19.	Display self-control around food.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>						
20.	Feel that others pressure me to eat.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>						
21.	Give too much time and thought to food.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>						
22.	Feel uncomfortable after eating sweets.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>						
23.	Engage in dieting behavior.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>						
24.	Like my stomach to be empty.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>						
25.	Have the impulse to vomit after meals.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>						
26.	Enjoy trying new rich foods.	<input type="checkbox"/>	0	<input type="checkbox"/>	0	<input type="checkbox"/>	0	<input type="checkbox"/>	1	<input type="checkbox"/>	2	<input type="checkbox"/>	3
Total Score:													

EAT© David M. Garner & Paul E. Garfinkel (1979), David M. Garner et al., (1982)

Note: This questionnaire is made available with permission of the authors.

SCORING THE EATING ATTITUDES TEST

For all items **except #26**, each of the responses receives the following value:

Always = 3
 Usually = 2
 Often = 1
 Sometimes = 0
 Rarely = 0
 Never = 0

For **item #26**, the responses receive these values:

Always = 0
 Usually = 0

Often	= 0
Sometimes	= 1
Rarely	= 2
Never	= 3

Interpreting High Scores (20 or Higher) — If people have EAT-26 scores of 20 or higher, it does not necessarily indicate they have an eating disorder, but it does indicate concerns regarding body weight, body shape, and eating. If you have a score of 20 or higher, please seek the advice of a qualified mental health professional who has experience with treating eating disorders. The only way to determine if you meet the diagnostic criteria for an eating disorder is through an interview and follow-up evaluation with a qualified professional, such as your personal physician or an eating disorder treatment specialist.

Interpreting Low Scores (Below 20) — Self-report measures require open and honest responses for accuracy, so denial can create a problem for interpreting test scores. Therefore, a person who has EAT-26 scores below 20 can still have clinically significant eating disorder symptoms or a formal eating disorder. Collateral information from parents, teammates, and coaches can correct for denial, limited self-disclosure, and social desirability.

Other important pieces of information about Weight-Control Behaviors – Have any of the following weight-control behaviors been present in the previous 6 months?

- Self-reported binge eating
- Self-induced vomiting
- Laxative use
- Eating disorder treatment

CONTACT A HEALTH-CARE PROFESSIONAL IF YOU FEEL THAT YOU ARE IN NEED OF ASSISTANCE.

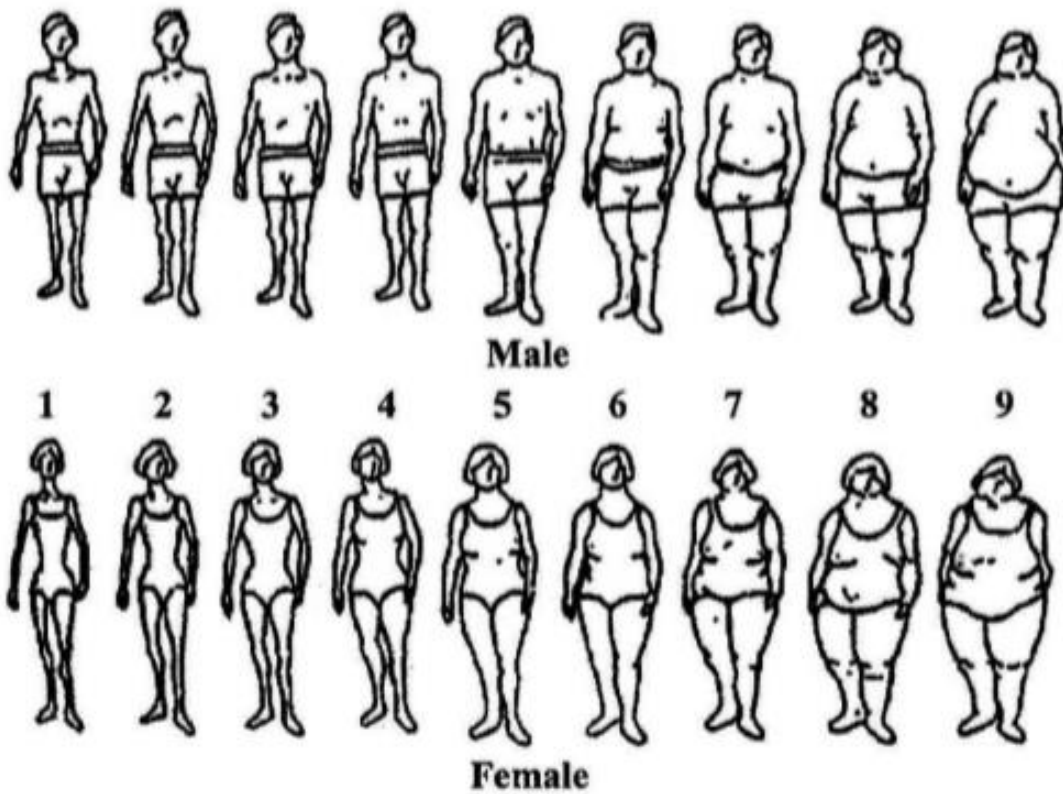
If you believe that you are in crisis or in need of immediate attention, call 911 or visit your local emergency room.

