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	<b>Diploma</b>
Thesis Title	<b>Impact of short-term Educational nutritional program on the behavioral parameters and BMI of a sample of obese female patients aged (18-45 years old) in Al-Kindy obesity research and therapy unit in 2016</b>
Year	2016-2017
Abstract	<p><b>Abstract</b></p> <p><b>Background:</b> obesity is increase in the fat component of the body. It is associated with a variety of chronic diseases. However the interrelationship that exists between lifestyle, diet, physical activity, and other determinates of obesity needs to be clarified. Weight reduction reduces health risks associated with chronic diseases and is therefore encouraged by major health agencies.</p> <p><b>Aim of study:</b> Asses and intervene aiming to improve the behavioral parameters of obese female patients.</p> <p><b>Patients and methods:</b> from 2nd of January 2016 to 28th of February 2017, obese female patients from different areas of Baghdad who attended the Obesity Research and Therapy Unit, at Al-Kindy College of Medicine were included in the study. Socio-demographic data and anthropometric measurements were studied, in addition to a number of behavioral parameters.</p> <p><b>Results:</b> mean age of our patients was <math>32.16 \pm 7.14</math> years old, mean of behavioral score at 1st visit, 2nd visit, 3rd visit, 4th visit were 5, 9, 21, 22 respectively, which showed a significant improvement. Mean BMI at 1st visit was <math>33.45 \pm 1.37</math>, 2nd visit <math>32.42 \pm 1.41</math>, 3rd visit <math>31.41 \pm 1.48</math>, 4th visit <math>30.67 \pm 1.61</math>, which showed a significant reduction.</p> <p>Having university level of education, good socio-economic status, employment, being physically active, younger age(&lt;40 years old) and having 2 or less children were significantly associated with better weight reduction (p-value &lt; 0.05).</p> <p>Single women although not significantly associated with reduction of BMI, but they have more weight loss than married women.</p> <p><b>Conclusion:</b> A combination of behavioral therapy with calories restriction and appropriate physical activity program resulted in significant improvement in the behavioral parameters and reduction of BMI of obese women.</p>