

Appendix 1

Scoring Procedure of Questionnaires

IBIS: A five-point Likert scale from one to five was used for scoring answers for each item. Then for better interpretation, the 1 - 5 point scale items are transformed to 0 - 100 as follows: 1 = 0, 2 = 25, 3 = 50, 4 = 75, and 5 = 100. To calculate subscale and total scores of the IBIS, the mean is computed as the sum of the items over the number of items. Hence, the scores ranged from 0 to 100. A higher total score indicates a more negative body image.

MAQ: Adolescents answered questions about the frequency of participation in light and heavy physical activities and the number of hours spent watching TV and video or computer games or video games, as well as the number and duration of normal Iranian activities in their leisure time.

Eating habits: The scoring of this checklist was based on the five-point Likert scale. For better interpretation, the scores are transformed to 0 - 100. The total score ranged from zero to 100, and a higher score indicates healthier eating habits.

EAT-26: This questionnaire has 26 items and three subscales (dieting, bulimia and food preoccupation, oral control). The scoring of this questionnaire is based on the Likert scale. The total score of the questionnaire ranges from zero to 78, with a total score of 20 and above indicating a high risk of eating disorders.

PedsQL: The scoring of this questionnaire is based on the five-point Likert scale which is then transformed to 0 - 100 for better interpretation. The total HRQoL and its subscale scores range from zero to 100 and higher scores indicate a better quality of life.