

The Effects of Cognitive Behavioral Therapy on Weight Loss in Obese

Taylor Schilling, FNP-BC

NR706 Week 6 Practice Problem Analysis and Presentation

Dr.
Hooven

Practice Problem Idea 1

- In obese adults over the age of 18, does the use of cognitive behavioral therapy (CBT) and exercise aid in the treatment and management of obesity compared to standard weight loss approaches (diet and exercise) who do not use cognitive behavioral therapy along with exercise? What is the impact on weight loss over one year?
- PICOT components
 - Population: Obese adults age 18 and older
 - Intervention: Implementing cognitive behavioral therapy (CBT) in addition to exercise
 - Comparison: Compared to the standard weight loss approach of diet and exercise
 - Outcome: Reduction in weight, BMI, and obesity
 - Timeframe: One year

Background and Significance

- This translation science project aims to analyze and evaluate the current state of obesity and implementing an evidence-based mindfulness approach to weight management. According to the Centers for Disease Control and Prevention (2021), the prevalence of obesity in the United States has increased significantly. This shows an 11.5% increase since the turn of the century and is only expected to worsen if current trends continue. Individuals with obesity often struggle to control their health, well-being, and weight. The National Institute of Diabetes and Digestive and Kidney Diseases (2021) reports that during this same time period, the rates of obesity have increased from 4.7% to 9.2%. Due to comorbidities and the indirect effects of obesity, the true impact of obesity on rates of obesity can be quite difficult to quantify (Trust for America's Health, 2021). Recent estimates show that around 4.7 million deaths and 148 million disability-adjusted life years (DALYs) are attributed to obesity (de Cosio et al., 2021). Additionally, the CDC estimates that the economic burden of obesity could be around \$173 billion (CDC, 2021).