

The effectiveness of cognitive - behavioral therapy in obese women self-esteem and resilience and physical self Imagenation

Nasibe Taheri dizgah*,Dr.Tahereh Hamzeh pour,

The purpose of this study, the effects of cognitive - behavioral treatment on self-esteem, resiliency and physical self-image in obese women. Thus, 30 women with obesity (BMI \geq 30) were randomly ed sports clubs to the Talesh. Of these 15 individuals were ed as experimental group received cognitive-behavioral therapy and 15 patients in control group were not given cognitive-behavioral intervention. Research tools included self- esteem, Resilience, body image questionnaires and cognitive - behavioral therapy package was used. During 42 sessions, the experimental group was given cognitive - behavioral therapy before and after were taken their questionnaires. After collecting the information, the data were analyzed by analysis of covariance. The results show that the methods of cognitive - behavioral therapy had been effective on improving self-esteem, resilience and physical self-image in obese women. y

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