

Interviewing families - to investigate significant factors for achieving sustained weight loss in adolescents participating in a weight-loss program

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BACKGROUND:

Obesity among children is a large and complex health problem worldwide.

In the Danish child and adolescent population, approximately 20 % are overweight and 4 -5 % are obese.

Overweight and obesity in adolescence are often associated with psychological, social and physical problems.

Furthermore 70-80 % of children with overweight also risk being overweight or obese in adulthood. Thus this project has focused on the long-term efficacy.

OBJECTIVE:

The aim is to investigate significant factors for achieving sustained weight loss in adolescents participating in a weight-loss program.

DESIGN AND METHOD

A qualitative study with a hermeneutic approach using the qualitative research interviews, as described by Kvale and Brinkman.

10 adolescents in a weight-loss program, and their parents, were interviewed 3 times over 5 years.



Colourbox/Prazis

CONCLUSION AND IMPLICATION FOR PRACTICE

As a method, interviewing families can contribute useful knowledge about the themes of the subject's own perspective, in the complex health problem with obesity. Knowledge about significant factors for achieving sustained weight loss in adolescents participating in a weight-loss program, ought to be addressed in future interventions.