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Psycho-nutritional intervention to reduce weight and improve body image and self-esteem in people who are overweight or obese

Submission date
27/10/2023

Recruitment status
No longer recruiting

Registration date
10/11/2023

Overall study status
Completed

Last Edited
10/11/2023

Condition category
Nutritional, Metabolic, Endocrine

[ ] Prospectively registered
[ ] Protocol
[ ] Statistical analysis plan
[ ] Results
[ ] Individual participant data
[ ] Record updated in last year

Plain English summary of protocol

Background and study aims
The current growing levels of prosperity have led to habits such as inactivity and high-calorie diets, which can result in overweight and obesity. These diseases are associated with decreases in self-esteem and deterioration of body image, ultimately leading to psychological disorders such as depression and anxiety. The aim of this study is to assess the suitability of a psycho-nutritional model to improve the perception of body image and increase the self-esteem of individuals who are overweight or obese.

Who can participate?
Overweight and obese individuals who are aged between 25 and 70 years old

What does the study involve?
The study involves a cognitive-behavioral and nutritional intervention and there will be measurements of weight, self-esteem, and perception of body image obtained at specific time points throughout the study.

What are the possible benefits and risks of participating?
The possible benefits include weight loss and improvements in self-esteem and body image. There are no expected risks.

Where is the study run from?
San Antonio Catholic University of Murcia (Universidad Católica San Antonio de Murcia) (Spain)

When is the study starting and how long is it expected to run for?
March 2015 to March 2018

Who is funding the study?
Investigator initiated and funded

Who is the main contact?
Elvira González Fernández, egonzalez495@alu.ucam.edu

Contact information

Type(s)
Public, Scientific, Principal investigator

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Additional identifiers

Central Portfolio Management System (CPMS)
55773

Study information

Scientific Title
Psycho-nutritional intervention to improve the self-concept of body image and increase self-esteem of overweight and obese individuals

Study objectives
The aim of the present study was to assess the suitability of a psycho-nutritional model to improve the perception of body image and increase the self-esteem of individuals who are overweight or obese

Ethics approval required
Ethics approval required

Ethics approval(s)
Approved 22/07/2022, Catholic University of Murcia (UCAM) (Campus de los Jerónimos s/n. 30107 Guadalupe, Murcia., 30107, Spain; +34968278800; info@ucam.edu), ref: CE072205

Primary study design
Interventional

Study design
Quasi-experimental study with repeated pretest-posttest measurements

Study type(s)
Treatment

Health condition(s) or problem(s) studied
Overweight and obese individuals

Interventions
This is a quasi-experimental study with repeated pretest-posttest measurements of a single group, without a group control, with three differentiated moments in time (pretest, posttest, and follow-up a year after the end of the therapeutic process).

The procedure will be implemented in such a way that initial significant achievements in overweight and obesity are obtained through a psycho-nutritional program. This intervention will begin in 2015 with data collected until 2018, by asking for the voluntary, anonymous, and confidential participation of users who visited a private clinical nutrition center in Galicia (Spain) to ask for services to treat overweight and obesity. A cognitive-behavioral and nutritional intervention is applied. The intervention will be performed by a psychologist who is also a nutritionist. Thus, the users are informed that they will be assigned a numerical tag to associate their data, which are collected at three separate points in time (before the intervention [pretest], at the end of the intervention [post-test], and a year after discharge [follow-up]). Before collecting information, the participants were informed in detail about the objectives and the content of the study, after which they signed the informed consent form. At all times, they have ensured the confidentiality of the information collected, according to the ethical guidelines of the Declaration of Helsinki, aside from the approval from the Ethics Committee from the Catholic University of Murcia, Spain.

The number of kilos lost in each case will be agreed upon with the users, who are also informed that the intervention will last between 15 to 20 weekly therapeutic sessions through which reductions in weight between 1 and 5 kg can be obtained.

Intervention Type
Behavioural

Primary outcome(s)
1. Weight measured using a digital floor scale at the end of the intervention and at follow-up (a year after the end of the intervention)

Key secondary outcome(s)
The following secondary outcome measures were assessed before the intervention (at the pretest), at the end of the intervention (posttest) and a year after discharge (follow-up):
1. Self-esteem measured using the Rosenberg Self-Esteem Scale (RSES)
2. Self-evaluation of body image using the Body-Esteem Scale (BES)

Completion date
25/07/2023

Eligibility

Key inclusion criteria
1. Men and women
2. Between 25 and 70 years old
3. Overweight and obese individuals

Participant type(s)
Patient

Healthy volunteers allowed
No

Age group
Mixed

Lower age limit
25 Years

Upper age limit
70 Years

Sex
All

Total final enrolment
55

Key exclusion criteria
1. Normal weight
2. Over 70 years old
3. Under 25 years of age

Date of first enrolment
20/03/2018

Date of final enrolment
07/03/2020

Locations

Countries of recruitment
Spain

Study participating centre
Euromedical
Rua Garcia Camba, 14
Pontevedra
Spain
36001

Sponsor information

Organisation
Universidad Católica San Antonio de Murcia

ROR
https://ror.org/05b1rsv17

Funder(s)

Funder type
Other

Funder Name
Investigator initiated and funded

Results and Publications

Individual participant data (IPD) sharing plan

The datasets generated during and/or analysed during the current study will be available upon request from Elvira González Fernández (evirgalicia@gmail.com). The data that will be provided will be the results obtained in the different measurement instruments used, always from the confidentiality and anonymity of the participants who gave their consent.

IPD sharing plan summary

Available on request