

عنوان مقاله:

Comparison of the Impacts of Family-based and Individual-Based Interventions on Body Mass Index and Life Style

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خلاصه مقاله:

Background and Objectives: Obesity has been known as a risk factor in cardiovascular disease. Educational intervention aimed at modifying dietary habits and physical activity patterns are essential in management of obesity. The purpose of this study was to compare the effects of family-based intervention and individual-based intervention on body mass index and life style. **Materials and Methods:** This quasi-experimental study was conducted on subjects suffering from obesity or overweight in Islam-Abad, Zanjan (۲۰۰۵-۲۰۰۶). The subjects were assigned nonrandomly to either the family-based group (n=۴۲) or individual-based group (n=۴۹). Data were collected using a questionnaire. Intervention included counseling to make change, in eating habit and exercise behavior. Subjects in the individual-based group received intervention individually in the clinics, and those in the family-based intervention received intervention by home visit. The data were analyzed using Chi-square test, T-test, Paired T-test, Mann-Whitney test and, Wilcoxon test. **Results:** The mean of body mass index decreased from ۳۰.۷۴ ± ۳.۹۹ to ۳۰.۱ ± ۳.۹۰ and from ۳۱.۹۸ ± ۶.۶۴ to ۳۱.۵۷ ± ۶.۶۳ in family-based group and in individual-based group, respectively. After intervention, the mean of body mass index significantly decreased in both groups ($p < ۰.۰۵$). There was no significant difference in body mass index between two groups after intervention ($P = ۰.۵۲$). The mean scores of dairy product consumption and fruit consumption as well as physical activity were increased in both groups ($p < ۰.۰۰۰۱$). **Conclusion:** It was concluded that both family-based and individual -based intervention, focusing on physical activity and diet counseling through regular follow-up meetings, could be effective ways of controlling CVD risk factors

کلمات کلیدی:

Key words: Obesity, Body mass index, Life style, Family-based intervention, Individual-based intervention

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