

## Abstract

This study examined the psychological characteristics of Chinese adolescent girls in Hong Kong displaying different weight and mood problems. One thousand seven hundred and ninety-nine schoolgirls from three secondary schools served as participants in this study. Participants completed a package of self-reported questionnaire which assessed various aspects of psychological functioning. Overweight was defined as having a BMI of 23-24 or above, and those scored higher than the mean scores of the Depressed Mood Scale were categorized as having mood problem. Mood functioning was able to differentiate qualitatively different subgroups among the overweight and normal weight girls. Overweight girls who also scored higher on depressed mood, when compared with overweight girls who were low in depressed mood, had higher level of body dissatisfaction, drive for thinness, fear of negative evaluation, dieting and bingeing behavior but lower level of self-esteem. Overweight girls exhibiting low depressed mood were not necessarily poorly adjusted when compared with normal weight girls with mood problem.