



# The SCIENTIFIC SESSIONS 2017

*“Building Bridges for Better Health”*

Faculty of Medical Sciences, University of Sri Jayewardenepura  
in collaboration with  
Colombo South Teaching Hospital  
Sri Jayewardenepura General Hospital  
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**Book of Proceedings**

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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.

#### PP68

##### **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  $24.39 \pm 8.94$  and  $3.10 \pm 0.76$  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%.

#### PP69

##### **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  $37(\text{SD} \pm 9)$  years. According to BMI, 4 males and 18 females of the