

عنوان مقاله:

The Mediating Role of Self-Compassion in the Relationship Between Family Cohesion, Stress, and Quality of Life with Body Mass Index in Adolescent Girls

محل انتشار:

مجله ایرانی روانشناسی سلامت، دوره 7، شماره 1 (سال: 1403)

تعداد صفحات اصل مقاله: 0

نویسندگان:

laleh shams yousefi - Department of Health Psychology, Karaj Branch, Islamic Azad University, Karaj, Iran

shaida sodagar - Professor, Department of Health Psychology, Islamic Azad University, Karaj Branch, Karaj, Iran

farahnaz meschi - Department of Health Psychology, Azad University, Karaj, Iran

Zohreh Rafezi - Department of Psycholog, Tehran Branch, Allameh Tabataba'i University, Tehran, Iran

mohammadreza seirafi - Department of psychology, Karaj Branch, Islamic Azad University, Karaj, Iran

sheida sodagar - Department of Health Psychology, Karaj Branch, IslamicAzad University, Karaj, Iran

خلاصه مقاله:

AbstractObjective: Being overweight and obese in adolescence is associated with severe health effects during their lifetime The purpose of this study was to explain the mediating role of self-compassion in the relationship between family cohesion, stress, and quality of life with body mass index in adolescent girls **Method:** The current research was descriptive-multiple linear regression From among the statistical population of the research, ۲۵۰ teenage girls were selected as the research sample using a multi-stage cluster sampling method, and finally, after dropping ۵۰ people from the sample group, the data of ۲۰۰ of them were analyzed. The tools of data collection included the Samani Family Cohesion Questionnaires (۲۰۰۱), Byrne and Mazano Stress (۲۰۰۲) Scale, the World Health Organization Quality of Life (۱۹۹۶) questionnaire, and the NAF Self-compassion (۲۰۰۳) inventory. For data analysis, structural equation modeling was performed using SPSS۲۶ and AMOS۲۴ software. **Findings:** The results showed that the model of body mass index based on the quality of life, family cohesion, and stress with the mediating role of self-compassion has a good fit. It also indicated that family cohesion, stress, and quality of life did not predict body mass index in adolescent girls, But quality of life predicts body mass index in adolescent girls. **Conclusion:** It seems that self-compassion plays a mediating role in the relationship of body mass index with family cohesion, stress, and quality of life in adolescent girls. **Keywords:** Stress, family cohesion, self-compassion, body mass index, quality of life

کلمات کلیدی:

stress, family cohesion, self-compassion, Body Mass Index, Quality of Life

لینک ثابت مقاله در پایگاه سیویلیکا:

<https://civilica.com/doc/2002137>



