

Study of Psychosocial Problems Associated with Obesity

Thesis

**Submitted for partial fulfillment of master
degree
in Psychiatric Nursing**

By

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**Faculty of Nursing
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Candidate

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List of Contents

<i>Subject</i>	<i>Page No.</i>
List of Abbreviations	i
List of Tables.....	ii
List of Figures	v
Abstract	vi
Introduction	1
Aim of the Study	4
Review of Literature	
Part I: Overview of Obesity	5
• Definition	
• Epidemiology of obesity	
• Etiology of obesity	
• Health consequences of obesity	
Part II: Psychosocial Consequence of Obesity	26
• Obesity and self-esteem	
• Obesity and Body Image	
• Obesity and Social problems	
Part III: Management of Obesity	43
• Medical management	
• Nursing management	

List of Contents (Cont.)

<i>Subject</i>	<i>Page No.</i>
Subject and methods	63
Results.....	74
Discussion	108
Conclusion.....	128
Recommendation.....	129
Summary	132
References	139
Appendices	I
Arabic Summary	—

List of Abbreviations

ACSM	: American College of Sports Medicine
BMI	: Body Mass Index
CDC	: Centers for Disease Control and Prevention
FDA	: Food and Drug Administration
GBG	: Gastric Banding Gastroplasty
GBS	: Gastric bypass surgery
NHMRC	: National Health and Medical Research Council
QoL	: Quality of Life
SES	: Socio Economic Status
US	: United States
VBG	: Vertical Banded Gastroplasty
WC	: Waist Circumference
WHO	: World Health Organization
WHR	: Waist- to –Hip Ratio
WSR	: Waist- to- Stature Ratio

List of Tables

<i>Table No.</i>	<i>Title</i>	<i>Page No.</i>
Table (1):	Distribution of socio demographic characteristics of the sample under Study (No= 100).....	75
Table (2):	Distribution of physical health status of the sample under study (No = 100).....	77
Table (3):	Distribution of obesity treatment among sample under Study (No = 100)	79
Table (4):	Distribution of exercise habits among sample under study (No = 100).....	80
Table (5):	Distribution of self-esteem among sample under study (No. 100)	81
Table (6):	Distribution of body image among sample under study (No. 100)	84
Table (7):	Distribution of social problems among sample under study (No. 100)	86
Table (8):	Relationship between body image, social problems and self esteem among sample under study (No=100).	91
Table (9):	Relationship between social problems and, self esteem among sample under study (No=100).	92

List of Tables *(Cont.)*

<i>Table No.</i>	<i>Title</i>	<i>Page No.</i>
Table (10):	Relationship between body image and body mass index among sample under study (No=100).	92
Table (11):	Relationship between self-esteem and body mass index among sample under study (No=100).	93
Table (12):	Relationship between social problems and body mass index among sample under study (No=100).	93
Table (13):	Relationship between self-esteem and socio-demographic characteristics among sample under study (No=100).	94
Table (14):	Relationship between body image and socio-demographic characteristics among sample under study (No=100).	96
Table (15):	Relationship between social problems and socio-demographic characteristics among sample under study (No=100).	97
Table (16):	Relationship between self-esteem and health status among sample under study (No=100).	99
Table (17):	Relationship between body image and health status among sample under study (No=100).	100

List of Tables *(Cont.)*

<i>Table No.</i>	<i>Title</i>	<i>Page No.</i>
Table (18):	Relationship between social problems and health status among sample under study (No=100).....	101
Table (19):	Relationships between Self-Esteem and obesity treatment among sample under study (no=100)	102
Table (20):	Relationship between body image and obesity treatmentamong sample under study (No=100).	103
Table (21):	Relationships between social problems and obesity treatment among sample under study (no=100)	104
Table (22):	Relationships between Self-Esteem and exercise habits among sample under study (no=100).....	105
Table (23):	Relationships between body image and exercise habits among sample under study (no=100).....	106
Table (24):	Relationships between social problems and exercise habits among sample under study (no=100).....	107

