

Table 2 KIDMED questions among the groups and conditional logistic regression analysis of predictive factors for constipation

Variable	Cases (n = 221)	Controls (n = 230)	P-value ^b	OR (95% CI) ^a
	No. (%)	No. (%)		
Consumes fruit regularly (at least two portions a day)			< 0.001	
Yes	89 (40.3)	138 (60.0)		0.69 (0.45–1.05)
No (Ref)	132 (59.7)	92 (40.0)		
Consumes vegetables regularly (at least two portions a day)			< 0.001	
Yes	27 (12.2)	75 (32.6)		0.44 (0.24–0.81)
No (Ref)	194 (87.8)	155 (67.4)		
Consumes fish regularly (at least two–three portions a week)			< 0.001	
Yes	28 (12.7)	63 (27.4)		0.64 (0.41–1.02)
No (Ref)	193 (87.3)	167 (72.6)		
Consumes olive oil at home			< 0.001	
Yes	158 (71.5)	209 (90.9)		0.78 (0.53–1.10)
No (Ref)	63 (28.5)	21 (9.1)		
Likes and consumes pulses (more than once a week)			0.010	
Yes	150 (67.9)	182 (79.1)		0.86 (0.64–1.21)
No (Ref)	71 (32.1)	48 (20.9)		
Consumes sweets several times a day			< 0.001	
Yes (Ref)	152 (68.8)	120 (52.2)		1.35 (0.96–1.91)
No	69 (31.2)	110 (47.8)		

OR= odds ratio; CI= confidence interval; Ref= reference category.

^aAdjusted for age, sex, body mass index, maternal and paternal educational level and socioeconomic status of family.

^bP < 0.05 statistically significant.