**Table 1.** Characteristics of participants on the study (means ± SD)

|  |  |  |  |
| --- | --- | --- | --- |
|  | **Women (n=94)** | **Men (n=93)** | **p-value** |
| Age (years) | 20.5 ± 1.5 | 20.6 ± 1.4 | NS |
| Height (cm) | 168.5 ± 6.0 | 181.9 ± 6.6 | 0.001 |
| Weight (kg) | 61.9 ± 8.3 | 77.9 ± 8.7 | 0.001 |
| Fat (%) | 23.6 ± 5.2 | 10.8 ± 3.8 | 0.001 |
| BMI (kg/m2) | 21.7 ± 2.3 | 23.5 ± 2.3 | 0.001 |

*Note*. BMI - body mass index; Fat (%) - body fat percentage

**Table 2.** Serum lipids profile of study participants (means ± SD)

|  |  |  |  |
| --- | --- | --- | --- |
|  | **Women (n=94)** | **Men (n=93)** | **p-value** |
| TG (mg/dl) | 69.6 ± 24.8 | 74.7 ± 28.7 | NS |
| TC (mg/dl) | 163.7 ± 27.7 | 155.8 ± 23.6 | 0.03 |
| HDL-C (mg/dl) | 72.5 ± 13.5 | 57.2 ± 11.1 | 0.01 |
| LDL-C (mg/dl) | 77.2 ± 23.9 | 83.6 ± 19.7 | NS |

*Note*. TG - triacylglycerols; TC - total cholesterol; HDL-C - HDL cholesterol; LDL-C - LDL cholesterol

**Table 3.** Plasma levels of selected hormones of study participants (means ± SD)

|  |  |  |  |
| --- | --- | --- | --- |
|  | **Women (n=94)** | **Men (n=93)** | **p-value** |
| TSH (μIU/ml) | 2.4 ± 1.1 | 2.5 ± 1.1 | NS |
| T3 (ng/dl) | 116.1 ± 27.7 | 116.5 ± 18.6 | NS |
| T4 (μg/dl) | 7.3 ± 1.5 | 6.8 ± 0.9 | 0.01 |
| Glucose (mg/dL) | 81.0 ± 5.4 | 84.7 ± 5.8 | 0.001 |
| Insulin (μIU/mL) | 6.0 ± 2.7 | 5.1 ± 2.0 | 0.01 |
| Cortisol (μg/dL) | 18.0 ± 8.5 | 15.7 ± 3.3 | 0.02 |

*Note*. TSH - thyrotropin; T3 - triiodothyronine; T4 - thyroxine

**Table 4.** Frequency distribution of responses regarding dissatisfaction with your body shape

|  |  |  |  |
| --- | --- | --- | --- |
|  | **Women (n=94)** | **Men (n=93)** | Chi 2  (p)  4.4313  (0.0517) |
| Number of dissatisfied individuals | 39.0 | 25.0 |  |
| Percentage of the group | 41.5 | 26.9 |  |

**Table 5.** Frequency distribution of responses regarding Stunkard figure rating scale

|  |  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
|  | **Women** | **(n=94)** | | **Chi 2**  **(p)** | | **Men** | | **(n=93)** | | **Chi 2**  **(p)** | |
| Figure number | **S (n=55)** | **D (n=39)** | | 28.70  (0.0001) | | **S (n=68)** | | **D (n=25)** | | 24.08  (0.0002) | |
| 1 | - | - | |  | | 1 (1) | | 4 (1) | |  | |
| 2 | 9\* (5) | 2 (1) | |  | | 18 (12) | | 20 (5) | |  | |
| 3 | 35 (19) | 16 (6) | |  | | 38 (26) | | 24 (6) | |  | |
| 4 | 49 (27) | 49 (19) | |  | | 40 (27) | | 28 (7) | |  | |
| 5 | 5 (3) | 23 (9) | |  | | 3 (2) | | 16 (4) | |  | |
| 6 | 2 (1) | 8 (3) | |  | | - | | 8 (2) | |  | |
| 7 | - | - | |  | | - | | - | |  | |
| 8 | - | 2 (1) | |  | | - | | - | |  | |
| 9 | - | | - | | - | |  | | - | |  |

*Note.* S - individuals satisfied with their body shape; D - individuals dissatisfied with their body shape; \*percent of participants; in brackets - number of subjects

**Table 6.** Plasma levels of cortisol, body fat content, energy intake and daily energy expenditure of men and women satisfied and dissatisfied with their body shape

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
|  | **Cortisol (µg/dl)** | **Fat (%)** | **EI (kcal/day)** | **DEE (kcal/day)** |
|  |  | **Women (n=94)** |  |  |
| **S\* (n= 55)** | 18.2 ± 7.9 | 22.5 ± 4.8 | 2000.4 ± 669.4 | 2140 ± 178.8 |
| **D (n=39)** | 18.2 ± 9.5 | 25.3 ± 5.4 | 1868.3 ± 478.4 | 1918 ± 289.5 |
| **p-value** | NS | 0.004 | 0.01 | 0.01 |
|  |  | **Men**  **(n=93)** |  |  |
| **S (n=68)** | 15.7 ± 3.1 | 10,3 ± 3.4 | 2947.7 ± 768.8 | 2934 ± 256.5 |
| **D (n=25)** | 15.7 ± 3.4 | 12,4 ± 4.5 | 2983.0 ± 997.4 | 2960 ± 690.1 |
| **p-value** | NS  0.01\* | 0.01  0.001\* | NS  0.001\* | NS  0.001\* |

*Note.* S - individuals satisfied with their body shape; D - individuals dissatisfied with their body shape; DEE - daily energy expenditure; EI - energy intake; \* - significantly different vs. appropriate group of women

|  |
| --- |
|  |

**Figure 1.** Stunkard figure rating scale