

Sangrawee Senawongwiwat 2007: Efficiency of Weight Control Thai Diets: Case study Kasetsart University's Government Employees. Master of Science (Home Economics), Major Field: Home Economics, Department of Home Economics. Thesis Advisor: Assistant Professor Anchane Utaipatanacheep, D.Sc. 76 pages.

The objectives of this research were to study the efficiency of Thai diets on controlling weight. The subjects in the research were employees and government officials of Kasetsart University, Bang Khen, Bangkok. The subjects were randomly selected as volunteers with the body mass index of more than 23 kilograms/m² and without consumption of weight reduction pills, diabetes pills, and weight reduction in any form. There were 52 subjects and a number of them were selected off owing to their failure to participate continually, thereby remaining only 34 subjects. The instruments used to collect the data were questionnaire and the 24-hour food-consumption record form. The record was made for 7 days before the experiment and 7 days in the last week of the experiment. The foods were arranged for lunch and dinner for 4 weeks from Monday to Friday

The research found that most of the samples were female, 91.18 %. The subjects had the age average of 34 ± 7.79 years and the weight average of 76.5 ± 16.39 kgs. The comparison between the pre-experiment and the post-experiment found the difference in the weight, BMI, tricep and bicep skinfold thickness and total cholesterol at the .05 level of statistical significance. The total triglyceride of the pre-experiment and the post-experiment was not significantly different at P-value of .05. The weight of the subjects reduced by 1.63 ± 1.71 kgs on average. In addition, weight change was found to be significantly related with the changes of BMI, tricep and bicep skinfold thickness. Furthermore, the energy reduction was significantly related with protein, carbohydrate and fat reduction ($p < .01$)

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