

Keywords: Obesity; Weight loss; Overweight; Weight management

Introduction

The majority of previous research that looks into the effectiveness of weight loss interventions does not take into account the psychological changes that come with losing weight. Improvements in mental health were not typically the primary outcome of studies examining psychological correlates. Morbidly obese individuals with concurrent physiological and psychological co-morbidities make up the majority of the samples in these studies. However, there have been documented improvements in some psychological outcomes despite this. A meta-analysis of the psychological outcomes of surg

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weight requires discipline, commitment, and goal-setting. When individuals achieve their weight loss goals, it can enhance their sense of control over their lives and increase motivation in other areas as well.

Enhanced body satisfaction: Weight loss can lead to improved