Original publication of the EAT-26 test is:

Garner, D.M., Olmsted, M.P., Bohr, Y., and Garfinkel, P.E. (1982). The Eating Attitudes Test: Psychometric features and clinical correlates. *Psychological Medicine*, 12, 871-878.

2. Stunkard's Figure Rating Scale

Stunkard's Figure Rating Scale



1. Which of the above body images do you think you look like at present?
2. Which of the above body images would you like to look like?

3. Physical Activity Questionnaire for Adolescents (PAQ-A)

CHAPTER 3: Physical Activity Questionnaire for Adolescents (PAQ-A)

3.1 What is the PAQ-A?

The PAQ-A (a slightly modified version of the PAQ-C with the “recess” item removed) is a self-administered, 7-day recall instrument. *It was developed to assess general levels of physical activity for high school students in grades 9 to 12 and approximately 14 to 19 years of age.* The PAQ-A can be administered in a classroom setting and provides a summary physical activity score derived from eight items, each scored on a 5-point scale.

3.2 Keys to Successful Administration

1) *When the PAQ-A is administered it is important to stress 2 points:*

- a) Explain it is **NOT A TEST**
- b) Explain you are interested in **ACTUAL** activity during the last **7 DAYS**

2) *To Prevent Missing Data, have the research assistants quickly glance through the questionnaires when they are gathered from the students.*

- a) Missing one response for an activity on item 1 has little effect on the overall score, but you don't want the students missing entire items (ie. not having a response for item 6).
- b) Explain to the students that the research assistants are not looking at their activity levels, but rather just making sure they haven't missed any of the questions.

Scoring

Overall process - Find an activity score between 1 and 5 for each item (excluding item 9)

Five Easy Steps

1) *Item 1 (Spare time activity)*

- Take the mean of all activities (“no” activity being a 1, “7 times or more” being a 5) on the activity checklist to form a composite score for item 1.

2) *Item 2 to 7 (PE, lunch, right after school, evening, weekends, describes you best)*

- The answers for each item start from the lowest activity response and progress to the highest activity response

- Simply use the reported value that is checked off for each item (the lowest activity response being a 1 and the highest activity response being a 5).

3) *Item 8*

- Take the mean of all days of the week (“none” being a 1, “very often” being a 5) to form a composite score for item 8.

4) *Item 9*

- Can be used to identify students who had unusual activity during the previous week, but this question is **NOT** used as part of the summary activity score.

5) **How to calculate the final PAQ-A activity summary score**

- Once you have a value from 1 to 5 for each of the 8 items (items 1 to 8) used in the physical activity composite score, you simply take the mean of these 8 items, which results in the final PAQ-A activity summary score.

- A score of 1 indicates low physical activity, whereas a score of 5 indicates high physical activity.

3.3 Validation Reliability Study Concerning the PAQ-A

The following paragraphs summarize the development, validity, and reliability study for the PAQ-A. The summary provides a brief synopsis of the study's findings (we recommend that the complete study be reviewed as the final reference).

