

LifeShape Clinical 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.

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.