

Table 1. Unadjusted and propensity score-adjusted analysis¹ on perceived stigmatisation reported by respondents across different weight categories

	Class I obesity BMI 27.5–34.9	Class II obesity BMI 35–39.9 (unadjusted)	Class III obesity BMI ≥40 (unadjusted)	Class II obesity BMI 35–39.9 (adjusted)	Class III obesity BMI ≥40 (adjusted)
	PRR (95% CI)	PRR (95% CI)	PRR (95% CI)	PRR (95% CI)	PRR (95% CI)
Self (perception) domain					
1. Do you consider obesity a disease?	1	0.79 (0.26–2.37)	1.10 (0.41–2.97)	0.84 (0.28–2.57)	0.92 (0.32–2.62)
2. Do you believe that your weight is solely your own responsibility?	1	0.25 (0.07–0.93)	0.95 (0.26–3.55)	0.23 (0.06–0.87)	0.85 (0.22–3.33)
3. Do you believe that pressures (out of your control) have affected how you manage your weight?	1	0.34 (0.09–1.28)	0.82 (0.23–3.01)	0.31 (0.08–1.20)	0.62 (0.16–2.43)
4. Do you blame yourself for your weight issues?	1	0.49 (0.15–1.61)	1.58 (0.48–5.25)	0.52 (0.15–1.79)	1.36 (0.38–4.89)
Social domain					
1. Have you ever been stigmatised, criticised, or abused as a direct result of your weight?	1	1.69 (0.55–5.26)	1.44 (0.53–3.93)	1.60 (0.51–5.03)	1.14 (0.40–3.31)
2. Has this (stigmatisation) affected your motivation to gain better health by healthy diet and exercise?	1	0.50 (0.12–2.14)	2.40 (0.57–10.05)	0.31 (0.06–1.56)	4.66 (0.86–25.38)
3. Has this (stigmatisation) led you to consume unhealthy food, overconsume food or partake in less exercise?	1	3.54 (0.78–16.03)	10.80 (2.36–49.47)	2.54 (0.48–13.41)	24.94 (3.61–172.41)
4. Has this (stigmatisation) affected your overall confidence level and sense of self-worth?	1	0.64 (0.10–4.14)	2.46 (0.31–19.68)	0.95 (0.13–7.01)	3.23 (0.31–34.31)
5. Has this (stigmatisation) caused you to have low mood or feel depressed?	1	0.38 (0.08–1.84)	1.44 (0.29–7.21)	0.46 (0.09–2.37)	1.48 (0.27–8.13)
6. Have you ever been blamed by others for your weight issues?	1	0.35 (0.09–1.35)	1.29 (0.46–3.62)	0.34 (0.08–1.37)	0.94 (0.31–2.87)
Healthcare domain					
1. Have you discussed being overweight or losing weight with a healthcare provider over the last 5 years?	1	0.40 (0.11–1.53)	0.34 (0.10–1.17)	0.38 (0.10–1.44)	0.32 (0.09–1.15)
2. Do you feel comfortable discussing your weight problems at the polyclinic?	1	0.19 (0.02–1.77)	0.18 (0.02–1.51)	0.18 (0.02–1.69)	0.24 (0.03–2.10)
3. Have you ever felt that you were not treated with dignity and respect by healthcare professionals, or discouraged to discuss your weight problems?	1	0.63 (0.13–3.13)	2.19 (0.63–7.59)	0.65 (0.13–3.27)	1.85 (0.49–6.91)
Workplace or education domain					
1. Have you ever been bullied at school because of your weight?	1	1.77 (0.53–5.92)	1.76 (0.59–5.29)	1.88 (0.55–6.40)	1.33 (0.41–4.27)
2. Have you ever missed out on jobs, overlooked for job promotions, or retrenched because of your weight?	1	3.14 (0.57–17.35)	7.74 (1.62–36.91)	3.34 (0.60–18.72)	5.73 (1.16–28.47)

BMI: body mass index; CI: confidence interval; PRR: prevalence rate ratio

¹Propensity score was computed to adjust for all sociodemographic parameters, which include age, sex, ethnicity, education and income level. BMI 27.5–34.9 (class I obesity) was taken as the reference category. Values in bold are statistically significant