

### Abstract

The current study examined the characteristics of weight control practices among 2088 adolescent girls in Hong Kong. Participants completed a questionnaire about their attitudes towards their body weight, the weight control practices, and the psychological measures assessing their self-esteem, fear of negative evaluation, depression, self efficacy and physical symptoms. Results showed that there is 19.5% weight reducers in the sample. It is less prevalent as compared to the Western counterparts. However, a rising trend is found when it is compared to previous local studies. In general, a more negative pattern of psychological well-being and health were found in girls with higher current weight, more past weight reduction methods attempted and are current weight reducers. They are the risk groups that require more attention.