

## Abstract

The current study examined the characteristics of weight reducers and the relationships between their weight status and the psychological and physical health. Two thousands one hundred and forty seven subjects participated in this study. Subjects completed questionnaire asking about weight reduction behaviors, physical health, and psychosocial adjustment. The findings showed that even the Chinese young women were already slimmer than the Western counterpart, most of them (55%) considered themselves as heavier than the average. However, only 21% of the respondents were actively losing weight, which was much lower than their Western counterparts. Lower self-esteem, higher depression, stronger fear of negative evaluation and more physical symptoms were found in weight reducers, suggesting that weight reduction practices were associated with poor psychological and physical health. The most prevalence weight reduction strategies was sports (68.4%), followed by reducing fatty food (65.2%). Pathogenic weight reduction practices also existed among the respondents: 7.5% fasting, 1.9% using laxatives, 2% vomiting, and 0.5% trying surgery. Moreover, the choice of methods was related to the SES, age, current BMI, perceived weight status, and self-efficacy.