

Weight loss is coupled with improvements to affective state in obese participants engaged in behavior change therapy based on incremental, self-selected “Small Changes”

PAXMAN, Jenny <<http://orcid.org/0000-0003-3596-489X>>, HALL, Anna <<http://orcid.org/0000-0002-1491-7309>>, HARDEN, Charlotte, O'KEEFFE, Jean and SIMPER, Trevor <<http://orcid.org/0000-0002-4359-705X>>

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Week	Taught Element to Session
1	Welcome, pedometers & self-evaluation 1
2	Food labelling
3	What is in your food? – fat, salt & sugar
4	Portion sizing
5	Cook & eat
6	Managing supportive relationships
7	Mobility pie chart & self-evaluation 2
8	Increasing activity levels & healthy eating activity 1
9	Alcohol & healthy eating activity 2
10	Handling relapse
11	Food, mood, hunger & healthy eating exercise 3
12	Celebration & self-evaluation 3

Figure 1

A brief guide to the themed elements of the ‘Small Changes’ sessions over 12 weeks. These are merely themes. The cohort ultimately establish the focus of the discussion which is mediated via the facilitators.

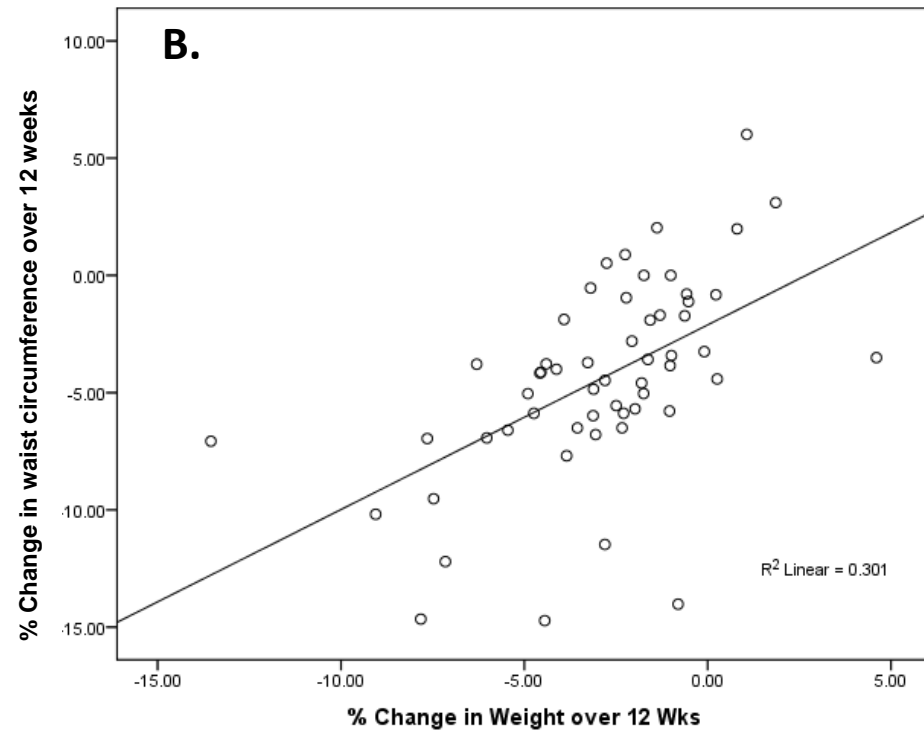
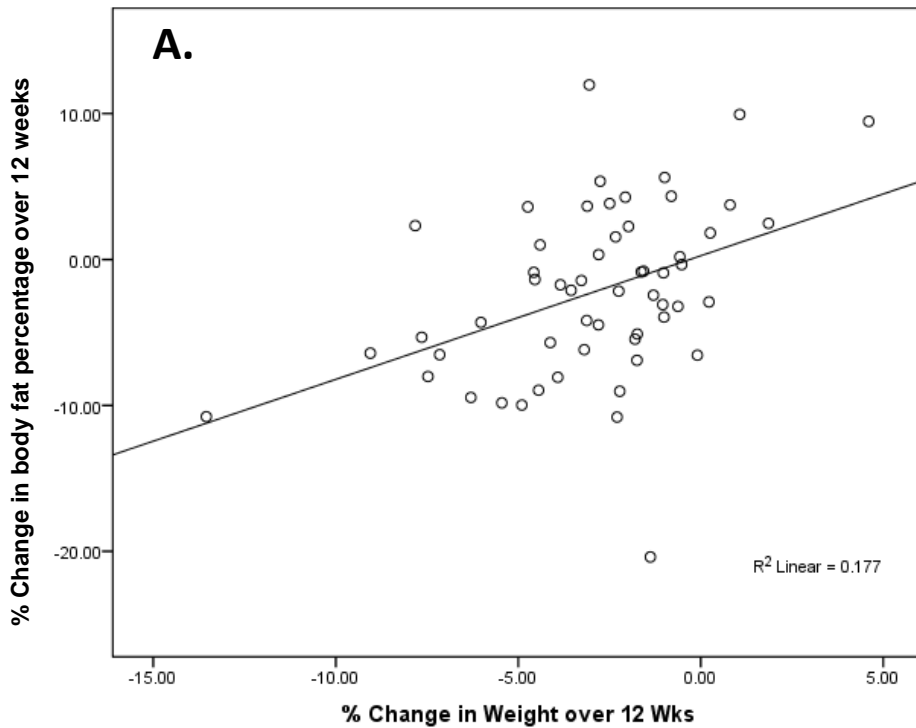


Figure 2

Percent change in body weight over the 12-week ‘Small Changes’ intervention was plotted against; **A.** percent change in body fat percentage over 12 weeks, and **B.** percent change in waist circumference over 12 weeks. Pearson Product Moment Correlations demonstrate significant positive correlations in both instances (**A.** $r=.421$, $N=56$, $P<.001$; **B.** $r=.548$, $N=56$, $P<.0005$).