

**Prevention program for disordered eating and obesity among Mexican university students (pp. 5-28)**

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The aim of this study was to examine feasibility and acceptability of a disordered eating and obesity prevention program called “StopOBEyTA” among Mexican university students. A pilot study pre/post-intervention and follow-up with a two-control group was conducted with 45 university students. The experimental group received an intervention of eight sessions, aimed at promoting healthy eating habits and positive body image. The control group was divided, one half of the group received eight sessions directed to improve learning skills, and the other half did not receive any intervention. A battery of questionnaires was completed pre, post-intervention and at three months follow-up. There was a reduction of unhealthy eating behaviors, improved self-esteem and body satisfaction, perfectionism, and overall levels of psychopathology were reduced in the experimental group compared to the other two groups. These changes were maintained at three months follow-up. The program was highly valued by the participants, who expressed their satisfaction and learned new tools for daily life. This intervention promises benefits to prevent these types of pathology, although a replication of results with larger samples is needed.