

Thesis Title	Effects of a Weight Loss Program on Perceived Self-Efficacy for Weight Loss, Weight Loss Behaviors, Body Mass Index, and Waist Circumference Among Pre-menopause Over Weight Women
Author	Mrs. Nattaporn Koksungnoen
Degree	Master of Nursing Science (Community Nurse practitioner)
Faculty	Faculty of Nursing, Thammasat University
Thesis Advisor	Dr. Chodchoi Wattana
Thesis Co Advisor	Dr. Yothaka Pakapong
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Abstract

Overweight has been discussed as a significant cause of several health problems in pre-menopause women. This quasi-experimental study aimed to examine the effects of a weight loss program on perceived self-efficacy for weight loss, weight loss behavior, body mass index, and waist circumference among 35-45 years pre-menopause overweight women. A sample of 86 participants who met the research criteria were randomly assigned into the experimental and control groups, and 75 samples included 37 cases in the experimental group and 38 cases in the control group completed the study. The experimental group received the weight loss program that was developed based on Self-Efficacy Theory. The control group received the usual care by health care providers. The body mass index, waist circumference, self-efficacy for weight loss, and weight loss behaviors were measured at baseline, 1-month, and 3-month. The self-efficacy for weight loss, and weight loss behavior questionnaires were approved by three experts and were tested for reliability in 30 overweight women. The Cronbach's alpha co-efficient were 0.96, and 0.76, respectively. Data were analyzed using descriptive statistics, and Repeated Measure ANOVA.

The results revealed that at 1 month, the experimental group showed higher scores of perceived self-efficacy for weight loss than baseline and than those in the control group ($p < .01$, $p > .05$), and had higher scores of weight loss behaviors than baseline, and than those in the control group ($p < .001$, $p < .001$). In addition, the experimental group showed a lower body mass index than baseline, and than those in the control group ($p < .001$, $p > .05$). Moreover, the waist circumference was lower than baseline and than those in the control group ($p > .05$, $p > .05$). At 3-month after enrolled the program, the results showed that the experimental group had higher scores of perceived self-efficacy for weight loss than baseline and than those in the control group ($p < .01$, $p > .05$), and weight loss behaviors than baseline and than those in the control group ($p < .001$, $p < .001$). Moreover, the experimental group showed lower body mass index than baseline and than those in the control group ($p < .001$, $p > .05$), and the waist circumference were lower than baseline and than those in the control group ($p < .001$, $p > .05$). However, the comparison of mean difference at each point of time at 1-month and 3-month revealed that the experimental group showed a significant increased in perceived self-efficacy for weight loss ($p < .05$, $p < .01$), higher increased in weight-loss behaviors ($p = .05$, $p < .05$), higher decreased in body mass index ($p < .05$, $p < .001$), and higher decreased in waist circumference ($p < .05$, $p < .001$) than those in the control group.

It can be concluded that the weight loss program is effective to promote weight loss behaviors in pre-menopause overweight women that lead to decrease body mass index and weight circumference. This program can be performed in pre-menopause overweight women in other communities that would help to decrease risk of diseases related overweight in a longer time frame.

Key words: self-efficacy for weight loss, weight loss behaviors, body mass index, waist circumference