

Effects of Transtheoretical Model in Obese and Overweight Women Nutritional Behavior Change and Lose Weight

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

Abstract : The effectiveness of Transtheoretical Model (TTM) on nutritional behavior change and lose weight has been subject to questions by some studies. The objective of this study was to determine the effect of nutritional behavior change and lose weight interventions based on TTM in obese and overweight women. This experimental study that was a 8 months trial nutritional behavior change and weight loss program based on TTM with two conditions and pre-post intervention measurements weight mean. 299 obese and overweight 20-44 years old women were selected from two health centers include training (142) and control (157) groups in Yasuj, a city in south west of Iran. Data were analyzed using paired T-test and One-Way ANOVA tests. In baseline, adherence with nutritional healthy behavior in training group(9.4%) compare with control(38.8%) were different significantly($p=.003$), weight mean of training(Mean=78.02 kg, SD=11.67) compared with control group(Mean=77.23 kg, SD=10.25) were not ($P=.66$). In post test, adherence with nutritional healthy behavior in training group(70.1%) compare with control (37.4%) were different significantly ($p=.000$), weight mean of training (Mean=74.65 kg, SD=10.93, $p=.000$) compare with pre test were different significantly and control (Mean=77.43 kg, SD=10.43, $p=.411$) were not. The training group has lost 3.37 kg weight, whereas the control group has increased .2 kg weight. These results supported the applicability of the TTM for women weight lose intervention.

Keywords : nutritional behavior, Transtheoretical Model, weight lose, women

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