



## BEHAVIORAL TREATMENT APPROACHES FOR LIFESTYLE THERAPY IN PATIENTS WITH OBESITY

The goal of behavior interventions is to enhance adherence to meal planning and increased physical activity, as part of a multi-pronged structured lifestyle intervention program designed for weight loss.



Self-monitoring of weight, food intake, and physical activity Education about obesity, nutrition, and physical activity Systematic approaches for problem solving Psychological evaluation, counselling, treatment when needed Individual and group support meetings Stress reduction Motivational interviewing Behavioral contracting Cognitive behavioral therapy Clear and reasonable goal-setting Mobilization of social support structures

Stimulus control

The behavioral intervention package is effectively administered by a multidisciplinary team that includes dieticians, nurses, educators, physical activity trainers and clinical psychologists

- Align with the ethnic, cultural, socioeconomic and educational background of the individual patient
- Guidelines recommend high frequency counseling ( $\geq 16$  sessions over 6 months) to support dietary changes, physical activity, and behavioral strategies to achieve a consistent 500-750 daily calorie deficit

## REFERENCES:

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