

Effect of a group intervention program based on Mindfulness and Acceptance and Commitment Therapy on the physical and psychological well-being of overweight and obese individuals (Mind&Life Program)

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BACKGROUND

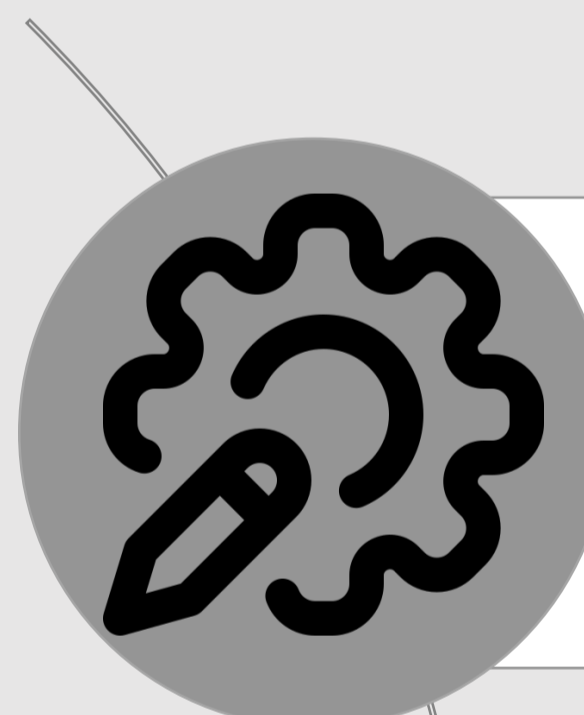
The prevalence of overweight and obesity nearly tripled since 1975 and nowadays, excess weight is considered a worldwide public health problem (WHO, 2018). Usual treatments for weight control include dietetic restriction and physical activity instructions which even if they produce a significant weight loss in the short term, they are ineffective in the long term (Laddu, Dow, Hingle, Thomson & Going, 2011). Several psychological factors related to weight-gain reflect weight-related experiential avoidance patterns, which are associated with not to be willing to contact with weight and food related difficult inner experiences and attempts to control those experiences (Lillis, Hayes, Bunting & Masuda, 2009).



OBJECTIVE

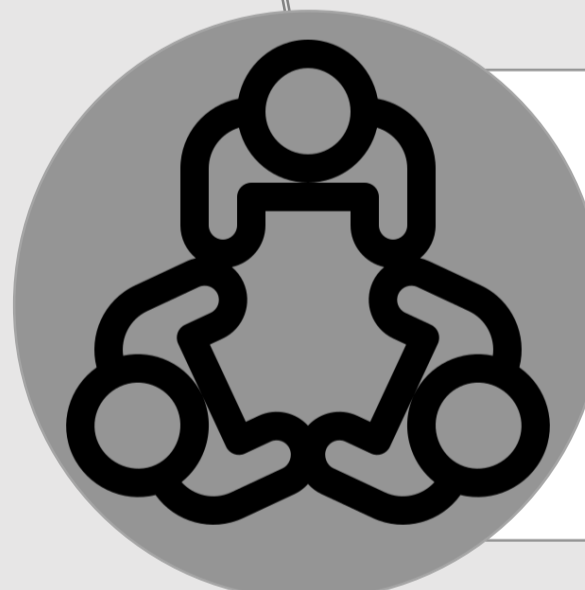
Assess the effect of Acceptance and Commitment Therapy (ACT) and Mindfulness based Mind&Life program in emotional eating, weight-loss, quality of life, weight self-stigma, eating habits, physical activity level, physiological, anthropometric and body composition parameters of adults with overweight or obesity.

METHOD



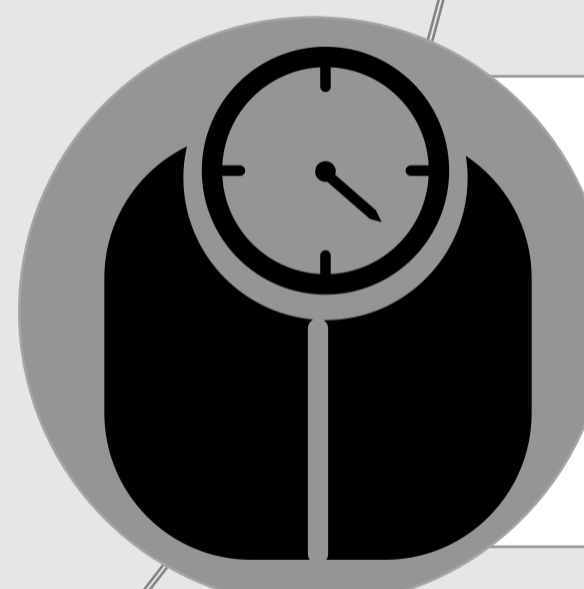
Design

Randomized Clinical Trial controlled by a control group



Participants

110 adults with overweight and obesity (BMI ≥ 25)



Assessments

at baseline, at post-intervention, at 7-month post-intervention follow-up and at 2-year post-intervention follow-up



5 MONTHS

Randomly assigned to

5 SESSIONS

Control group

Treatment as usual (TAU):
Dietetic and physical activity recommendations

Experimental group

TAU +
Mind&Life psychological group-intervention based on Mindfulness and ACT

15 SESSIONS

DISCUSSION

Findings are expected to support the implementation of this intervention program in the treatment of obesity together with usual treatments, so as to provide an integrated treatment that will help improving the quality of life of individuals and maintaining the results in the long term.

REFERENCES

Laddu, Dow, Hingle, Thomson, & Going (2011). A review of evidence-based strategies to treat obesity in adults. *Nutrition in Clinical Practice*, 26(5), 512-525.
Lillis, Hayes, Bunting, & Masuda (2009). Teaching acceptance and mindfulness to improve the lives of the obese: A preliminary test of a theoretical model. *Annals of Behavioral Medicine*, 37(1), 58-69.
WHO (2018). Obesity and overweight. *World Health Organization*. Retrieved from <http://www.who.int/mediacentre/factsheets/fs311/en/>



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