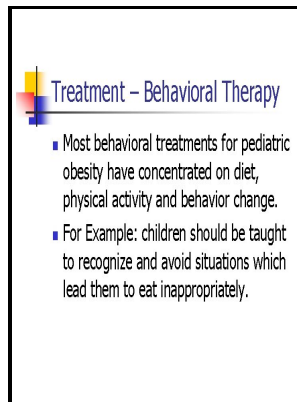


Behavioral treatments of obesity

Pergamon Press - Behavioral therapy for management of obesity



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Behavioral treatment of obesity

Self-monitoring Self-monitoring is a key part of this type of therapy.

Behavioral therapy for management of obesity

Self-monitoring includes maintaining food diaries and activity logs.

Behavioral Treatment for Obesity

Stimulus control includes proper purchase of food items, excluding energy-dense processed food from the shopping basket and introduction of more fruits and vegetables. Daily energy expenditure has declined with each major shift in the national economy—from agriculture to manufacturing to service industry to the current information economy.

Behavioral Treatment for Obesity

This may include making meal plans.

Behavioral treatment of obesity

There is also an attempt to bring some practical pointers that we can adopt when dealing with patients of obesity. Others include altering the amount of food served on the table or reducing the size of plates and containers, concentrating on eating without being distracted by television or reading material and reducing proximity to food. This may include goals like brisk walking at least four times a week, increasing meal times by 10 minutes, etc.

Behavioral therapy for management of obesity

Repeated studies have shown that self-monitoring and increasing physical activity are consistently associated with better outcomes in the long and short term.

Behavioral treatment of obesity

You should also be ready to talk about your current diet and fitness habits. To reinforce lifestyle changes, behavioral therapy BT has been incorporated into the overall intervention under the belief that obesity is a result of maladaptive eating patterns and exercise habits.

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