Quality of life in longer-term members of a commercial weight loss organisation

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1 – Introduction

This study examined quality of life in 620 members of Slimming World who had been attending groups for a mean (SD) of 23 (20) months, lost 15.2% (9.0%) weight and were trying to maintain/further their weight loss during a subsequent 6-month study period. The members formed a commercial weight management cohort studied in the Diogenes programme.

2 – Methods

Weight was recorded on joining Slimming World, at the start of the study period (measurement 1) and 6-months later (measurement 2). At measurement 1 and 2 participants answered the Impact of Weight on Quality of Life-Lite (IWQOL) questionnaire which measures weight-specific perceived quality of life on five dimensions of daily life; physical functioning, self-esteem, sexual life, public distress, and work. Linear regression analysis was used to identify the associations between questionnaire responses at measurement 1 and measurement 2, and percentage weight change during this time.

3 – Results

At measurement 1, heavier participants perceived that their weight caused more difficulties with their physical functioning, self-esteem, sexual life, work and caused them more public distress than those with less weight to lose (all p<0.001). Weight loss over the six-months between measurement 1 and measurement 2 was associated with improved perceptions of all dimensions of quality of life measured; physical functioning (p<0.001), self-esteem (p=0.009), sex life (p<0.001), public distress (p<0.001), and work (p<0.001). None of these measures were associated with more than a few percent of the variance in weight.

4 – Conclusion

These data suggest that weight status impacts on quality of life, which can be improved by weight loss when attending Slimming World.

References
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