

Compassion Focused Therapy as a Treatment for Body Weight Shame Associated with Obesity.

ACTRN12618001247268

Status RECRUITING
Sponsor Dr James Kirby
Enrollment 90 participants

Plain Language Summary

This study is for adults with obesity who experience significant shame or distress about their body weight. Body weight shame is a deeply uncomfortable feeling that many people with obesity carry, and it can seriously affect mental health, relationships, and the ability to make lasting lifestyle changes. This trial tests whether Compassion Focused Therapy (CFT) — a group-based psychological approach that helps people develop kindness and understanding toward themselves — can reduce body weight shame and improve mental and physical wellbeing.

The CFT group program runs for 12 weeks and is based on an established group therapy manual. Participants are assessed before the program, at the end of 12 weeks, and at a follow-up point. Assessments look at changes in mental health, self-compassion, relationship with food, and physical health indicators.

You may be eligible if you are 18 or older, have a BMI in the obesity range, and experience significant body weight shame (scoring above 2 on the body weight shame scale). People who are currently engaged in other mental health treatment (medication or psychotherapy) or who are unable to commit to the session schedule are not eligible.

Key Eligibility Criteria

Inclusion (3)

-) Age (over the age of 18+)
-) Body weight shame (score greater than 2 on the body weight shame scale)
-) Obesity (as measured through body mass index)

Exclusion (2)

-) Currently under going mental health treatment (pharmaceutical or psychotherapy).
-) Unable to commit to session times.

Locations (1 total)

QLD, Australia

<https://www.anzctr.org.au/Trial/Registration/TrialReview.aspx?ACTRN=ACTRN12618001247268>

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