

Correlates of Weight Stigma in Adults with Overweight and Obesity: A Systematic Literature Review

This study aims to systematically review the biopsychosocial consequences of stigma in adults with overweight/obesity.

Numerous biopsychosocial correlates of weight stigma were studied. Results were categorised into two groups: by community samples and treatment-seeking populations.

The review elucidated the fact that weight stigma is consistently linked to a plethora of negative biopsychosocial health effects, including: poor mental health, anxiety, depression, stress, substance abuse and medical non-adherence. In addition to this, these associations between stigma and biopsychosocial health effects are stronger in individuals who experience internalised weight bias and stigma.

Papadopoulos, Stephanie, and Leah Brennan. "Correlates of Weight Stigma in Adults with Overweight and Obesity: A Systematic Literature Review." *Obesity*, vol. 23, no. 9, 11 Aug. 2015, pp. 1743–1760, 10.1002/oby.21187.