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Title of thesis: Efficacy of CBT in the treatment of some psychological problems of obese of different age groups

ABSTRACT

KEY WORDS: *Obesity, Stress, Anxiety, Self-esteem, Cognitive Behavior Therapy*

The main purpose of the present research work was to test the effectiveness of CBT in the treatment of psychological problems like stress, anxiety and self-esteem of persons of different ages suffering from different grades of obesity. India is a developing country which needs a drastic change in lifestyle, people do not seem to be responsive to this change in life style, which brings them many kinds of health hazards.

For the above purpose 135 participants were taken from Delhi on purposive incidental basis. There were 45 participants in each of the three age groups; early adulthood (18-35 years), middle adulthood (35-55 years) and late adulthood (56 and above). In each age group there were 15 each in grade I, grade II and grade III obesity. Those having BMI scores from 30 to 34.9 were kept in grade I obesity, those having BMI from 35 to 39.9 were kept in grade II obesity and those having BMI from 40 and above were kept in grade III obesity. Both male and female participants were taken and their age ranged lies between 18 to 55 years and above.

Perceived Stress Scale (PSS) developed by Cohen, Kamarck, & Mermelstein, was used to measure the stress. Anxiety Scale by Krug, Scheier, & Cattell, was used to measure the anxiety level of the participant. Self Esteem Inventory by Coopersmith was used to measure the self-esteem of the participants.

Data were analyzed with the help of Levene's test of homogeneity; Analysis of Covariance (ANCOVA) and Tukey's test of multiple comparisons were used. ANCOVA was used only if the result of Levene's F-test was found non-significant.

F-ratios for across grades of obesity for post-test scores of stress in early and late adulthood were found non-significant and in middle adulthood it was found significant. For further Tukey's multiple comparison test was used. It was that only one comparison of grades II and III in middle adulthood emerged significant. Since mean stress score of grade II was lesser than that of grade III, it means CBT had greater role in reducing the stress of grade II than of grade III obesity in middle adulthood.

F-ratios for across grades of obesity for post-test scores of anxiety in early as well as in middle adulthood were found significant and in late adulthood it was found non-significant. Tukey's test showed that comparison of grades II and III in early adulthood emerged significant. The mean anxiety score of grade II had decreased more than that of grade III meaning thereby that CBT had worked more efficiently in decreasing the anxiety of grade II obesity at early adulthood than of grade III obesity. In the same way only one comparison of grades II and III in middle adulthood emerged significant. The mean anxiety score of grade II obesity decreased more than that of grade III in middle adulthood, meaning thereby that CBT had more effectively worked in lowering the anxiety of grade II than of grade III obesity at middle adulthood.

F-ratios for across grades of obesity for post-test scores of self-esteem in early and middle adulthood were found significant, and in late adulthood it was found non-significant. Tukey's test revealed significant difference between mean self-esteem score of grades I and II. Since mean self-esteem score of grade I was higher than that of grade II, it means CBT had greater role in enhancing the self-esteem of grade I than of grade II obesity in early adulthood. In the same way, in middle adulthood showed that CBT worked more efficiently in enhancing the self-esteem at grade I than grade III obesity. In a nutshell, CBT worked most effective at grade I level of obesity in early and middle adulthood.

F-ratios for post-test stress scores across different age groups for grade I and grade II obesity were found non-significant and for grade III obesity it was found significant. Results of Tukey's test revealed that all the comparisons of grade III obesity emerged significant. Since mean stress score of early adulthood was least, followed by late and middle adulthood groups. It means CBT worked most efficiently in reducing the stress of early adulthood, followed by late and middle adulthood for grade III obese.

In case of anxiety also F-ratio for only grade III obesity across different age groups was found significant. Since mean anxiety score of middle adulthood was less as compared to late adulthood, it means CBT worked more effectively in reducing the anxiety of grade III obese at middle adulthood than at late adulthood.

F-ratio for post-test scores of self-esteem across obesity grades I, II & III across different age groups was found non-significant.

In a nutshell CBT was found most effective in reducing the stress at middle adulthood and anxiety at early and middle adulthood across the grades and enhancing the self-esteem at early and middle adulthood. In the same way it was found most effective in reducing the stress at grade III obesity and anxiety at grade II obesity across the age groups. However, CBT was found not so effective in enhancing the self-esteem at either of the grades of obesity.