Global self-esteem in longer-term members of Slimming World

Stubbs J1, Whybrow S2, Avery A1, Pallister C1 and Lavin J1
1Slimming World, Derbyshire, UK
2University of Aberdeen, UK

1 – Introduction

This study examined change in self-esteem in 620 Slimming World members who had attended for at least 6-months (mean (SD) 23 (20) months) and lost on average 15.2% (9.0%) weight. Members were then followed up over a subsequent 6-month study period. The members formed a commercial weight management cohort studied in the Diogenes programme1.

2 – Methods

Weight was recorded on joining, at the start of the study period (measurement 1) and 6-months later (measurement 2). At both measurements participants rated how their general self-esteem had changed over time using 5-point Likert scales (ranging from “not at all” to “very much”). Subjects were grouped into tertiles of change in weight between measurement 1 and measurement 2 (those who lost, maintained or gained weight). Regression analysis was used to relate self-esteem to weight change. Chi-squared tests were used to compare responses between those who lost, maintained or gained weight. Figure 1 shows the times of weight record points and completion of questionnaires.

A greater improvement in self-esteem since joining Slimming World was related to greater weight-loss (kg) (R2=0.018, p=0.001), but not to duration of membership since joining. Members who had lost or maintained weight over the study period (between measurements 1 and 2) reported more of an improvement in feelings of self-esteem than those who gained weight (p<0.001).

3 – Results

<table>
<thead>
<tr>
<th>How did your feelings of self-esteem:</th>
<th>Mean</th>
<th>SD</th>
</tr>
</thead>
<tbody>
<tr>
<td>Change after your first week?</td>
<td>3.3</td>
<td>1.4</td>
</tr>
<tr>
<td>Change after your first month?</td>
<td>3.8</td>
<td>1.1</td>
</tr>
<tr>
<td>Change after your first six months?</td>
<td>4.3</td>
<td>1.0</td>
</tr>
<tr>
<td>Improve since you joined SW?</td>
<td>4.3</td>
<td>1.0</td>
</tr>
</tbody>
</table>

A greater improvement in self-esteem since joining Slimming World was related to greater weight-loss (kg) (R2=0.018, p=0.001), but not to duration of membership since joining. Members who had lost or maintained weight over the study period (between measurements 1 and 2) reported more of an improvement in feelings of self-esteem than those who gained weight (p<0.001).

4 – Conclusion

Positive changes in self-esteem were related to weight loss and weight loss maintenance in participants of the Slimming World programme.

References

1. This work was part of the Diet, Obesity and Genes project (www.diogenes-eu.org) funded by the European Commission (contract #: Food-CT-2005-513946).