

Behavioral intervention based on acceptance and commitment therapy for overweight and obesity: A pilot study (pp. 607-625)

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Current behavioral interventions for weight loss in overweight and obesity present problems in maintaining long-term weight loss results. Acceptance and commitment therapy (ACT) could be a suitable approach to promote long-term weight loss. The aim of this pilot study is to evaluate the efficacy of an ACT-based intervention on body weight change at the end of the intervention and after a 9-month follow-up, in addition to analyzing the effects of the intervention on several variables of interest. Nine women ($M_{\text{age}} = 44.11$ years; $SD = 5.82$) attended a group intervention of 10 weekly sessions, addressing contents of eating habits, physical activity, and ACT. At the end of the intervention, the average weight loss was 2.8%, and after a 9-month follow-up, it was 3.9%. Based on the results, it can be concluded that the study provides evidence in favor of the suitability of ACT to help promote weight loss.