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An update on obesity: mental consequences and psychological interventions

Dinh-Toi Chu^{1, 2, †, *}, Nguyen Thi Minh Nguyet^{3, †}, Vu Thi Nga^{4, †}, Nguyen Vu Thai Lien⁵, Duc Duy Vo⁶, Nguyen Lien⁷, Vo Truong Nhu Ngoc⁵, Le Hoang Son⁸, Duc-Hau Le⁹, Vu Bich Nga¹⁰, Pham Van Tu¹¹, Ta Van To¹², Luu Song Ha¹³, Yang Tao¹⁴ and Van-Huy Pham^{15, *}

¹Faculty of Biology, Hanoi National University of Education, Hanoi, Vietnam

² Centre for Molecular Medicine Norway (NCMM), Nordic EMBL Partnership, University of Oslo and Oslo University Hospital, Norway

³ Center for Environment and Health Studies, Thai Binh, Vietnam

⁴Institute for Research and Development, Duy Tan University, K7/25 Quang Trung, Danang, Vietnam

⁵Hanoi Medical University, Hanoi, Vietnam

⁶ Department of Cell and Molecular Biology, and Department of Chemistry, BMC, Uppsala University, Uppsala, Sweden

⁷Center for NeuroGenetics, Department of Molecular Genetics and Microbiology, College of Medicine, University of Florida, Gainesville, United States of America

⁸ VNU University of Science, Vietnam National University, Hanoi, Vietnam

⁸ VINMEC Research Institute of Stem Cell and Gene Technology, Hanoi, Vietnam

¹⁰ National institute of Diabetes and Metabolic Disorders, Hanoi, Vietnam

¹¹ Faculty of Social Work, Hanoi National University of Education, Hanoi, Vietnam

¹² Pathology and Molecular Biology Center, National Cancer Hospital, Hanoi, Vietnam

¹³ Vietnam Women's Academy, Hanoi, Vietnam

¹⁴ Nanjing Agricultural University, Nanjing 8 210095, China

¹⁵ Faculty of Information Technology, Ton Duc Thang University, Ho Chi Minh City, Vietnam

[†]Co-first authors

*Corresponding authors: To DTC: chudinhtoi.hnue@gmail.com or dinhhtc@ncmm.uio.no
Or to VHP: phamvanhuy@tdt.edu.vn

Abstract

Besides physical consequences, obesity has negative psychological effects, thereby lowering human life quality. Major psychological consequences of this disorder includes depression, impaired body image, low self-esteem, eating disorders, stress and poor quality of life, which are correlated with age and gender. Physical interventions, mainly diet control and energy balance, have been widely applied to treat obesity; and some psychological interventions

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