P1-16: Self-efficacy and Weight Management in Overweight Premenopausal Women: A Conceptual Framework

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Abstract:
Introduction: The purpose of this paper is to present a conceptual framework to explicate relationships between Pender’s revised Health Promotion Model and variables in a proposed descriptive correlational research design. The specific aim of the proposed study is to expand knowledge about relationship between perceived self-efficacy and promotion of weight management in overweight premenopausal women. Perceived self-efficacy is defined as a judgment of one's ability to carry out a particular course of action. Promotion of weight management includes diet, physical activity and behavior modification. It is hypothesized that efficient and confident overweight women are more likely to succeed in bringing their weight to a healthy level, exercise more and change their health behaviors. Maintaining a healthy weight is essential to prevent chronic diseases like diabetes, cancer, sleep apnea, dyslipidemia, hypertension and coronary heart disease.

Method(s): Health Promotion Model (HPM) has its theoretical foundations based on the Expectancy-Value Theory and Social Cognitive Theory. The author adapted in this paper Pender’s revised HPM as a theoretical framework to predict nutritional, physical activity and behavior changes in overweight premenopausal women and its relationship with women’s perceived self-efficacy. According to HPM, self-efficacy motivates health promoting behaviors directly by efficacy expectations and indirectly by affecting perceived barriers to pursue a plan of action. Empirical research conducted in different disciplines identified behavioral variables like perceived self-efficacy and perceived barriers to change as strong predictors of health behaviors.

Results: A combination of demographic and cognitive factors will be measured using The Health-Promoting Lifestyle Profile II (HPLP II) and Personal Data Form including women's age,
weight, Body Mass Index, income, marital status and education along with cognitive affects as perceived health status, benefits and barriers to action, and self-efficacy.

**Discussion & Conclusions:** Future research will focus on the exploration of relationships between self-efficacy and adaptation of healthy lifestyle behaviors in premenopausal women from specific ethnic backgrounds.

**Abstract History:**
This abstract has not been presented or accepted for presentation in whole or in part at the SNRS or other scientific meeting.

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No, I (or a member of my immediate family) have not received something of value* from or own stock (or stock options) in a commercial company or institution related directly or indirectly to the subject of my presentation.

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