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## Managing complexity in psychological crisis: A single case cognitive and behavioural formulation of binge eating, type-1 diabetes mellitus and obesity with features of multi-impulse control disorder

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Obesity has become one of the major risk factors for chronic diseases later in life. It is a reversible predisposing factor for several debilitating diseases including atherosclerosis, hypertension and diabetes mellitus. So our main goal is to raise awareness among the special care centers and to educate the parents and staff about the risks of obesity and associated disorders and measures to be taken to improve their lifestyle and prevent the complications which may occur in the future in such individuals. This study aimed to determine risk factors by assessing the prevalence of obesity, overweight, central obesity, their associated factors and other diseases in specially challenged children and to educate the parents and care takers about the risk of among them. The study was done based on a pre-structured questionnaire comprising the lifestyle data, in particular, age, sex, ethnicity, medical condition, diet, socioeconomic status, education level, family history of obesity and frequency of physical activity in specially challenged people. Variables including height, weight, height/weight ratio, waist circumference, calculation of BMI were also determined as a requirement to study obesity among them. Diagnosis of obesity and central obesity was confirmed by the WHO standard recommended method by determining of Body Mass Index (BMI) and Waist Circumference (WC). We studied the percentage (n=12) (f BMI w)8 (er)13 (e a)-5 (l)3 (r)0 (f B)-20 (oy FT)0 0 0 10 48.1889 47

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