Efficacy of short-term cognitive group treatment to reduce obesity among overweight Indian women: a randomized control trial

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This present study aims to assess the impact of a 10-week cognitive group treatment on dietary intake, physical activity, anthropometry and body composition parameters among a group of 66 volunteer Indian working women. The need to combat the rising prevalence of obesity and its associated health risks among working women by exploring the potential benefits. The results revealed a significant reduction in body weight, fat mass, waist circumference, hip circumference, body mass index, waist–hip ratio, waist–height ratio and conicity index among participants of the cognitive group treatment. Overall, the cognitive group treatment showed promising results in helping Indian working women cope with eating disorders, and improve their anthropometry and body composition parameters. These findings emphasize the potential of cognitive group interventions in promoting healthier lifestyles among this population.

Keywords: Anthropometry, body composition, diet, obesity, women.

overweight individuals among both males and females. For example, in Punjab, India, 24% of males were reported to be overweight, with 8.3% being obese, while 26.6% of females were overweight, with 14.2% being obese[4]. Psychological factors play a significant role in this trend, impacting metabolic activity and various hormones in the body, ultimately contributing to weight gain. An extensive review of psychological interventions for obesity and overweight reveals that behavioural and cognitive–behavioural therapies can significantly contribute to successful weight management especially when combined with physical activity and a balanced diet[5].

Food choice is a method of choice-making, including the tactile (non-sensory and taste) features of nourishment itself, attributes of the environment (culture) and a consumer's eating behviour, i.e. state of mind in which the choice is made[6]. Prolonged exposure to enormous portion sizes increases energy intake and, hence, weight gain over time among moderately aged people[7]. Behavioural therapy