



Cardiff Institute of Society and Health  
Athrofa y Gymdeithas ac Iechyd Caerdydd

## Development and piloting of an acceptance-based intervention for overweight and obese women: Mindfulness-based weight loss

### Research Team

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### The Study

Katy Tapper, Chris Shaw, Laurence Moore and Joanne Ilsley recently completed a small scale exploratory trial of a brief acceptance-based intervention for weight loss in women. The main aims of the project were to devise an acceptance-based weight loss intervention (i.e. full protocol and materials); collect data on the short-term efficacy and acceptability of the intervention, gain an estimate of effect size for use in future studies, and gather information on ways in which the intervention could be further developed and refined.

The research followed MRC recommendations for the development and evaluation of complex health interventions and consisted of a Development Phase and Pilot Phase. During the Development Phase the intervention was devised and pre-piloted with a small group of volunteers recruited from university staff. The Pilot Phase used a randomised controlled trial design to evaluate the effects of the intervention over a 6 month period among women who were attempting to lose weight.

Participants were recruited via articles and adverts in local newspapers, posters in community and leisure centre and the university website. A total of 62 participants were recruited and randomised to the intervention and control conditions (31 in each arm).

The intervention consisted of a series of 3 workshops with a 4th follow up workshop held approximately 3 months later. The workshops employed a range of exercises and metaphors to introduce participants to key concepts and strategies. Homework tasks were also assigned to encourage participants to practise and consolidate the exercises in between workshops. Participants in the control condition continued with their normal weight loss programme.

Baseline measures were taken prior to the intervention and at 4 and 6 months. These included BMI and a range of questionnaire measures to assess eating behaviours, physical activity and quality of life.

Semi-structured telephone interviews were also conducted with the intervention group after the first 3 workshops to help evaluate the programme from the user's perspective. Further telephone interviews were carried out with a sample of intervention and control participants at the end of the study to assess any changes in weight loss management over the six months and any impact inclusion in the study may have had on their approach.

Data are currently being analysed and papers will be prepared for submission in 2008.

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