

SUBJECTIVE IDEAL WEIGHT AND MISPERCEPTION OF NORMALCY OF WEIGHT IN OBESITY

I.P. VASILESCU^{1,2} C.L. ATWELL³

Abstract: *The misperception of people's own body weight surplus is an important factor in weight self-management. This study reports Misperception correlates in 59 outpatients, males and females, almost all of them overweight or obese, age 17-74 years seeking advice for weight loss at Norton Community Hospital situated in the Appalachian area of Virginia. The patients independently and anonymously completed questionnaires between the spring of 2004 and fall 2005, prior to the dietary consult. The most important mediator variable was found to be the Subjective Ideal Weight (SIW). Overweight and obese patients that accept for themselves above the median levels of SIW have the tendency to underestimate how much weight they need to lose to regain a normal Body Mass Index. The patients setting those levels below the median SIW have the tendency to overestimate their needed weight loss. Gender, Marital Status, and Age also proved to affect Misperception.*

Key words: *Ideal Body Image, Weight Self-Management, Misperception of Body Image, Weight loss Goals.*

* Transilvania University of Brasov.