

Use of Long Term Weight Loss Programs in Conjunction with the Diabetes Prevention Program

Background:

The evidence-based behavioral treatment of obesity, referred to as the Diabetes Prevention Program (DPP), has proven its effectiveness when used with long-term weight loss maintenance programs (LWLMP). The DPP consists of two parts: (1) consisting of weekly sessions (2) focuses on lifestyle changes needed to succeed long-term. Once DPP is completed, the LWLMP begins. To analyze the effectiveness of the DPP in conjunction with LWLMP in the treatment of patients with obesity, the researcher performed a single-subject case design (SSCD) as a therapeutic intervention method with an obese female.

Methods:

A literature review and SSCD were used to analyze the effectiveness of DPP and LWLMP in therapeutic intervention. Furthermore, there was a review of the research based on: methodology, strengths, and limitations to the single-subject case design.

Results:

It is anticipated that the exhaustive literature review and analysis of DPP with LWLMP will reveal the efficiency of DPP treatment of obesity when used with LWLMP in therapeutically treating obese patients. The use of the SSCD, evidence-based therapeutic techniques, and client self-monitoring and recording of data will validate DPP in conjunction LWLMPs in obese patients. Finally, the use of DPP and LWLMP will provide the subject with long-term success throughout life.

Conclusions:

DPP used with LWLMPs is an efficient therapeutic technique to use when working with obese patients. LWLMPs change the outlook of DPP from being a short-term success to long-term success for the patient.