

The topic of his thesis, depression is associated with less weight reduction in reducing dietary regime? I chose based on their interest in problems of obesity and diabetes.

Obesity is now recognized as a very serious disease that worsens quality of life and shortens its duration. Along with hypertension and diabetes dyslipidemia, obesity is one of the four main diseases that in developed countries frequently cause death. The cause of obesity is disturbed balance between intake and energy expenditure, particularly excessive caloric intake and insufficient physical activity .. In the last decade, the prevalence of obesity worldwide sharply rise, experts even talk about the obesity epidemic

The first part will focus on the definition, epidemiology, etiopathogenesis, diagnosis, and treatment of obesity, insulin resistance and depression.

In the next section, I will summarize the current knowledge about the context of obesity, depression and insulin

resistance. The third part of the thesis describes the clinical study. The study will focused on women in reducing dietary program and will seek changes in their body weight, insulin resistance, and depression. Among these factors I

search context. I will try to answer the question of whether depression is associated with less reduction in weight reduction diet regime. The findings of depression as a predictor weight loss could then be used to clinically effective treatment obesity and insulin resistance.