

LifeShape Clinic Real Life Results

Mental Health Improves With Weight Loss

This research project consisted of 206 clients who completed either a 6 month, 9 month or 12 month LifeShape weight loss program and completed 4 mental health assessments (DASS#). It showed they achieved substantial weight loss with significant reduction in the measured parameters of their emotional states of depression, anxiety and depression (DASS#) contributing to improved physical and psychological quality of life. These results were independent of the amount of weight lost and show that it's not just weight loss that improves mental health, but it's the actual commitment to changing lifestyle and then seeing the results that follow that improves mental health. Making the changes is the key factor of these mental health improvements.

Protocol

- The weight loss programs were conducted over 3, 6 or 9 months of active weight loss with weekly one on one appointments followed by 3 months of weight maintenance designed to consolidate the lifestyle strategies.
- Included in the analysis are 206 clients, 38% male and 32% female
- The average age was 46
- All physical measures were taken using calibrated scales and accredited laboratory testing for all blood pathology
- There were 4 DASS# results per client over the duration of their weight loss program

Key Data

- Weight decreased by 15kgs or 15% of the initial weight which is 50% higher than the oft quoted gold standard of 10% for lifestyle weight loss programs
- Body Mass Index decreased by 14% from obese to the overweight category reducing relative health risk for mortality by all causes by 22%*
- Waist and hip measured decreased by 16% and 9% respectively
- Mental health as measured by the Depression Anxiety and Stress Scales (DASS#) improved with weight loss
- There was no relationship between the reductions in the DASS scores and the magnitude of weight loss

Weight Loss & Body Measurements

LifeShape Weight Loss Program	Start	Final	% Change
Total count	206	206	
Age (mean)	46		
Body Weight Decrease	99.6	84.7	15%
Weight Lost (kg)		14.9	15%
Body Mass Index Decrease	34	29.1	14%
Waist Decrease (cm)	107.0	90	16%
Waist Hip Ratio Decrease	118.0	107	9%

Mental Health Scores

Mental Health Scores DASS			
Depression Score Reduction*	4.3	1.9	56%
Anxiety Score Reduction*	3.4	1.7	50%
Stress Score Reduction*	7.8	5.0	36%
* P<0.001			

#Depression Anxiety Stress Scales Lovibond, S.H. Lovibond P.F. (1995) Manual for the Depression Anxiety and Stress Scales. (2nd Ed.) Sydney: Psychology Foundation

*Obesity Linked With Increased Risk of All-Cause Mortality New England Journal of Medicine 2010, 363:2211-2219

Contact

For more information about the results you could achieve from a LifeShape Program, please call 1800 567 348, email info@lifeshape.com.au or visit lifeshape.com.au/results.