Kowalski, K. C., Crocker, P. R. E., & Kowalski, N. P. (1997). Convergent validity of the Physical Activity Questionnaire for Adolescents. *Pediatric Exercise Science*, 9, 342-352.

The PAQ-A (a modified version of the PAQ-C) was developed to measure general levels of physical activity in adolescents. Kowalski, Crocker, and Kowalski (1997) administered the PAQ-A along with other physical activity measures to 85 high school students during the school year. The students consisted of 41 males and 44 females (grades 8 through 12), ages 13 to 20.

Two schools were assessed separately (late March-early April and late May-early June). The assessments were scheduled over two-week periods that avoided any special school events. The students were administered the PAQ-A ($M = 2.31$, $SD = 0.63$), an activity rating ($M = 3.15$, $SD = 0.93$), Leisure Time Exercise Questionnaire ([LTEQ]; $M = 54.02$, $SD = 30.23$), Caltrac motion sensor ([Caltrac]; $M = 355.88$, $SD = 126.01$), and the 7-day physical activity recall interview ([PAR]; $M = 36.21$, $SD = 3.24$). To ensure no carry over effects, the Caltrac and PAR were administered over a different 1-week period than the other measures. The PAQ-A was the only measure sensitive to gender differences, $t(83) = 3.01$, $p < 0.05$. The males were more active than the females (mean scores of 2.52 and 2.12 respectively).

The PAQ-A was significantly correlated to all self-report measures (activity rating, $r = 0.73$; LTEQ, $r = 0.57$; and PAR, $r = 0.59$). The PAQ-A was also related to the Caltrac ($r = 0.33$). A limitation of this study was that only 56.47% of students' Caltrac data were usable. The main problem with the Caltrac devices was that the students tampered with them. The PAQ-A scores differed significantly between those who had usable Caltrac data and those that did not, $t(83) = 2.78$, $p < 0.05$. These results provided support for the convergent validity of the PAQ-A.

3.4 The PAQ-A Measure

See the following page.

Physical Activity Questionnaire (High School)

Name: _____

Age: _____

Sex: M _____ F _____

Grade: _____

Teacher: _____

We are trying to find out about your level of physical activity from *the last 7 days* (in the last week). This includes sports or dance that make you sweat or make your legs feel tired, or games that make you breathe hard, like tag, skipping, running, climbing, and others.

Remember:

- 3. There are no right and wrong answers — this is not a test.
- 4. Please answer all the questions as honestly and accurately as you can — this is very important.

1. Physical activity in your spare time: Have you done any of the following activities in the past 7 days (last week)? If yes, how many times? (Mark only one circle per row.)

	No	1-2	3-4	5-6	7 times or more
Skipping	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Rowing/canoeing	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
In-line skating	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Tag	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Walking for exercise	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Bicycling	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Jogging or running	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Aerobics	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Swimming	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Baseball, softball	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Dance	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Football	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Badminton	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Skateboarding	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Soccer	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Street hockey	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Volleyball	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Floor hockey	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Basketball	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Ice skating	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Cross-country skiing	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Ice hockey/ringette	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Other:	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
.....	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
.....	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

2. In the last 7 days, during your physical education (PE) classes, how often were you very active (playing hard, running, jumping, throwing)? (Check one only.)

- I don't do PE
- Hardly ever
- Sometimes
- Quite often
- Always

3. In the last 7 days, what did you normally do *at lunch* (besides eating lunch)? (Check one only.)

- Sat down (talking, reading, doing schoolwork).....
- Stood around or walked around
- Ran or played a little bit
- Ran around and played quite a bit
- Ran and played hard most of the time

4. In the last 7 days, on how many days *right after school*, did you do sports, dance, or play games in which you were very active? (Check one only.)

- None
- 1 time last week
- 2 or 3 times last week
- 4 times last week
- 5 times last week

5. In the last 7 days, on how many *evenings* did you do sports, dance, or play games in which you were very active? (Check one only.)

- None
- 1 time last week
- 2 or 3 times last week
- 4 or 5 last week
- 6 or 7 times last week

6. *On the last weekend*, how many times did you do sports, dance, or play games in which you were very active? (Check one only.)

