

**THESIS ABSTRACT**  
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**Title:** The Effectiveness of the Combination of Behavior Therapy, Exercise, and Diet in Weight Loss    No. of pages: 154

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**Statement of the Problem:**

The study aimed to answer the research question: Is there a significant difference in weight loss between the behavior therapy, exercise, and diet (BED) group and the exercise plus diet (ED) only group?

**Procedure:**

Each group exercised in the health club and consulted the nutritionist every week for eight weeks. The combination group met for weekly group behavioral sessions in 6 weeks and received 2 individual behavior counseling sessions for another 2 weeks.

**Treatment of Data:**

A two-independent group experimental design was used in the study to compare two groups of participants who wanted to lose weight. The weight loss intervention was the independent variable and weight loss in pounds was the dependent variable. After the screening, subjects were randomly assigned to either (a) exercise plus diet (ED) only or (b) behavior therapy, exercise, and diet (BED).

**Findings:**

Results of the t-test analysis were significant at .05, with the group that underwent

behavior therapy showing greater weight loss than the group with exercise and diet only.

### Conclusions

The components of behavior therapy used combined with exercise and diet were found to be effective for weight loss even during the holiday season as high-risk period than exercise and diet only. The results suggest the necessity of combining exercise, diet, and behavior therapy in helping individuals with weight problem lose weight.

### Recommendations:

Further studies will be needed with adequate time to determine the effect of combination interventions in long-term period. Some types of psychological interventions should be added for the participants' total experience of the program not only by learning behavioral principles, but also by being emotionally in touch with the program. Mental imagery exercises and forms of hypnosis for weight management should be included. The program should also tackle issues on body image and self-esteem that are important issues experienced by the overweight and the obese in our society.