

Abstract

Original Article

Obesity and Anxiety Management: A Sense of Coherence Approach

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Abstract

Background: The sense of coherence (SOC) can provide significant knowledge about how a person may handle a potentially stressful situation, such as managing obesity.

Aim: It was to investigate the possible association between obesity and the anxiety management skills

Material and Methods: Sixty-one individuals with non-morbid obesity and 127 non obese individuals (BMI<30Kg/m²) visiting cosmetic centers were enrolled in this cross-sectional study. Participants were randomly selected from a representative sample of the cosmetic centers in the area of Attica. The SOC scale along with questions on sociodemographic data was used as the research tool.

Results: Obesity was statistically significantly ($p < 0.05$) related to the area the cosmetic center was located at, age and existence of a morbid relative. No association between SOC and BMI or the morbid/no morbid status was observed.

Conclusions: Anxiety management skills, as defined by SOC scale is not associated with non-morbid Obesity. A possible satisfactory SOC among Obese individuals allows interventions towards increase of self-efficacy during weight loss efforts.

Key words: Obesity, Sense of Coherence, Anxiety