

Correcting Disordered Eating and Achieving Healthy Weight Management in Obese Children through Behaviour Change Models

Project Objective

Childhood obesity is an increasingly prevalent public health concern that carries not only physical but also significant psychological and social consequences. Going beyond conventional nutritional interventions, this project integrates behaviour change models grounded in Cognitive Behavioural Therapy (CBT) and Social Learning Theory, with the dual aim of addressing disordered eating patterns in children and fostering the development of sustainable, healthy lifestyle habits.

Scope

The distinctive feature of this project is its construction of a multi-layered intervention model that brings together therapy techniques focused on children's cognitive processes, active family engagement, and multidisciplinary clinician collaboration. The project is conducted with the participation of children aged 8–12 whose BMI exceeds the 95th percentile, along with their families. The 16-week programme includes weekly face-to-face sessions and supplementary online support sessions. The programme is structured across three phases: initial assessment, the education and intervention phase, and monitoring and evaluation. Intervention activities incorporate practical components including healthy nutrition education, coping strategies for emotional eating, cognitive restructuring of trigger thoughts, family-based role modelling, and reward systems. Body image is further strengthened through training on physical activity planning and responsible social media use. Programme outcomes will be measured at the close of the intervention period through anthropometric assessments, eating behaviour evaluations, and self-perception tests.

Expected Outcomes

By offering a cognitive-behavioural, multidimensional, and practice-oriented intervention model for childhood obesity, this project is positioned to contribute to the strengthening of preventive and protective health services within the national health system. The

programme's core objectives – improving population health, supporting the early detection and management of preventable conditions, and reducing behavioural risk factors – are fully aligned with national public health priorities. In this regard, the project:

- Supports children at elevated risk of chronic conditions such as obesity through holistic, early-stage interventions;
- Strengthens health literacy by placing family participation at the centre of the programme;
- Facilitates integration into the broader health system by developing a clinically grounded yet scalable intervention model.