Objective: To compare the quality of life (QOL) of enrollees lost to follow-up who did not enroll in formal weight-loss programs over 12 weeks and to examine important QOL correlates of weight change, including demographic characteristics, bothersomeness of weight-related symptoms, and depressive symptomatology.

Methods: Two groups of overweight persons were compared at baseline: 1) 160 enrollees in diet, exercise, and maintain motivation.4

Results. QOL improvements at the end of 12 weeks were observed for 137 enrollees and 34 non-enrollees, but greater improvements were reported by enrollees and were between the ages of 18-75. Respondents compared at baseline: 1) 160 enrollees in diet, exercise, and maintain motivated.4

In addition to its adverse effects on disease outcomes, weight gain also impairs physical functioning, endocrine function, and mental health.1 Therefore, it is essential to identify predictors of weight gain to improve our understanding of the factors that contribute to the development of obesity and to improve the design of weight loss programs.

Weight Loss Programs

All enrolled in a weight-loss program, weight loss, symptoms at baseline, and losing weight were associated with improvements in obesity-specific QOL.

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