

**Pediatric quality of life multidimensional fatigue scale (PedsQL-MFS) detects the effects of a 3-week Inpatient body weight reduction program for children and adolescents with obesity.**

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Background: fatigue is a frequent complaint amongst children and adolescents with obesity, and it interferes with adherence to dietary and exercise regimes that could reduce obesity. The present study evaluated the effect of an inpatient 3-week body weight reduction program on body weight and fatigue.

Method: one hundred children and adolescents with obesity (64% female; aged 11-18 years) undertook an inpatient program of personalized diet, daily exercise, education, and counselling.

Results: the sample evidenced a mean reduction in body mass (females:  $\Delta M = 4.3$  (sd = 2.1) kg,  $p < .001$ ), males:  $\Delta M = 6.2$  (sd = 2.6) kg,  $p < .001$ ), BMI standard deviation score (females:  $\Delta M = 0.17$  (sd = 0.07), males:  $\Delta M = 0.24$  (sd = 0.08),  $p < .001$ ) and fatigue (females:  $\Delta M = 7.8$  (sd = 9.7), males:  $\Delta M = 5.0$  (sd = 6.9),  $p < .001$ ) as measured by the Pediatric Quality of Life Multidimensional Fatigue Scale (PedsQL-MFS) and improvements on the Attention problems subscale of the Youth Self Report (total sample:  $\Delta M = 0.89$  (sd = 2.44),  $p < .001$ ). Reliable change analyses revealed fatigue changes were achieved by up to 34% females and 17% males, but the majority did not achieve reliable change and changes in fatigue were not correlated with changes in body mass.

Conclusions: the program achieved clinically significant improvements in some children and adolescents. Future studies should explore predictors of treatment responsiveness.

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