



The

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specificity values of 86.7% and 84.8 % respectively. Positive predictive value was 79.6%, while negative predictive value was 90.3 % .Most of the food items showed correlation coefficient more than 0.7.

Conclusions: The ADHAQ is a valid and reliable instrument in future researches on adolescents' dietary habits.

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Anthropometric parameters and performances in working memory tasks in a sample of young adults in Colombo District, Sri Lanka

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Objectives: As recent studies have shown that obesity has been associated with poor cognitive functions, a study was conducted to assess the association between working memory (WM) and basic anthropometric measurements in a sample of 157 young adults aged 21-25 years in Colombo District, Sri Lanka.

Methods: Body mass index (BMI), Waist to hip ratio (WHR) and body fat percentage (BF%) were calculated as anthropometric measurements. WM was assessed via computerized visuospatial (VSWM) and verbal working memory (VWM) tasks.

Results: Study sample comprised of 49.7% of females with mean scores of VSWM and VWM of 24.39±8.94 and 3.10±0.76 respectively. In the study sample 32.7% and 29.6% were overweight and obese while 75.3% and 50% of males and females were in high WHR category. The significant group effect was observed in means scores of both VSWM and VWM with normal weight, overweight and obese groups [$p < 0.05$; ($df=2$, $F= 12.99$ & $df=2$, $F= 10.95$)] with significantly lower performances in VSWM in overweight and in obese categories compared with normal weight. A significantly lower scores were observed in means scores of VSWM for both male and female group with high WHR compared with normal WHR ($p < 0.05$). A negative significant correlation was observed for males and females in VWM with BF% ($r = -0.254$ & $r = -0.468$; $p < 0.05$) and with VSWM scores with BF% ($r = -0.543$, $p < 0.05$).

Conclusions: The young adults in the study sample who were obese, high WHR and high BF% had poor WM when compared with normal BMI, WHR and BF%.

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Variation in body fat distribution in a population of management assistants in Anuradhapura Municipal Council area – A preliminary study

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Objective: The objective of the present preliminary study was to determine fat distribution in various body compartments among management assistants (a sedentary occupation) from Anuradhapura municipal council area.

Method: This was a descriptive cross sectional study [$n=32$; males=7; females=25]. Body fat was measured using an 8 electrode bio impedance analyzer system (HBF375 Karada Scan, Japan). Weight and height were measured using standard methods and BMI was calculated [$\text{weight}(\text{kg}) / \text{height}^2(\text{m}^2)$].

Results: Mean age of the population was 37(SD±9) years. According to BMI, 4 males and 18 females of the