- None
- 1 time
- 2 — 3 times
- 4 — 5 times
- 6 or more times

7. Which *one* of the following describes you best for the last 7 days? Read *all five* statements before deciding on the *one* answer that describes you.

- F. All or most of my free time was spent doing things that involve little physical effort
- G. I sometimes (1 — 2 times last week) did physical things in my free time (e.g. played sports, went running, swimming, bike riding, did aerobics)
- H. I often (3 — 4 times last week) did physical things in my free time
- I. I quite often (5 — 6 times last week) did physical things in my free time
- J. I very often (7 or more times last week) did physical things in my free time

8. Mark how often you did physical activity (like playing sports, games, doing dance, or any other physical activity) for each day last week.

	None	Little bit	Medium	Often	Very often
Monday	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Tuesday	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Wednesday	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Thursday	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Friday	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Saturday	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Sunday	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

9. Were you sick last week, or did anything prevent you from doing your normal physical activities? (Check one.)

- Yes
- No

If Yes, what prevented you? _____

VIII.e: Annexure V: Questionnaires in Tamil

1. Eating Attitudes Test-26 (EAT-26)

**ஈருத்துவ மருத்துவமனை, வேலூர்
பருவகால மருத்துவம், குழந்தை நலப்பிர்வு**

உண்ணும் வழக்கமுறை சோதனை (EAT-26)

தலைப்பு:

வால்பர்ன் உணவு சீர்குலைவு மற்றும் அதனால் ஏற்படும் உடல்வடிவ அதிருப்தியின் நோய்த்தாக்கம்.

1) நான் அதை எடை இருப்பதை கண்டு அச்சுறுத்தலாக இருக்கின்றது

எப்பொழுதும்	<input type="checkbox"/>
பொதுவாக	<input type="checkbox"/>
அடிக்கடி	<input type="checkbox"/>
சீசமயம்	<input type="checkbox"/>
அரிதாக	<input type="checkbox"/>
ஒருபோதும் இல்லை	<input type="checkbox"/>

2) நான் பசியாக இருக்கும்பொழுது சாப்பிடுவதை தவிர்ப்பேன்

எப்பொழுதும்	<input type="checkbox"/>
பொதுவாக	<input type="checkbox"/>
அடிக்கடி	<input type="checkbox"/>
சீசமயம்	<input type="checkbox"/>
அரிதாக	<input type="checkbox"/>
ஒருபோதும் இல்லை	<input type="checkbox"/>

3) நான் உணவை குறித்து எப்பொழுதும் அழ்ந்த சிந்தனையில் இருப்பேன்

எப்பொழுதும்	<input type="checkbox"/>
பொதுவாக	<input type="checkbox"/>
அடிக்கடி	<input type="checkbox"/>
சீசமயம்	<input type="checkbox"/>
அரிதாக	<input type="checkbox"/>
ஒருபோதும் இல்லை	<input type="checkbox"/>

4) நான் எப்பொழுதும் சாப்பிட்டு கொண்டிருப்பேன், என்னால் சாப்பிடுவதை நிறுத்த முடியாது

எப்பொழுதும்
பொதுவாக
அடிக்கடி
சீலமாய்
அரிதாக
ஒருபோதும் இல்லை

5) நான் உண்ணும் உணவை பங்காக பிரித்து அதில் ஒரு பங்கை மட்டுமே உண்பேன்

எப்பொழுதும்
பொதுவாக
அடிக்கடி
சீலமாய்
அரிதாக
ஒருபோதும் இல்லை

6) நான் உண்ணும் உணவில் இருக்கும் சத்துவை குறித்து கவனமாக இருப்பேன்

எப்பொழுதும்
பொதுவாக
அடிக்கடி
சீலமாய்
அரிதாக
ஒருபோதும் இல்லை

7) குறிப்பாக மாவுசத்து அதிகமாக இருக்கும் உணவை தவிர்ப்பேன் (உ.தா. உருளைக்கிழங்கு, சாதம்)

