



ORIGINAL ARTICLE

Psychosocial and behavioural factors in the regulation of weight: Self-regulation, self-efficacy and locus control^{☆,☆☆}

Lara Menéndez-González^{a,*}, María Isabel Orts-Cortés^{b,c}^a Centro de Salud El Llano, Servicio de Salud del Principado de Asturias, Spain^b Departamento de Enfermería, Universidad de Alicante, Alicante, Spain^c Unidad de Investigación en Cuidados de Salud (Investen-ISCIII), Instituto de Salud Carlos III, Madrid, Spain

Received 25 October 2017; accepted 11 February 2018

KEYWORDSObesity;
Self efficacy;
Self-control;
Internal-external control;
Behaviour;
Body mass index**Abstract**

Objective: To identify the relationship and behaviour of the variables of self-control, self-efficacy and locus control in weight regulation of obese, overweight and normal weight adults. **Method:** Transversal study undertaken in the Health Centre of El Coto (Gijón) from 1st April to 30th July 2015. Participants: Subjects between 18 and 65 years of age with a body mass index recording within the last two years. Exclusions: serious medical illness, eating disorders or pregnant women. Main measurements: Behavioural variables: self-regulation of body weight (Inventory of self-control of body weight), perceived self-efficacy in weight regulation (Inventory of perceived self-efficacy in weight regulation) and locus control in weight regulation (Inventory of locus control in weight regulation). Anthropometric variables: weight (kg) and height (m), body mass index. **Results:** One hundred and six participants were included: 32 were obese, 28 overweight and 46 normal weight. Significant differences were found between the 3 study groups for total scale of self-efficacy ($F=61.77$; $p<.01$), total scale of self-regulation ($F=45.97$; $p<.01$), internal locus control ($F=13.92$; $p=.019$), other weighty influences of locus control ($F=9.21$; $p<.01$) and random locus control ($F=3.50$; $p=.011$).

DOI of original article: <https://doi.org/10.1016/j.enfcli.2018.02.005>[☆] Please cite this article as: Menéndez-González L, Orts-Cortés MI. Factores psicosociales y conductuales en la regulación del peso: autorregulación, autoeficacia y locus control. Enferm Clin. 2018. <https://doi.org/10.1016/j.enfcli.2018.02.005>^{☆☆} The data contained in this publication form part of the final master's project of the Master's degree in Nursing Sciences of the University Jaume I, coordinated by the lecturer Ms. Isabel Orts. The research protocol was presented at the XIX International Conference on Research into Care.

* Corresponding author.

E-mail address: laramendezgonzalez@gmail.com (L. Menéndez-González).

PALABRAS CLAVE

Obesidad;
Autoeficacia;
Autorregulación;
Control
interno-externo;
Conducta;
Índice de masa
corporal

Conclusions: The relationship between body mass index and behavioural variables of self-efficacy, self-regulation and locus control, suggests the need for healthcare professionals to include psychological factors of behaviour in any preventive action and intervention directed at weight control.

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Factores psicosociales y conductuales en la regulación del peso: autorregulación, autoeficacia y locus control

Resumen

Objetivo: Identificar la relación y el comportamiento de la autorregulación, autoeficacia y locus control en la regulación del peso, en población adulta con obesidad, sobrepeso y normopeso.

Método: Se realizó un estudio transversal en el Centro de Salud del Coto (Gijón) entre el 1 de abril al 30 de julio de 2015. La muestra estuvo formada por personas entre 18-65 años que contaran con un registro del índice de masa corporal en los dos últimos años. Los criterios de exclusión fueron: enfermedad médica grave, trastornos de la alimentación o mujeres embarazadas. Se midieron variables conductuales: autorregulación del peso corporal (Inventario de autorregulación del peso corporal), autoeficacia percibida en la regulación del peso (Inventario autoeficacia percibida en la regulación del peso) y locus control en la regulación del peso (Inventario Locus control en la regulación del peso). Variables antropométricas: peso (kg) y talla (m), índice de masa corporal.

Resultados: Se incluyeron 106 participantes: 32 con obesidad, 28 con sobrepeso y 46 con normopeso. Se encontraron diferencias estadísticamente significativas entre los 3 grupos de estudio para las variables escala total de autoeficacia ($F=61,77$; $p<0,01$), escala total de autorregulación ($F=45,97$; $p<0,01$), locus control interno ($F=13,92$; $p=0,019$), locus control otros poderosos ($F=9,21$; $p<0,01$) y locus control azar ($F=3,50$; $p=0,011$).

Conclusiones: La existencia de una relación entre el índice de masa corporal y las variables conductuales de autoeficacia, autorregulación y locus control, plantea a los profesionales sanitarios la necesidad de incluir los factores psicológicos o conductuales en cualquier actividad preventiva y de intervención dirigida al control del peso.

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What is known?

As with other chronic processes 90% of obesity management falls under the responsibility of the patient and psychological factors determine compliance and success of a weight control programme. People have a tendency to link causal or external attributions to a negative event, such as when there is a serious health problem like obesity. Few studies have inter-linked the variables of locus control, self-regulation and self-efficacy for weight control, focusing instead on diet and physical exercise and comparing them with people whose weight is normal.

What does this paper contribute?

The existence of a relationship between weight and the psychosocial and behavioural variables of locus control, self-regulation and self-efficacy present the healthcare practitioner with the need to include psychological behavioural factors into any weight control preventative action and intervention. Obese people have little ability in self-regulating their weight and in particular with regards to practising physical activity.

Introduction

Obesity is a chronic, multifactorial disease and is considered to be one of the main public health problems worldwide (WHO).¹

Although the environmental influence on the genesis of the problem of obesity is well known,^{2,3} individual behaviour

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