

Behavioral Stages of Change in Calorie Balanced Dietary Intake; Effects of Decisional Balance and Self-Efficacy in Obese and Overweight Women

Authors : Abdmohammad Mousavi, Mohsen Shams, Mehdi Akbartabar Toori, Ali Mousavizadeh, Mohammad Ali Morowatisharifabad

Abstract : Introduction: The effectiveness of Transtheoretical Model constructs on dietary behavior change has been subject to questions by some studies. The objective of this study was to determine the relationship between self-efficacy and decisional balance as mediator variables and transfer obese and overweight women among the stages of behavior change of calorie balanced dietary intake. Method: In this cross-sectional study, 448 obese and overweight 20-44 years old women were selected from three health centers in Yasuj, a city in south west of Iran. Anthropometric data were measured using standard techniques. Demographic, stages of change, self-efficacy and decisional balance data were collected by questionnaires and analyzed using One-Way ANOVA and Generalized Linear Models tests. Results: Demographic and anthropometric variables were not different significantly in different stages of change related to calorie intake except the pre-high school level of education ($P=.047$, $OR=502$, $95\% CI= .255 \sim .990$). Mean scores of Self-efficacy ($F(4.425)= 27.09$, $P= .000$), decisional balance ($F(4.394)$, $P=.004$), and pros ($F(4.430)=5.33$, $P=000$) were different significantly in five stages of change. However, the cons did not show a significant change in this regard ($F(4.400)=1.83$, $P=.123$). Discussion: Women movement through the stages of changes for calorie intake behavior can be predicted by self efficacy, decisional balance and pros.

Keywords : transtheoretical model, stages of change, self efficacy, decisional balance, calorie intake, women

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