எப்பொழுதும்
பொதுவாக
அடிக்கடி
சீலமாய்
அரிதாக
ஒருபோதும் இல்லை

8) நான் சாப்பிடுவதை பார்த்து மற்றவர்கள் என்னை
அதிசயமாக சாப்பிடுமாறு கேட்பார்கள்

- எப்பொழுதும்
- பொதுவாக
- அடிக்கடி
- சிலசமயம்
- அரிதாக
- ஒருபோதும் இல்லை

9) நான் சாப்பிட்ட பிறகு வாந்தி எடுப்பேன்

- எப்பொழுதும்
- பொதுவாக
- அடிக்கடி
- சிலசமயம்
- அரிதாக
- ஒருபோதும் இல்லை

10) நான் சாப்பிட்ட பிறகு குற்றமுள்ளவனாக கருதுவேன்

- எப்பொழுதும்
- பொதுவாக
- அடிக்கடி
- சிலசமயம்
- அரிதாக
- ஒருபோதும் இல்லை

11) நான் ஒல்லியாக இருப்பதை குறித்து எப்பொழுதும்
ஆழ்ந்த சிந்தனையில் இருப்பேன்.

- எப்பொழுதும்
- பொதுவாக
- அடிக்கடி
- சிலசமயம்
- அரிதாக
- ஒருபோதும் இல்லை

12) நான் உடற்பயிற்சி செய்வதன் மூலம் சில கொழுப்புகளை குறைக்க முடியும் என நினைப்பேன்

எப்பொழுதும்
பொதுவாக
அடிக்கடி
சிலசமயம்
அரிதாக
ஒருபோதும் இல்லை

13) மற்றவர்கள் என்னை மிகவும் ஒல்லியாக இருக்கின்றோர் என நினைப்பார்கள்

எப்பொழுதும்
பொதுவாக
அடிக்கடி
சிலசமயம்
அரிதாக
ஒருபோதும் இல்லை

14) நான் என் உடம்பில் கொழுப்பு இருப்பதை குறித்து ஆழ்ந்த சிந்தனையில் இருக்கின்றேன்

எப்பொழுதும்
பொதுவாக
அடிக்கடி
சிலசமயம்
அரிதாக
ஒருபோதும் இல்லை

15) மற்றவர்களைவிட நான் என் உணவை அதிக நேரம் உண்பேன்

எப்பொழுதும்
பொதுவாக
அடிக்கடி
சிலசமயம்
அரிதாக
ஒருபோதும் இல்லை

16) சர்க்கரை அடங்கியுள்ள உணவை தவிர்ப்பேன்

எப்பொழுதும்	<input type="checkbox"/>
பொதுவாக	<input type="checkbox"/>
அடிக்கடி	<input type="checkbox"/>
சிலசமயம்	<input type="checkbox"/>
அரிதாக	<input type="checkbox"/>
ஒருபோதும் இல்லை	<input type="checkbox"/>

17) பத்திய உணவை உண்பேன்

எப்பொழுதும்	<input type="checkbox"/>
பொதுவாக	<input type="checkbox"/>
அடிக்கடி	<input type="checkbox"/>
சிலசமயம்	<input type="checkbox"/>
அரிதாக	<input type="checkbox"/>
ஒருபோதும் இல்லை	<input type="checkbox"/>

18) நான் உண்ணும் உணவில் நான் என் வாழ்க்கை அடங்கியுள்ளது என்று என் எண்ணம்

எப்பொழுதும்	<input type="checkbox"/>
பொதுவாக	<input type="checkbox"/>
அடிக்கடி	<input type="checkbox"/>
சிலசமயம்	<input type="checkbox"/>
அரிதாக	<input type="checkbox"/>
ஒருபோதும் இல்லை	<input type="checkbox"/>

19) நான் உணவை குறித்து கவகட்டுபாடோடு இருப்பேன்

எப்பொழுதும்	<input type="checkbox"/>
பொதுவாக	<input type="checkbox"/>
அடிக்கடி	<input type="checkbox"/>
சிலசமயம்	<input type="checkbox"/>
அரிதாக	<input type="checkbox"/>
ஒருபோதும் இல்லை	<input type="checkbox"/>

