P-554 - THE EFFECTS OF MINDFULNESS BASED COGNITIVE THERAPY ON OBESITY AND IT'S PSYCHOLOGIC CONSEQUENCES

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This study evaluated mindfulness - based cognitive therapy (MBCT), a group intervention on obesity and it'psychological consequences.

Mindfulness-based cognitive therapy (MBCT) is a group treatment derived from mindfulness based stress reduction(MBSR) developed by JonKabat-Zinn and colleagues.MBSR uses training in mindfulness meditation as the core of the program. MBCT incorporates cognitive strategies and has been found effective in reducing relapse in patients with major depression (Teasdale,Segal& Williams).This study is a kind of pseudo-experimental pre-test - post test and the control group. For this study, 16 patients (experimental group) of obese method selected samples were exposed on for a group training MBCT, during the eight-hour meeting. In the second group of 17 people available methods of obesity among people who receive the program clinic diet feeding had referred, and the third group were selected as the control group were considered. It is described in three factors: age, sex and intelligence were matched. This started before the intervention sample (MBCT and diet or receiving), and then questionnaires depression, anxiety and stress (DASS), self-esteem, eating attitudes and eating disorders responded one month after the intervention again questionnaires to evaluate the stability of these results responded.Control group without any intervention training and completed the questionnaire. results showed that MBCT in reducing obesity(F=6.28, depression(F=14.37), anxiety(F= and stress is effective and follow-up results of a stability-month results shows.