

DNP Final Scholarly Paper: Weight Loss Maintenance Prevalence and Education to Improve  
Self-efficacy for Physical Activity and Eating Behaviors

Corinne Roberto

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Abstract

The Johns Hopkins University School of Nursing

On my honor, I pledge that I have neither given nor received any unauthorized assistance on this  
assignment. – CR

### **Abstract**

Weight regain within the first 12 months is common in individuals after achieving clinically significant weight loss (MacLean, Wing, & Davidson et al., 2014). At the Johns Hopkins Weight Management Center (JHWMC), the prevalence of weight regain and successful maintenance are unknown. A survey to determine these outcomes was distributed to over 300 patients with significant weight loss, and 56 participated. Of these 56 survey participants, 32% were able to maintain their weight loss for 1-2 years. Forty-five percent denied receiving specific weight loss maintenance or were unsure. Walking was the most commonly performed physical activity, and over a third reported performing physical activity for more than 150 minutes per week.

To increase the likelihood of successful weight loss maintenance in current patients at the JHWMC, structured weight loss maintenance education with a focus on improving self-efficacy for physical activity and eating behaviors was delivered over four PDSA cycles, using motivational interviewing in a group setting. Self-efficacy was measured using the WEL-SF and SEE Scale. Improvements in self-efficacy from pretest to posttest were insignificant, given a small sample size (N=8). An educational tool from the intervention will be utilized for use in future patients to improve self-efficacy during the maintenance phase.