20) என்னை மற்றவர்கள் சாப்பிட சொல்ல வற்புறுத்துவார்கள்

- | | |
|-----------------|--------------------------|
| எப்பொழுதும் | <input type="checkbox"/> |
| பொதுவாக | <input type="checkbox"/> |
| அடிக்கடி | <input type="checkbox"/> |
| சீசமயம் | <input type="checkbox"/> |
| அரிதாக | <input type="checkbox"/> |
| ஒருபோதும் இல்லை | <input type="checkbox"/> |

21) உணவு சாப்பிடுவது குறித்து ஆலோசிக்க அதிக நேரம் எடுப்பேன்

- | | |
|-----------------|--------------------------|
| எப்பொழுதும் | <input type="checkbox"/> |
| பொதுவாக | <input type="checkbox"/> |
| அடிக்கடி | <input type="checkbox"/> |
| சீசமயம் | <input type="checkbox"/> |
| அரிதாக | <input type="checkbox"/> |
| ஒருபோதும் இல்லை | <input type="checkbox"/> |

22) நான் இன்பை சாப்பிட்ட பிறகு என உடல் சரியாக இல்லாமல் இருப்பதை உணர்வேன்

- | | |
|-----------------|--------------------------|
| எப்பொழுதும் | <input type="checkbox"/> |
| பொதுவாக | <input type="checkbox"/> |
| அடிக்கடி | <input type="checkbox"/> |
| சீசமயம் | <input type="checkbox"/> |
| அரிதாக | <input type="checkbox"/> |
| ஒருபோதும் இல்லை | <input type="checkbox"/> |

23) உணவை கொண்டு வருவதில் நான் கட்டுப்பாட்டுடன் அதிக கவனம் செலுத்துவேன்

- | | |
|-----------------|--------------------------|
| எப்பொழுதும் | <input type="checkbox"/> |
| பொதுவாக | <input type="checkbox"/> |
| அடிக்கடி | <input type="checkbox"/> |
| சீசமயம் | <input type="checkbox"/> |
| அரிதாக | <input type="checkbox"/> |
| ஒருபோதும் இல்லை | <input type="checkbox"/> |

24) என்னுடைய வயிறு காலியாக இருப்பதை விரும்புவேன்

எப்பொழுதும்	<input type="checkbox"/>
பொதுவாக	<input type="checkbox"/>
அடிக்கடி	<input type="checkbox"/>
சிலசமயம்	<input type="checkbox"/>
அரிதாக	<input type="checkbox"/>
ஒருபோதும் இல்லை	<input type="checkbox"/>

25) சாப்பிட்ட பிறகு வாரித எடுக்க முயல்வேன்

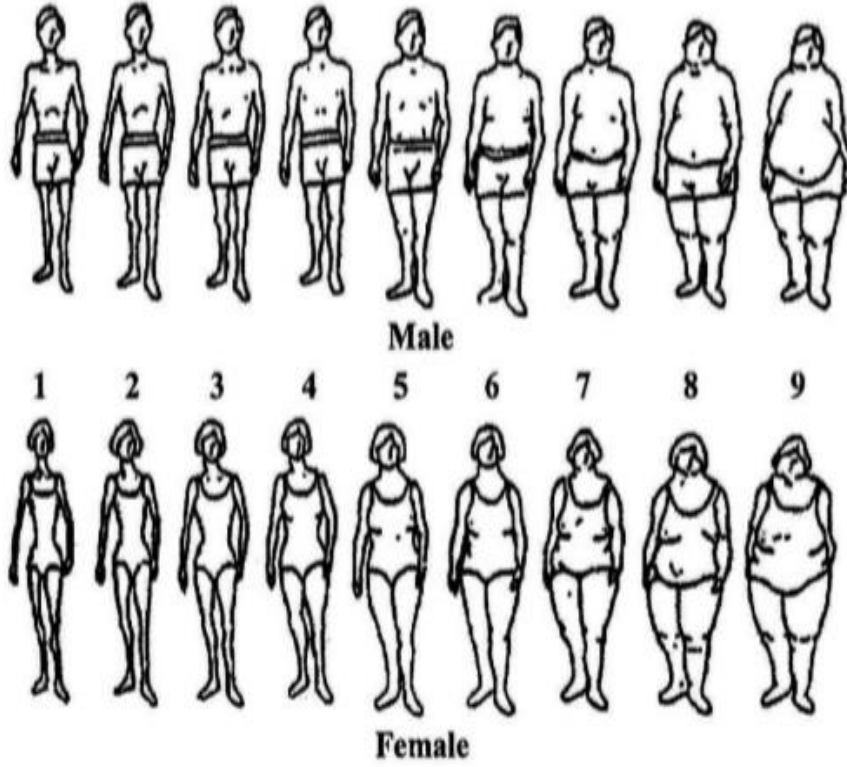
எப்பொழுதும்	<input type="checkbox"/>
பொதுவாக	<input type="checkbox"/>
அடிக்கடி	<input type="checkbox"/>
சிலசமயம்	<input type="checkbox"/>
அரிதாக	<input type="checkbox"/>
ஒருபோதும் இல்லை	<input type="checkbox"/>