List of Figures

<i>Figure No.</i>	<i>Title</i>	<i>Page No.</i>
-------------------	--------------	-----------------

Figures in Review

Figure (1):	Procedures of weight loss surgery.....	53
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Figures in Results

Figure (1):	Total score of body image among sample under Study (No = 100)	88
Figure (2):	Total score of self-esteem among sample under Study (No = 100)	89
Figure (3):	Total score of social problems among sample under study (No = 100)	90

ABSTRACT

Obesity is a serious chronic medical condition which is associated with psychosocial problems. The aim of this study was to assess psychological and social problems associated with obesity. The study was conducted in the National Nutritional Institute in Kasr Elaini Street affiliated to Ministry of Health using a descriptive design. It includes 100 patients. The data collection tools involved an interviewing questionnaire that included Socio-demographic characteristics, physical health status, dietary regime, exercise habits of the sample in addition to scales for psychosocial problems associated with obesity. Data collection was carried out in the period from November, 2013 to January, 2014. The study revealed that most of the subject has negative body image, low self-esteem and the majority of them high in social problems. There was statistically significance relation between body image with social problems, self-esteem with social problems, self-esteem with gender, social problems with age group, monthly income and distance to work, and self-esteem with type of physical diseases. Efforts should be made to tackle the problem of obesity within the whole population taking into consideration that preventing weight gain is, in fact, easier than attempting to lose it.

Key words: Obesity, psychosocial problems, self-esteem, body image, social problems

Introduction

Obesity is the most common nutritional disorder in both rich and poor communities and it considers a serious chronic medical condition.

It is chronic, life-threatening disease, marked by excessive body fat that often results in serious health problems, and it can lead to significant medical, psychological, social, physical, economic impacts and increased mortality (*Flegal et al., 2013*).

The prevalence of obesity is reaching an alarming rate and still rises in all age group of many of the developed countries in the world. So it becomes a worldwide problem that causes not only medical consequences but also disturbances in psychosocial functioning. Contemporary culture stigmatizes obese people, which increases the probability of their internalizing negative information about themselves, and it can cause obese people feel psychologically discomforted about their physical appearance (*Jennifer and Jon, 2009*).

Obesity is an associated risk factor for hypertension, high blood cholesterol, type 2 diabetes, coronary heart disease, respiratory problems, stroke, gallbladder disease, gout, osteoarthritis, sleep apnea and some forms of cancer. Obesity on average reduces life expectancy by 6-7 years and it causes psychological problems such as low self -esteem

self – deception, cognitive disturbance, distorted body image and depression and social problems such as isolation, agoraphobia, unemployment, family, & marital stress and discrimination (*Ceschi et al., 2007*).

Obesity is aggravated by an impairment of psychological conditions that normally goes hand-in-hand with the poor social considerations and social norms toward obese people that exist in all developed societies. Therefore, severely obese patients do not have the capacity to live as fully and actively as they would like and thus experience an overall impaired quality of life (*Maclean et al., 2009*).

The role of practice nurses as educator for patients who are obese is to provide advice and management for the obese person. It is important to assess the individual's problems, because of many obese people failed to recognize their obese status, and people who are obese often do not appreciate the severity of the problem and therefore, may be hesitant to participate in a weight reduction programs or to explore their eating habits (*Burke and Wang, 2011*).

Significance of the study

Obesity is becomes a worldwide that causes not only medical consequences but also disturbance in psychosocial functioning (*Jennifer and Jon, 2009*).

Obesity is strongly associated with morbidity and mortality. A few people known about psychological and social problems associated with obesity, this study will be carried out to study psychosocial problems associated with obesity therefore data generated from this study could help in caring of obese people.

Obesity has reached particularly alarming levels in the Middle East and North Africa (MENA) region especially in Egypt. Egypt is one of the countries in the world where the problem of obesity has been nearing an epidemic level. Nearly 70% of adult women and 48% of men in Egypt are obese (*World Bank, 2014*).

Aim of the Study

This study aimed at assessing psychosocial problems associated with obesity.

Research question

What are the psychosocial problems associated with obesity?