

ABSTRACT

Introduction: Due to changes in our lifestyle obesity has become a pandemic over the last couple of years. It is a multifactorial disease with a devastating impact on our health. Besides that, obesity can have an impact on our psychological health as well (depression, anxiety) which can lead to eating disorders. The common features of all eating disorders are disturbed eating behaviour as well as disturbed body image, which is also the case with obesity.

Objectives: The aim of this study is to analyze the issue of a mutual occurrence of obesity and eating disorders in newcomers at obesity clinic. A total of 4 major research objectives have been identified mapping the incidence of depression and anxiety, craving intensity, eating psychopathology and eating disorders.

Methods: The data were obtained using questionnaires and subsequently evaluated in Microsoft Excel. Five questionnaires were selected for data collection: a short anamnesis questionnaire, The Beck Depression and Anxiety Inventory (BDI-II and BAI), The Three Factor Eating-Questionnaire (TFE-Q), The General Food-Craving Questionnaire – Trait (G-FCQ-T) and The EDE-Q Questionnaire.

Results: Respondents were concerned about the shape and weight of their own bodies the most. They were self-conscious about looking at it and kept their bodies concealed. Despite of that, just a few of them reduced the food intake for the purpose of reducing their weight. According to the results, 1/3 of the respondents were controlling themselves in the food intake and 1/3 of the respondents were losing restraint while eating food. Most respondents had worsened perception for physiological hunger. Higher levels of depression and anxiety were shown in 1/4 of respondents. The level of craving was not significantly higher.

Conclusion: This finding could lead to a consideration of possible psychological help for weight reduction. Above all, the emphasis should be on multidisciplinary composition of the team of experts in the field of obesity

Keywords: Obesity, Eating Disorders, Binge Eating, Night Eating Syndrome, Eating Psychopathology