

ABSTRACT

The objective of this thesis was to monitor the influence of cognitive-behavioral therapy on weight reduction and dietary habits change within the courses of STOB (Stop obesity). These courses are aimed at overweight reduction and their programs include cognitive-behavioral therapy, which is a method of psychological therapy.

The study data was obtained in STOB courses that took place in September 2003, January and April 2004. The overall duration of the courses was 12 weeks, sessions took place once a week and consisted of 90 minutes of theory – cognitive-behavioral therapy – and 60 minutes of individually adjusted physical activity.

Three instruments were used for data collection: “3 day recall – printed version of a questionnaire” (records of dietary habits throughout all the day), “Frequency and popularity of comestibles questionnaire” and “Physical activity standardized questionnaire.” Data was acquired from 420 individuals taking part in those courses. Criteria for inclusion were BMI over 25 and female sex.

Participants were divided in 3 groups. “Drop-outs” were the ones that took part in 6 or less lessons of the course, there were 120 women included in this group. Remaining 300 individuals formed the group of graduates. The absolvent group was then divided in a group of “successful graduates,” who lost 5 or more percent of their original weight – 154 individuals. The remaining individuals that completed the course but lost less than 5 percent compared to their original weight formed the group of “unsuccessful graduates” - altogether 146 individuals were included in this group. The successfulness criterion, weight loss of 5 and more percent, was set due to the scientific evidence that weight loss of 5 and more percent of the original weight significantly correlates with the cardiovascular and carcinogenic risk reduction.

Due to the aim and extent of the study only the group of individuals that took part in more that 50 percent of therapeutic lessons was studied.

Couple T-test was used to compare the results of different groups and Pearson correlation coefficient was used to evaluate correlation amongst the variables.

Within the graduates group the physical activity was increased, the overall energy intake was decreased and also different nutrient amounts – i.e. proteins, fats, saturated fats, cholesterols, carbohydrates - were decreased. Also the intake of some minerals, vitamins and

water decreased. In reverse, the frequency of meat, cereals and sweet and fatty meals consumption increased.

The results indicate that the graduates lowered their energy income, but did not change the nourishment composition. Due to this it is necessary to concentrate the courses more profoundly on the nourishment composition change which would contribute to improved eating habits and decrease health risks resulting from obesity.