

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 improvement in quality of life.

- Timeframe: Within one year.

Research Evidence

- Ma et al (2019) conducted a quantitative randomized clinical trial comparing Integrated Behavioral Weight Loss treatment and problem-based learning (PBL) to a control group (mass index and depressive symptoms among patients with obesity).

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

- Findings: Associating CBT with Lifestyle modifications like significant treatment interventions for obesity were employed.
- showed improvement in both weight, BMI, and depression scores in the intervention group.

Patient knowledge and education increased with patient education. Interventions should be individualized and communicated with participants.

Result: Study found that participants who were given an intervention showed improvement in both weight, BMI, and depression scores.

healthcare staff retained information and practiced preven