#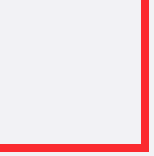 Knowledge, Attitude, and Confidence on the Use of Cognitive Behavior Therapy for Weight Loss and Maintenance among Healthcare Providers

Dr Jamilah Hanum Abdul Khaiyom
Assistant Professor & Clinical Psychologist
Department of Psychology
International Islamic University Malaysia

CBT remain... ...esity treatment

Objectives

Knowledge

Attitude

Confidence
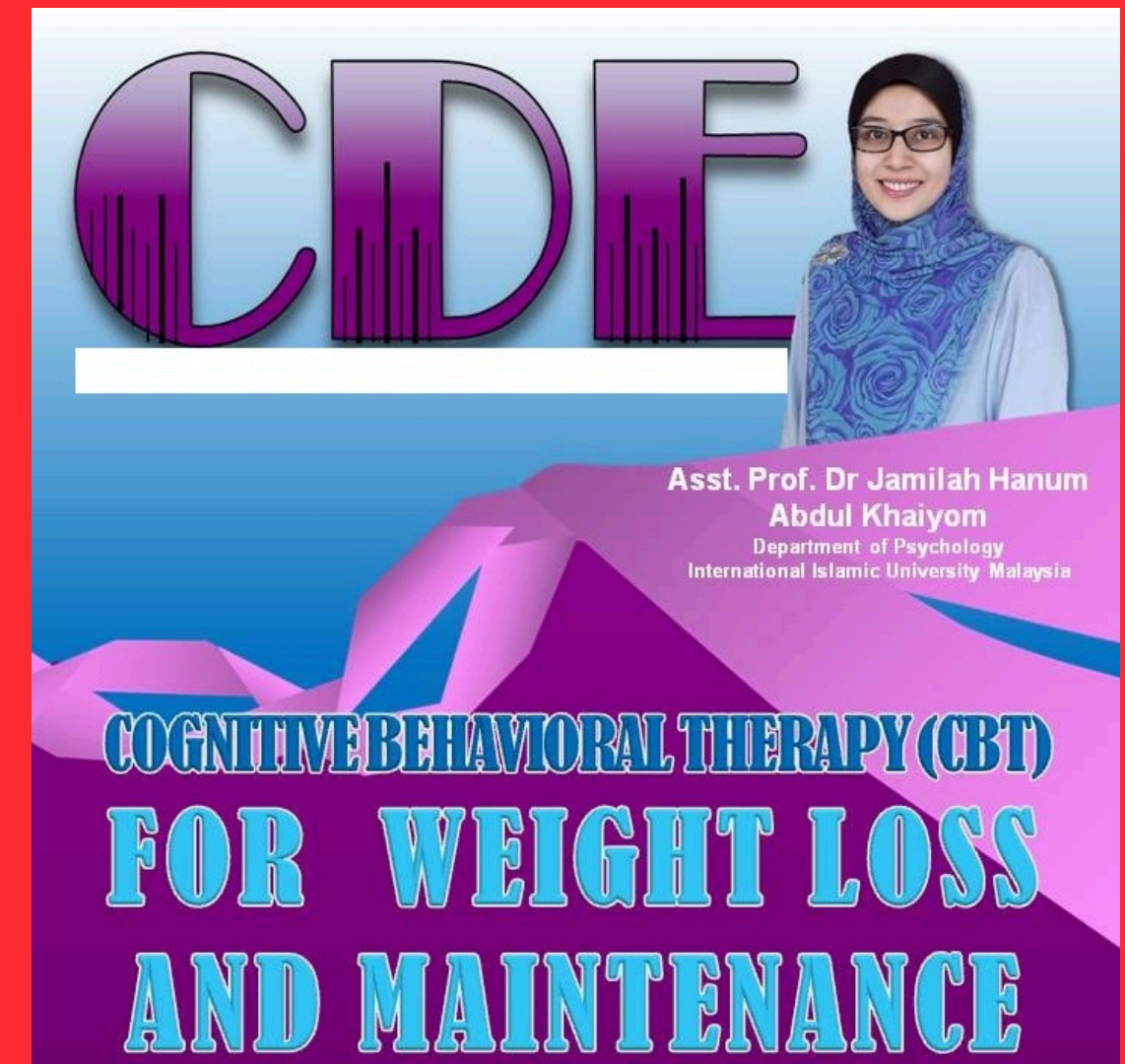
Use of CBT among Healthcare Providers

I ♥ CBT

Exposed in a Brief Training for Weight Management

Methodology

36 healthcare providers
- Dietitians
- Medical Officers
- Endocrinologist

- 3 Hours
- Face-to-Face
- Seminar

CDE

Asst. Prof. Dr Jamilah Hanum Abdul Khaiyom
Department of Psychology
International Islamic University Malaysia

COGNITIVE BEHAVIORAL THERAPY (CBT) FOR WEIGHT LOSS AND MAINTENANCE

I ♥ CBT

Methodology

I ♥ CBT

1. Introduction to CBT
2. CBT & Its Relationship with Weight Loss & Maintenance
3. Diet Traps
4. Cognitive Behavioral Strategies to Reinforce Weight Management

