

Abstract:

Topic: Adherence and compliance with weight reduction modes

This bachelor thesis deals with the impact of an individual two-month weight reduction program with regular and continuous online controlling of the body weight and the diet.

The main goal is to determine the changes in body composition and weight in patients based on input and output analysis method to evaluate the success of the program.

The second goal is to verify whether the regular and continuous online controlling method and online counseling with a nutritional therapist, did have an impact on adherence and compliance of patients on the reduction program.

The weight reduction program took place at the 3rd. Medical Department - Clinic of Endocrinology and Metabolism of the 1st Faculty of Medicine, Charles University and General Teaching Hospital in Prague. Body composition analysis was assessed using the InBody 720 bioimpedance device. Measured components were: following body weight, BMI, body fat and the skeletal muscle mass.

From all 11 patients who started the two-month individual weight reduction program with the regular and continuous online control have 9 patients complete the program, this means 82% complete rate. These 9 patients, on average represents 90 research days, while the average number of the actually recorded days was 87.6. This correspond to an enormous 97% compliance.

Statistically significant differences between the input and output values could have been registered. Average body weight reduction achieved was 4.3 kg and the average body fat loss was 5.9 kg.

We could see an undisputed positive influence of our method with the two-month individual reduction program with the regular continuous online controlling on the patients, improving their adherence and compliance to the weight reduction program.

Through the intense and close contact with patients, significant positive changes could have been reach. It could be state that, the longer and more intensely we work with the patients, the greater the chance to influence them and bring them on the right path to a healthy lifestyle. This trial shows us, how important the close and intense professional guidance is on the way from overweight or obese to normal heaalthy weight.

Key words: Obesity, Weight loss, Body composition, Energy balance, Adipose tissue, Methods of treating obesity, Motivation for treatment.