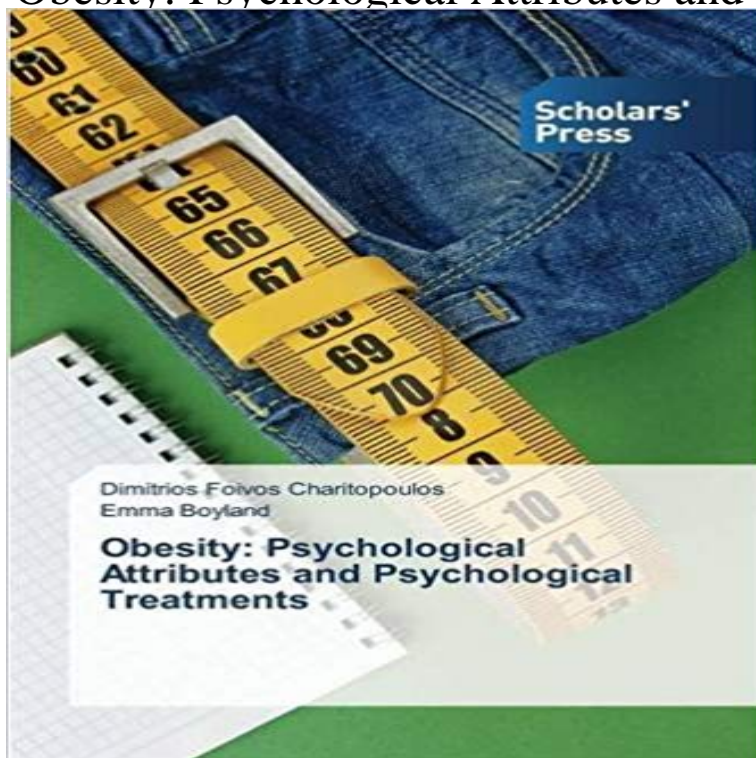


Obesity: Psychological Attributes and Psychological Treatments



There is increasing evidence that obesity may be associated with a myriad psychological attributes, implying that psychological treatment methods may be useful in tackling the disease. These attributes consist of several personality traits, such as food-related impulsivity, extraversion and neuroticism. Additionally, environmental factors such as cultural norms, abuse, bullying and rejection in childhood can be predictive of obesity. In the closer domestic environment, television viewing and the content of it as well as eating behaviour of the members in the family seem to affect both, the individual members of a family and the family as a whole. Therefore, current treatments and interventions are based either at a societal level, at a familial level or at an individual level through several different approaches which are discussed in this review. The success rate for psychological treatments is approximately 10% and attempts have been made to combine treatments to increase it. Technology-based treatments and supportive networks may provide a promising future intervention. Further investigation is needed to improve treatments and avoid relapse and drop-outs.

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