

Abstract

Obesity is a growing problem of our society; its prevalence is almost reaching 60 %. It is a complex problem, influenced by physical, psychological, and social factors, so its therapy needs to be approached holistically. However, weight management programmes are not effective enough and health care professionals are trying to develop a new approach. Still emerging findings about self-compassion (= a kind way of relating to oneself when experiencing pain) suggest its potential effectivity in obesity treatment. People with obesity tend to lack self-compassion, so the new approaches aim to increase their level of compassion. This could support people's adherence to a weight management plan.