Methodology

16 questions
- Knowledge
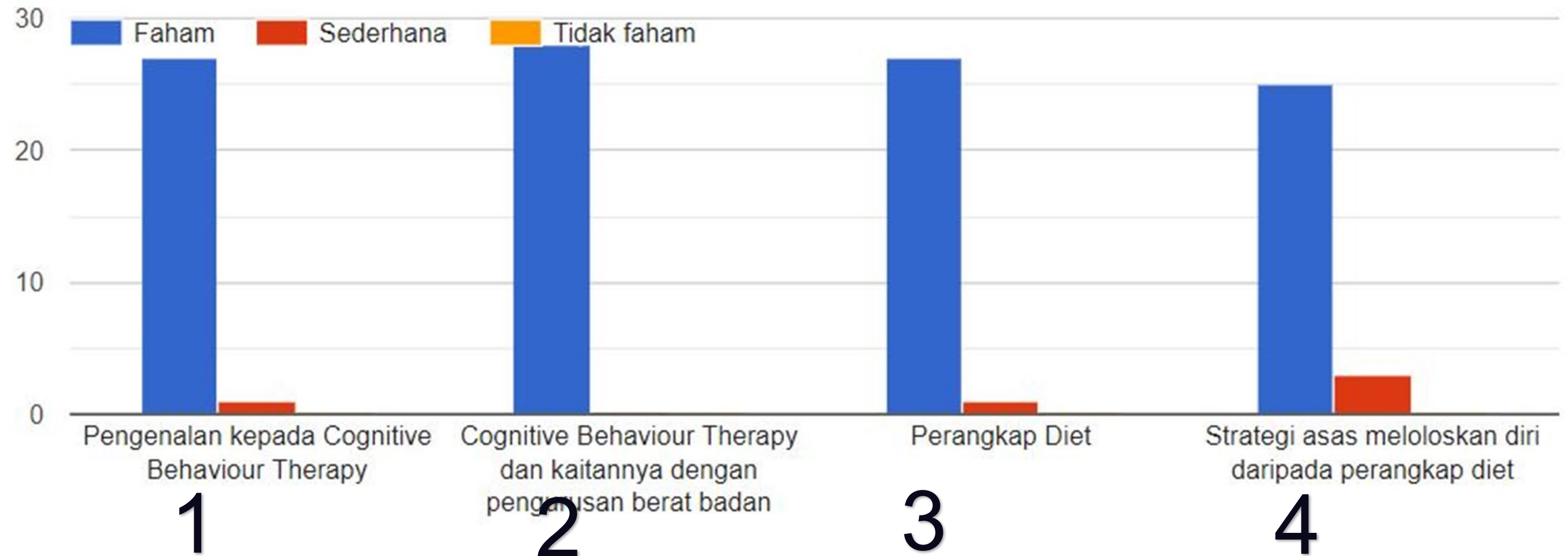- Attitude
- Confidence

Level of Understanding for Each Module

I ♥ CBT

Results (*N* = 36)

No.	Components	Pre-Score	Post-Score
1.	**Knowledge on CBT** *(11 qs)*	**121** correct responses	**274** correct responses
2.	**Attitudes on CBT** *(2 qs)*		
	• *Psychology & Weight Management*	**78.6% (Very important)** 7.1% (Important) 3.6% (Neutral) 3.6% (Not so important) 7.1% (Not important at all)	**92.9% (Very important)** 3.6% (Important) 0%(Neutral) 3.6% (Not so important) 0% (Not important at all)
	• *CBT & Weight Management*	**71.4% (Very important)** 10.7% (Important) 7.1% (Neutral) 7.1% (Not so important) 3.6% (Not important at all)	**92.9% (Very important)** 3.6% (Important) 0%(Neutral) 3.6% (Not so important) 0% (Not important at all)
3.	**Confidence to Use CBT**		
	• *CBT & Weight Management (Self)*	**25% (Very confidence)** 46.4% (Confidence) 17.9% (Neutral) 7.1% (Not so confidence) 3.6% (Not confidence at all)	**42.9% (Very confidence)** 53.6% (Confidence) 0%(Neutral) 3.6% (Not so confidence) 0% (Not confidence at all)
	• *CBT & Weight Management (Patient/Client)*	**21.4% (Very confidence)** 42.9% (Confidence) 28.6% (Neutral) 3.6% (Not so confidence) 3.6% (Not confidence at all)	**32.9% (Very confidence)** 53.6% (Confidence) 10.7%(Neutral) 3.6% (Not so confidence) 0% (Not confidence at all)

Results (*N* = 36)

Level of Understanding for Each Module

■ Understand
■ Moderate
■ Did Not

D. Secara umum, adakah anda dapat memahami topik di bawah dalam masa 3 jam pembelajaran?

■ Faham ■ Sederhana ■ Tidak faham

1 — Pengenalan kepada Cognitive Behaviour Therapy
2 — Cognitive Behaviour Therapy dan kaitannya dengan pengurusan berat badan
3 — Perangkap Diet
4 — Strategi asas meloloskan diri daripada perangkap diet

Conclusion

FURTHER TRAINING & ROBUST STUDY NEED TO BE CONDUCTED

I ♥ CBT

Thank You
Questions & Answers
hanum@iium.edu.my