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EFFECTIVENESS OF MINDFULNESS BASED COGNITIVE THERAPY (MBCT) AND HYPOCALORIC DIET ON WEIGHT LOSS, IMPROVEMENT OF HYPERTENSION AND ATTENTIONAL BIAS TO EATING CUES IN OVERWEIGHT PEOPLE

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Introduction: Prevalence of obesity and overweight are increasing dramatically in the entire world. This study aimed to evaluate the effect of mindfulness-based cognitive therapy (MBCT) on weight loss and decrease of blood pressure and attentional bias to eating cues in overweight women.

Method: This study was accomplished by pre and post-test, as well as follow-up with a control group. Among women referred to nutrition and diet therapy clinic, Shahid Beheshti University of Medical sciences, 45 participants were chosen and randomly divided into three groups. Each group consisted of 15 participants. The first experimental group was subjected to energy-restricted diet and MBCT in eight sessions. The second experimental group subjected to an energy-restricted diet alone. The third group (waiting list) had no intervention and used as control group. Body mass index (BMI), blood pressure and attentional bias to eating cues were evaluated, before, at the end and four weeks after the interventions. Analysis of covariance and repeated measures covariance were used to analyze test data.

Results: Our findings revealed that mindfulness-based cognitive therapy along with diet therapy is more effective than diet therapy alone in weight loss, decrease body mass index, systolic and diastolic blood pressure and attentional bias to eating cues in overweight women ($P \leq 0.01$). The results of present study in follow-up showed that MBCT

along with diet therapy are significantly more effective on the weight loss, decrease in BMI, systolic blood pressure and attentional bias to eating cues than diet therapy alone ($P \leq 0.01$). However, MBCT had no significant effect on decrease of diastolic blood pressure of the participants in follow-up.

Conclusion: This study shows that MBCT along with conventional diet therapy is more effective in weight loss, decrease in BMI, blood pressure and attentional bias to eating cues than diet therapy alone.

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