

Question

Among adolescents with obesity, can the use of motivational interviews compared to non-motivational interviews decrease childhood obesity?



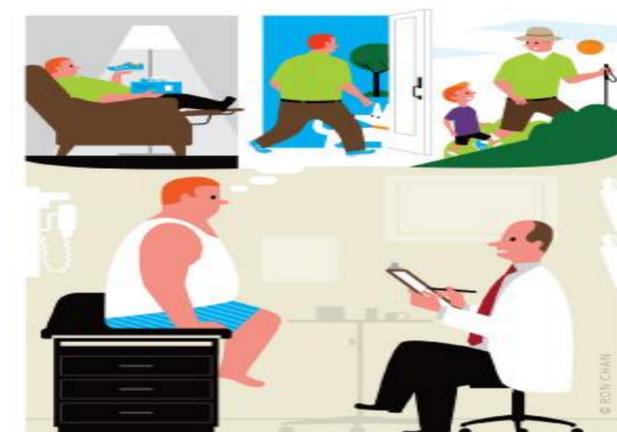
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Definition

Motivational Interviewing (MI) is defined as an effective nonjudgmental, patient-centered counseling approach to losing weight.

Background

- The rate at which childhood obesity is growing is alarming.
- Obesity is defined as “abnormal or excessive fat accumulation that may impair health” (WHO, 2021).
- According to the World Health Organization (WHO) by 2056, the number of school-age children and adolescents aged 5-19 with obesity would rise from 11 million to 124 million (WHO, 2021).
- In Africa, for example, the number of obese children under 5 years of age according to their 2019 global estimate increased by nearly 24% percent since 2000 (WHO, 2021).
- The percentage of adolescents affected by obesity has more than tripled since the 1970s; from 4% in 1975 to 18% in 2016 (WHO, 2021).
- Obesity in children can cause impaired physical and mental challenges like cardiovascular diseases, hypertension, type 2 diabetes, lower self-esteem and being at a greater risk for bullying.



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The Use of Motivational Interviewing to Decrease Childhood Obesity

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Conclusions

- All three articles reviewed for this project suggest that MI is beneficial in reducing pediatric obesity among adolescents, due to its nonjudgmental, empathetic approach.
- They found it very effective in improving several aspects of the health status of overweight adolescents when used in a school setting as a counseling tool.
- However, the authors of article one believe that MI must be paired with some physical activity to see significant decrease in weight or BMI.
- Another key finding was that the severely obese adolescent participate saw up to 10% body fat reduction with MI only without interventions like physical activity or weight loss program.

Application

- Through the utilization of MI, nurses can empower patients to manage their own care, build a healthier future and decrease childhood obesity.
- Healthcare specialists can provide evidence-based education on MI to other experts and patients.
- Decreasing childhood obesity is a community effort with parents, health care providers and nurses playing a vital role.
- In the clinical setting the nurse can assess children by asking parents open-ended questions to determine proper nutrition and possible deficiencies.
- Nurses can also educate parents about dietary concerns, as well as growth, and development concerns.

Article	Description	Findings
Motivational Interviewing as a Way to Promote Physical Activity in Obese Adolescents: A Randomized-Controlled Trial Using Self-Determination Theory as an Explanatory Framework, by Mathieu Gourlan, Philippe Sarrazin, and David Trouilloud published in April 2013.	<ul style="list-style-type: none"> ➤ This research is a level II randomized study. ➤ Evaluated the effectiveness of an MI based intervention as an addition to a Standard Weight Loss Program (SWLP) to improve BMI in obese adolescents. ➤ Eligible participants had to be between ages 11-18 years, BMI above nineteen, with no underlying diseases. ➤ There was a total of 62 participants. ➤ Eligible participants= 11-18 years-old, BMI >19, with no underlying disease. ➤ The study involved 3 MI sessions at the beginning of the study, at 3 and 6-months respectively. 	<ul style="list-style-type: none"> ➤ Participants in the MI + SWLP group showed significant declines in BMI, whereas participants in the MI group did not demonstrate significant changes. ➤ Participants in both groups indicated momentous changes after six months. ➤ MI paired with some physical activity or weight loss program can decrease adolescence obesity significantly.
Anthropometric outcomes of a motivational interviewing school-based randomized trial involving adolescents with overweight, published on May 15, 2018, by Freira et al.	<ul style="list-style-type: none"> ➤ This is a level II, cluster randomized clinical trial ➤ Study aimed to evaluate if the use of MI was more significant than conventional therapy in decreasing the consequences of obesity in adolescents aged 14-19 ➤ The study had 80 respondents out of the 800-sample population selected from 8 high schools in Lisbon 	<ul style="list-style-type: none"> ➤ The MI group showed a vast reduction of the BMI suggestively after 3 months and 6 months compared to the control group. ➤ Also, abdominal circumference of the motivational group significantly reduced while that of the control group increased. ➤ The motivational group experienced a massive decrease in muscle mass at the end of 6 months. ➤ In contrast, the control group showed increased percentages in muscle mass.
The research article titled, Motivational Interviewing Targeting Diet and Physical Activity Improves Adherence to Pediatric Obesity Treatment: Results from The MI Values Randomized Controlled Trial, by Bean et al. published February 24, 2014.	<ul style="list-style-type: none"> ➤ This is a level II potential randomized study. ➤ There were 99 participants selected for this study aged 11-18 years. ➤ All participants had to have no essential medical etiology of obesity to be included in the study. ➤ Selected respondents participated in physical activities more than three times a week and exercised on additional days. ➤ The subjects in the Motivational Interviewing, MI participated in two sessions. ➤ The first 30-minute sessions occurred at week one, whereas the second session took place at week ten 	<ul style="list-style-type: none"> ➤ Overall, this study’s findings show that adolescents experienced a reduction in obesity with continued MI as compared to the control group. ➤ While gender proved not to be an effective retention moderator, patient education was positively associated with overall adherence. ➤ It is important to note that major impacts were seen in participants with severe obesity. ➤ Mild to moderate obese adolescents experienced improvements in weight loss and improved quality of life.