

TABLE OF CONTENTS

	Page
Acknowledgements	iii
Abstract (English)	v
Abstract (Thai)	vii
List of Tables	xii
List of Figures	xv
Chapter 1 Introduction	1
Background and Significance of the Research Problem	1
Objectives of the Study	9
Hypotheses	9
Definition of Terms	10
Chapter 2 Literature Review	14
Metabolic Syndrome	14
Eating Behaviors	34
Physical Activity	53
Current Lifestyle Intervention for Metabolic Syndrome	82
Self-Management	92
Conceptual Framework	113

TABLE OF CONTENTS (continued)

	Page
Chapter 3 Methodology	117
Research Design	117
Population and Sample	119
Research Setting	123
Instrumentations	123
Intervention Description	128
Protection of Human Subject	142
Data Collection Procedures	142
Data Analysis	146
 Chapter 4 Results and Discussion	 148
Part I: Demographic Characteristics of All Participants	150
Part II: The Comparison of Eating Behaviors, Physical Activity, and Metabolic Control Between Baseline and Post-test in the Experimental and Comparison Groups	154
Part III: The Comparison of Eating Behaviors, Physical Activity, and Metabolic Control Between the Experimental and Comparison Groups	163
Discussion	172

TABLE OF CONTENTS (continued)

	Page
Chapter 5 Conclusion and Recommendations	184
Conclusion of Findings	184
Implication of Finding	188
The Limitation of this Study	190
Recommendation of the Further Research	191
References	192
Appendices	232
Appendix A The Demographic Data Tool	233
Appendix B Instruments for Monitoring and Assessing Eating Behavior	234
Appendix C Instruments For Monitoring And Assessing Physical Activity	236
Appendix D List of Experts	240
Appendix E Ethical Approval	241
Curriculum Vitae	242

LIST OF TABLES

Table	Page
2-1 Comparison of WHO, NCEP ATP III, and IDF Definitions of the Metabolic Syndrome	17
2-2 Ethnicity-Specific Values for Waist Circumference	18
2-3 Nutrition Compositions of Diet for People with Metabolic Syndrome	31
2-4 Medications Commonly Prescribed for People with Metabolic Syndrome	33
2-5 Summary Dietary Assessment Methods	51
2-6 Comparison of Common Methods Used in Measuring Physical Activity Levels: Advantages and Disadvantages	81
2-7 Studies on Metabolic Syndrome Lifestyle Interventions	84
2-8 Comparison of Popular Self-management Approach	102
3-1 A Process of 5 A's Steps	130
3-2 The Summary Protocol of a Self-management Support Program	141
4-1 Demographic Characteristics of the Experimental and Comparison Groups	151
4-2 The Difference of Variables Related to Eating Behaviors, Physical Activity and Metabolic Control of the Experimental and Comparison Groups at Baseline	153

LIST OF TABLES (continued)

Table		Page
4-3	The Comparison of Eating Behaviors Between Baseline and Post-Test in the Experimental and Comparison Groups	156
4-4	The Comparison of Physical Activity and Metabolic Control Between Baseline and Post-Test in the Experimental and Comparison Groups	159
4-5	Post Hoc Comparison for Bonferroni Test of Physical Activity and Metabolic Control in the Experimental Group	161
4-6	Post Hoc Comparison for Bonferroni Test of Metabolic Control in the Comparison Group	162
4-7	The Comparison of Eating Behaviors Between the Experimental and Comparison Groups at Each Points of Measurement	164
4-8	The Comparison of Physical Activity and Metabolic Control Between Groups and Each Point of Measurements	166
4-9	Comparison for Paired Sample T- Test of Physical Activity Score Between the Experimental and Comparison Groups	167
4-10	Comparison for Paired Samples T-Test of Systolic Blood Pressure Between the Experimental and Comparison Groups at Each Points of Measurement	168
4-11	Comparison for Independence Sample t- Test of Fasting Blood Sugar Level Between the Experimental and Comparison Groups	169

LIST OF TABLES (continued)

Table		Page
4-12	Comparison for Independence Samples T- Test of Triglyceride Level Between the Experimental and Comparison Groups	170
4-13	Comparison for Independence t- Test of Plasma HDL Level Between the Experimental and Comparison Groups	171

LIST OF FIGURES

Figure		Page
1	Self-management model with 5As	105
2	Conceptual framework	116
3	The summarization of data collection	145
4	Flow chart of randomization and retaining to the study	149