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JITRA DUDSDEEMAYTHA : THE EFFECT OF IMAGINARY RELAXED AWARENESS TECHNIQUE ON WEIGHT AND STRESS REDUCTION OF OVERWEIGHT EARLY-ADULTHOOD. THESIS ADVISORS : KAVI SUVARNAKICH, M.D., M.P.H., PONGPAN KIRDPITAK, Ph.D, WANLOP PIYAMANOHTAM, Ph.D. 120 P. ISBN 974-663-829-7

The purpose of this experimental research was to study the effect of Imaginary Relaxed Awareness Technique on weight and stress reduction of overweight early-adulthood. The subjects of 16 volunteers were randomly selected from the general population of overweight people whose ages ranged between 22-40 years, their Body Mass Index was between 25-29.9 kg/m<sup>2</sup>, and who also had total stress scores from the TCSS of between 18-60 points. Furthermore, there was no epidemic nor physical illness that affected weight reduction such as heart disease; nor were they participating in another weight reducing program. The subjects were divided into two groups : the treatment group and the control group, by simple random sampling. Each group was consisted of 8 subjects. The treatment group was given document information on weight and stress reduction and practised IRAT while the control group was given document information on weight and stress reduction. The total interval of the experiment was 10 weeks. The design of the study was ABA reversal design. The data was analyzed by the Wilcoxon's Matched-Pairs Signed-Ranks test and the Mann-Whitney U test.

The results revealed that the weight of overweight subjects in the treatment group was reduced significantly after practising IRAT at .01 level, while the weight of overweight subjects in the control group was reduced insignificantly after informing the document information at .01 level. After the experiment was over, the weights of the treatment and control groups were different reduced significantly at .01 level. According to the stress scores, it found that the stress scores of overweight subjects in the treatment group were reduced significantly after practising IRAT at .01 level. So was that of the control group, the stress scores of overweight subjects were reduced significantly after informing the document information at .01 level. After the experiment was over, the reduction of the stress scores of the treatment and control groups were different reduced significantly at .01 level. The recommendation for the further research should be study in the narrow ages ranged or should study in the other ages. Moreover, the researcher should follow up to assure the effectiveness of the treatment every 3 months, 6 months or more than one year. In addition, researcher should study the effectiveness of IRAT in the maladaptive behavior such as anxiety, unassertiveness, and etc.