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Factors Effecting an Obesity Reduction  
Treatment Programme in a  
Secondary School

A thesis presented in partial  
fulfilment of the requirements for the degree  
of Master of Arts in  
Applied Psychology  
at Massey University

Iain Baird Tennent  
1977

The present study examined the effects of a 21 week programme on 9 obese adolescents in a school setting.

The study's theme was chosen because research in the area of adolescent obesity is sparse.

Self monitoring of intake, self monitoring of increased exercise, varying frequency of weighings and continuing instruction in the behavioural control of eating were used.

Varying measures were examined to try to find predictors of the Ss' success probabilities and to describe psychological aspects associated with adolescent obesity.

Significant correlations with weight loss indicated that:

- (a) gains in personal adjustment followed weight loss;
- (b) California Test of Personality Scores and Primary School Record Personal Effort Scores, were good predictors of success;
- (c) degree of self monitoring of intake and degree of family support were closely associated with success;

It was found that:

- (d) increased exercise output was an important factor;
- (e) trends were present showing improved academic performance following weight loss;
- (f) obese adolescents had significantly more absences from school and were high risks for truancy and premature termination of schooling.

These findings were discussed relative to the literature on obesity.

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## TABLE OF CONTENTS

THE PROBLEM.....	1
The Definition and Measuring Instruments of Obesity ...	3
Treatment .....	5
METHOD .....	8
Measuring Instruments Used .....	8
Standardised Tests .....	9
Other Measures .....	12
Family Eating Patterns Questionnaire .....	13
Measures of School Success Prior to Entry to into Secondary School .....	14
Other Measures .....	14
School Reports .....	15
Structured Interviews .....	16
Weekly Weighings Compared With 4 Weekly, During The School Holiday Period .....	16
PROCEDURE .....	17
Description of the Programme .....	18
ANALYSIS OF DATA .....	21
CASE NOTES .....	26
RESULTS .....	42
California Test of Personality .....	42
Bristol Social Adjustment Guides .....	43
Sociogram .....	44
Measures of School Success Prior to Entry Into Secondary School .....	44
School Registers .....	44
Termination of Schooling .....	45
Academic Performance As Measured by School Reports ....	45
Holiday Subgroups .....	45
DISCUSSION .....	51
Social and Personal Adjustment .....	51
Improvement in Adjustment Following Weight Loss .....	52
Predictors of Success in Obesity Reduction With Adolescents .....	52
Improvement in Academic Performance Following Weight Loss .....	52
Identification of the Important Factors in The Treat- ment of Obesity in a School Based Programme For Adolescents .....	53
School Absence, Truancy and Premature Termination of Schooling .....	55
Other Factors .....	56
Conclusion .....	57
RECOMMENDATIONS .....	60
BIBLIOGRAPHY .....	61
APPENDICES .....	66

## APPENDICES

APPENDIX A	
Questionnaire - Family Eating Patterns .....	66
APPENDIX B	
Questionnaire .....	68
APPENDIX C	
Self Monitoring Sheets .....	71
APPENDIX D	
Summary of Behavioural Controls of Overeating, As Discussed With Ss and Their Parents .....	72
APPENDIX E	
Mean Energy Expenditure of Various Activities .....	75
APPENDIX F	
Dieting Material .....	76
APPENDIX G	
Individual Graphs For Recording Cumulative Weight Changes .....	85
APPENDIX H	
Letter Sent to all Ss' Parents .....	86
APPENDIX I	
Family Eating Patterns Questionnaire Scores .....	88
APPENDIX J	
Measures of School Success Prior to Entry Into Secondary School .....	89
APPENDIX K	
Academic Improvement Scores of Third and Fourth Formers Invited to Participate in the Obesity Reduction Programme .....	90
APPENDIX L	
Pupils Approached Who Did Not Participate or Who Withdrew From The Obesity Reduction Programme	91

## LIST OF FIGURES AND TABLES

### FIGURES

1	Construction to Show 97th Percentile .....	10
2	Weekly Weight Graph for R .....	33
3	Weekly Weight Graph for A .....	34
4	Weekly Weight Graph for D .....	35
5	Weekly Weight Graph for S .....	36
6	Weekly Weight Graph for K .....	37
7	Weekly Weight Graph for M .....	38
8	Weekly Weight Graph for L .....	39
9	Weekly Weight Graph for C .....	40
10	Weekly Weight Graph for G .....	41

### TABLES

1	Ss in Obesity Reduction Programme .....	27
2	California Test of Personality Initial Scores ..	46
3	California Test of Personality Final Scores ....	47
4	California Test of Personality Mean Improvement of Standard Scores .....	48
5	Bristol Social Adjustment Guides No.2 .....	49
6	Results of Sociogram .....	50
7	Weight Loss Correlated With Various Measures ...	58
8	Effectiveness of Intake Recording Schedules Compared With Increased Frequency of Weighing Schedules .....	59