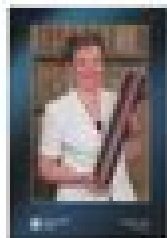


Effekte einer Selbstaffirmation auf Gewicht u. a. Variablen bei Frauen

Die vorliegende Studie untersuchte die Auswirkungen einer Selbst-Affirmation auf den Body-Mass-Index, den Taillenumfang, körperbezogene Selbstkonzepte sowie das Arbeitsgedächtnis von normalgewichtigen und übergewichtigen Frauen. Es wurde überprüft, ob die von Logel und Cohen (2012) berichteten großen Effekte bestätigt werden können. Übereinstimmend mit Logel und Cohen zeigte sich im Anschluss an die Selbst-Affirmation eine Steigerung der Selbstakzeptanz des Körpers bei übergewichtigen Frauen. Bezogen auf den Body-Mass-Index zeigte sich ein kleiner, statistisch nicht signifikanter Effekt der Selbstaffirmation. Abweichend von den Ergebnissen von Logel und Cohen konnten keine Effekte der Selbst-Affirmation auf den Taillenumfang und auf das Arbeitsgedächtnis nachgewiesen werden.



Mag. rer. nat. Andrea Walz, geb. 1975, Psychologin. Im Rahmen ihrer Diplomarbeit setzte sie sich mit der spannenden Frage auseinander, ob es möglich ist, durch eine Selbst-Affirmation eine gewünschte Gewichtsabnahme zu unterstützen. Andrea Walz arbeitet derzeit in einer therapeutischen Wohngemeinschaft für junge Schizophrenie-Patientinnen.



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Andrea Walz

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