

Abstract

Background:

African American women have the highest prevalence of obesity in the United States. They are also less likely to be successful in losing weight due to a myriad of psychosocial barriers that impede their ability to be consistent with lifestyle modification. This project aimed to assess the feasibility of a psychosocial intervention in African American women with obesity to improve self-efficacy for weight loss behaviors.

Methods:

We used a pre-test post-test design to compare the improvement in self-efficacy for overcoming barriers, dietary adherence, and physical activity. The intervention focused on giving support and educational information over an 8-week and a 4-week session over the telephone and video.

Result:

A total of 18 participants were involved in the feasibility study, and 12 completed both the pre-test and post-test. The findings revealed there was no change in overcoming barriers 11.82 (-0.167), a significant change in dietary adherence 16.27 (+4.909), and a slight change in physical activity 2.67 (1.775).

Conclusion

This study implies that the intervention used with the participants was not feasible. However, the lack of participants and poor retention cannot be generalized because of the sample size. The information still has clinical significance and will be beneficial in another setting.

Implications:

This study demonstrates the need to provide accessible support to African American women with obesity to improve weight loss behaviors and prevent obesity-related complications.

Keywords:

Obesity, African American women, black women, weight loss programs, weight loss.