

General Practitioners Rarely Give Personalized Weight-Loss Advice

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EINPresswire.com/ -- General
Practitioners Rarely Give Personalized
Weight-Loss Advice

Weight-loss advice from general practitioners (GPs) to patients with obesity is mainly generic and is rarely personalized, according to a [study](#) published online Dec. 13 in Family Practice.

Madeleine Tremblett, Ph.D., from the University of Oxford in the United Kingdom, and colleagues examined the behavioral advice GPs give to people living with obesity. A qualitative content analysis was applied to 159 audio recordings of consultations from the Brief Interventions for Weight Loss trial, where GPs gave brief weight-loss advice to patients with a body mass index ≥ 30 kg/m². The content was categorized into descriptive clusters.

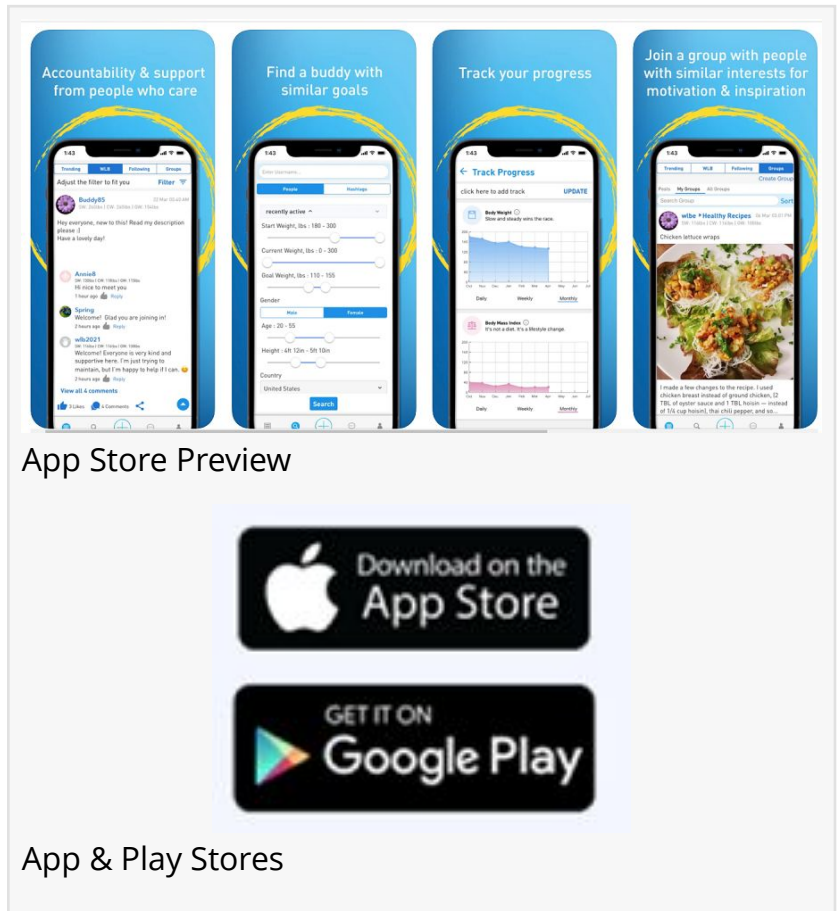
“

You can't help someone up a hill,
Without getting closer to the
top yourself”

Joey Dweck

The researchers identified four clusters in the results, which highlighted different aspects of advice: content of diet and physical activity advice, which was highly variable; content of “implementation tips” that were given to support changes and included eating smaller portions, using small plates, and changes to mindset or intention;

content of sign-posting support, encouraging further clinician support or other resources; and



style of advice delivery, which indicated that GPs rarely gave personalized advice or provided reasons for their advice.

“Our analysis identifies that clinicians mostly do not provide effective advice, and so even if patients were to follow the advice, they would be unlikely to lose weight,” the authors write. “When clinicians lacked support services to offer patients they commonly advocated a general ‘eat less, do more’ approach. This message is disliked by patients, and unlikely to be effective.”



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About WeightLossBuddy

WeightLossBuddy is the largest community dedicated exclusively to supporting people who are struggling to lose weight.

Its new app allows users to monitor their weight, while sharing their progress with others, and at the same time learning from their experience.

Not only are users able to chat live with other users, but they can also form or join groups to connect with people who have similar interests and goals.

Public & Private groups let them share their concerns with people they can trust.

Research has shown that people who have social support, tend to be more successful at achieving, and maintaining weight loss than those who do not.

In a 2010 study, almost 88% of subjects who joined an internet weight loss support community reported that being part of a group supported their weight loss efforts by providing encouragement and motivation.

In addition to a very easy to use platform, weightlossbuddy uses a familiar “posting” interface people are familiar with. It allows users to share both their successes and setbacks.

What makes the new weightlossbuddy app stand out from other apps is that it is non-toxic, safe, supportive, welcoming and easy to use.

Users can check in each day, post their progress, get encouragement and check to see how their friends are doing.

The new App helps users by giving them the support they need in a welcoming, non-threatening community of like-minded people who share their frustrations,

WeightLossBuddy caters to those individuals who want to lose weight and need help. It helps by providing weight loss support from others on a similar journey.

The new 100% FREE weight loss support app gives users access to a large weight loss community that is ready to encourage them, share effective weight loss tips, and help them in any way possible to reach their weight loss goal.

Users of the new app can explore the social fitness & weight loss posts from weight loss buddy users that are on the same journey.

Users can find great weight loss support content, read about other people's personal struggles to learn and relate, and like and comment on posts.

Additionally, users can make use of Weightlossbuddy as their weight loss tracker and social weight loss app to post content, thoughts, struggles, progress photos, and more.

Users can start chatting live with fitness buddies from around the globe within the app! Users can now:

- add current and target weight
- find a buddy and get support
- share photos and weight loss progress
- connect and chat live with other weight loss buddies
- comment and like on posts
- track daily weight

This New 100% FREE App can be found in both the Apple and Google Play stores. It has the ability to transform people's lives".

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