26) அதிக சத்துள்ள மற்றும் கொழுப்பு நிறைந்த உணவை உட்கொள்ள எனக்கு பிடிக்கும்

எப்பொழுதும்	<input type="checkbox"/>
பொதுவாக	<input type="checkbox"/>
அடிக்கடி	<input type="checkbox"/>
சிலசமயம்	<input type="checkbox"/>
அரிதாக	<input type="checkbox"/>
ஒருபோதும் இல்லை	<input type="checkbox"/>

2. Stunkard's Figure Rating Scale

Stunkard's Figure Rating Scale



இந்த படத்தில் காணும் உடலில்

1. நீ எந்த உருவத்தை போல் இருக்கின்றாய்?
2. நீ எந்த உருவத்தை போல் ஆக ஆசைப்படுகின்றாய்?

3. Physical Activity Questionnaire for Adolescents (PAQ-A)

கீருத்துவ மருத்துவமனை, வேலூர்
பருவகால மருத்துவம், குழந்தை நலப்பிர்வு

வால்பரின் உடல் செயல்பாடுகள் பற்றிய வினாத்தாள்

பெயர்: வயது:

இனம்: ஆண் பெண் வகுப்பு:

ஆசிரியை:

கடந்த 7 நாட்களில் (1 வாரத்தில்) உங்களுடைய உடல் செயல்பாடுகள் குறித்து நாங்கள் கண்டறிய முயல்கிறோம். இதில் உங்களுக்கு வியர்வை வரவழைப்பது அல்லது உங்கள் கால்களை சோர்வடைய வைக்கும் விளையாட்டு அல்லது நடனம், அல்லது உங்களுக்கு முச்சு இறைப்பது போன்ற விளையாட்டு - கயிறு விளையாட்டு, ஓடுதல், ஏறுதல் போன்றவை.

நீனைவில் கொள்க:-

- 1) இது பரீட்சை அல்ல - இவற்றில் சரியானது அல்லது தவறான பதில் ஒன்றும் இல்லை
- 2) எல்லா கேள்விகளுக்கும் உங்களால் முடிந்தளவு நேர்மையான பதிலளிப்பது மிகவும் முக்கியம்.

உடல் செயல்பாடுகள் கடந்த 7 நாட்களில் :-

- 1) ஓய்வு நேரத்தில் உடல் செயல்பாடுகள்
-தாவுவது
-சறுக்குவது
-நடை உடற்பயிற்சி
-மீள்வண்டி
-ஏரோபிக்ஸ்

- நீச்சல்
- நடனம்
- கால்பந்து
- பூபந்து
- கைபந்து
- கூடைபந்து
- மற்றவை

2) கட்டந்த 7 நாட்களில், உங்களுடைய உடற்கல்வி நேரத்தில் நீங்கள் எவ்வளவு சுறுசுறுப்பாக இருந்தீர்கள் (கடினமாக விளையாடுதல், ஓடுதல், குத்தல்)

- நான் உடல்கல்வியில் பங்கேற்கமாட்டேன்
- பங்குபெறுவது மிகவும் கடினம்
- அடிக்கடி
- சீலசமயம்
- எப்போதும்

3)கட்டந்த ஏழு நாட்களில் உணவு நேரத்தில் சாப்பிடுவதை தவிர என்ன செய்தாய்?

