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Body Image Dissatifaction with and Personal Behavioral Control in Obese Patients Who are Attending to Treatment

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Abstract : The objective was to determine the predictive capacity of self-efficacy perceived for weight control, locus of weight control and skills of weight self-management in the dissatisfaction of the body image in obese people who attend treatment. Sectional study conducted in the city of Maracay, Venezuela, with 243 obese who attend to treatment, 173 of the feminine gender and 70 of the male, with ages ranging between 18 and 57 years old. The sample body mass index ranged between 29.39 and 44.14. The following instruments were used: The Body Shape Questionnaire (BSQ), the inventory of body weight self-regulation, The Inventory of self-efficacy in the regulation of body weight and the Inventory of the Locus of weight control. Calculating the descriptive statistics and of central tendency, coefficients of correlation and multiple regression; it was found that a low 'perceived Self-efficacy in the weight control' and a high 'Locus of external control', predict the dissatisfaction with body image in obese who attend treatment. The findings are a first approximation to give an account of the importance of the personal control variables in the study of the psychological grief on the overweight individual.

Keywords : dissatisfaction with body image, obese people, personal control, psychological variables
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