

Obesity Care in A Environment with T Cognitive Behavioral

NR706 Week 6 Practice Problem Analysis and Pr

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Practice Problem: Idea I

THE PICOT QUESTION

In obese adults 18 years and older in the United States (Patient/Population), does the use of Cognitive Behavioral Therapy with lifestyle modification, that is physical exercise, in the management of obesity improve outcomes as compared to only Lifestyle modification and no CBT association, (Intervention) within a one year? (Time).

PICOT Components

- Population: Adult Americans with obesity, ages 18 and older.
- Intervention: Employing Cognitive Behavioral Therapy with Lifestyle modifications, i.e., a healthy diet and physical exercise for weight loss.
- Comparison: Compared to the standard weight loss interventions, i.e., a healthy diet and physical exercise alone.
- Outcome: Reduction in weight, BMI, waistline, and health-related quality of life.

- Timeframe: Within one year.

Research Evidence

- Ma et al (2019) conducted a quantitative randomized clinical trial comparing an Integrated Behavioral Weight Loss treatment and problem-based learning to a control group (all aged 18-65 years old) on body mass index and depressive symptoms among patients with obesity.

Sample: There were 204 randomly selected participants in the treatment group and 204 randomly selected participants in the control group of all ages (18-65 years old), in Northern California in Sutter Health's medical center.

Findings: Associating CBT with Lifestyle modifications like physical activity and diet were significant treatment interventions for obesity were employed. The treatment group showed improvement in both weight, BMI, and depression scores compared to the control group.

Patient knowledge and education increased with patient participation.

- Interventions should be individualized and communicated with participants.

Result: Study found that participants who were given an individualized intervention showed greater weight loss and improvement in depressive symptoms compared to the control group.