- உட்கார்ந்திருப்பேன் (பேசுவேன், படிப்பேன், பள்ளி வேலை செய்வேன்
- நடப்பேன்
- ஓடுவேன் (அ) சீல சமயம் விளையாடுவேன்
- அதிகமாக விளையாடுவேன்
- ஓடுவேன், மற்றும் கடினமாக விளையாடுவேன்

4) கடந்த 7 நாட்களில், எத்தனை நாட்கள் பள்ளி முடிந்தவுடன் நடனம், விளையாட்டு போன்றவற்றில் நீங்களும் உற்சாகமாக இருந்தாய்?

- ஒருபோதும் இல்லை
- வாரத்தில் ஓர் நாள்
- வாரத்தில் 2 அல்லது 3 நாட்கள்
- வாரத்தில் 4 அல்லது 5 நாட்கள்
- வாரத்தில் 6 அல்லது 7 நாட்கள்

5) கடந்த 7 நாட்களில், எத்தனை நாட்கள் மாலை நேரத்தில் விளையாடுதல், நடனம் போன்றவற்றில் நீங்களும் உற்சாகமாக இருந்தாய்?

- ஒருபோதும் இல்லை
- வாரத்தில் ஓர் நாள்
- வாரத்தில் 2 அல்லது 3 நாட்கள்
- வாரத்தில் 4 அல்லது 5 நாட்கள்
- வாரத்தில் 6 அல்லது 7 நாட்கள்

6) கடந்த வார இறுதிநாட்களில் எத்தனை முறை விளையாடுதல், நடனம் போன்றவற்றில் நீங்களும் உற்சாகமாக இருந்தாய்?

- ஒருபோதும் இல்லை
- 1 முறை
- 2-3 முறை

- 4-5 முறை
- 6 முறைக்கு அதிகமாக

7) கட்டந்த 7 நாட்களில் இந்ல் எது ஒன்று உன்னை சிறந்தவனாக உருவகிக்கிறது? அனைத்து 5 அறிக்கைகளையும் படித்து சரியான ஒரு பதிலை அவற்றிலிருந்து தேர்ந்தெடுக்கவும்

- என் ஓய்வு நேரம் முழுவதும் சிறிதளவு உடல் கடினமான வேலை செய்தேன்
- (கட்டந்த வாரத்தில் 1-2 முறை) சில சமயம் என்னுடைய ஓய்வு நேரத்தில் உடல் பயிற்சி செய்தேன். (உ.தா. உடற்பயிற்சி விளையாட்டு, ஓட்டம், நீச்சல், மீதிவண்டி, ஏரோபிக்ஸ்)
- அடிக்கடி (கட்டந்த வாரத்தில் 3-4 முறை) என்னுடைய ஓய்வு நேரத்தில் உடல் பயிற்சி செய்தேன்.
- எப்போதும் (கட்டந்த வாரத்தில் 5-6 முறை) என்னுடைய ஓய்வு நேரத்தில் உடல் பயிற்சி செய்தேன்.
- (கட்டந்த வாரத்தில் 7 அல்லது அதற்கு மேல்) என்னுடைய ஓய்வு நேரத்தில் உடல் பயிற்சி செய்தேன்.

8. கட்டந்த வாரத்தில் ஒவ்வொரு நாளும் எத்தனை முறை உடல் சம்மந்தமான வேலை செய்தாய் (உ.தா. உடற்பயிற்சி விளையாட்டு, ஓட்டம், நீச்சல், மீதிவண்டி, ஏரோபிக்ஸ்)

இல்லை சிறிதளவு மீதமாக அடிக்கடி
எப்போதும்

தீயங்கள்

செவ்வாய்

புதன்

வியாழன்

வெள்ளி

சனி

ஞாயிறு

9) கடந்த வாரத்தில் உடல்நிலை சரியில்லாமல் இருந்ததா? உன்னுடைய தினசரி வேலையை செய்ய முடியாமல் போனதா?

ஆம்.....

இல்லை.....

ஆம் எனில் என்ன என்பதை குறிப்பிடவும்.....