

# Raising health awareness and improving weight control results among overweight mental disorder clients during rehabilitation period



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## Abstract introduction

This project investigates the reasons that influence mental disorder clients' incapacity of weight control during rehabilitation period, and adopts a health education curriculum, "Step into health," and behavior modification to raise health awareness among overweight mental disorder clients during rehabilitation period in order to improve results of weight control.

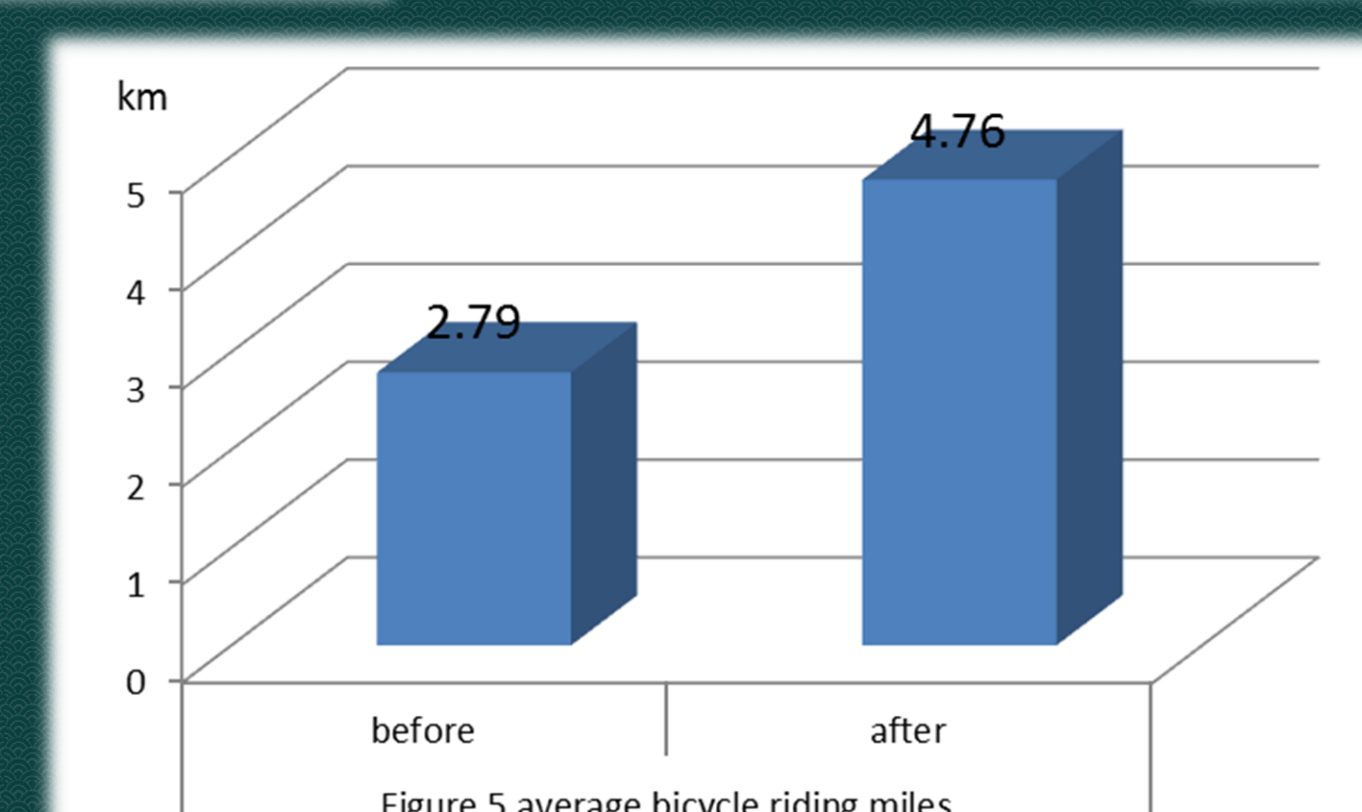
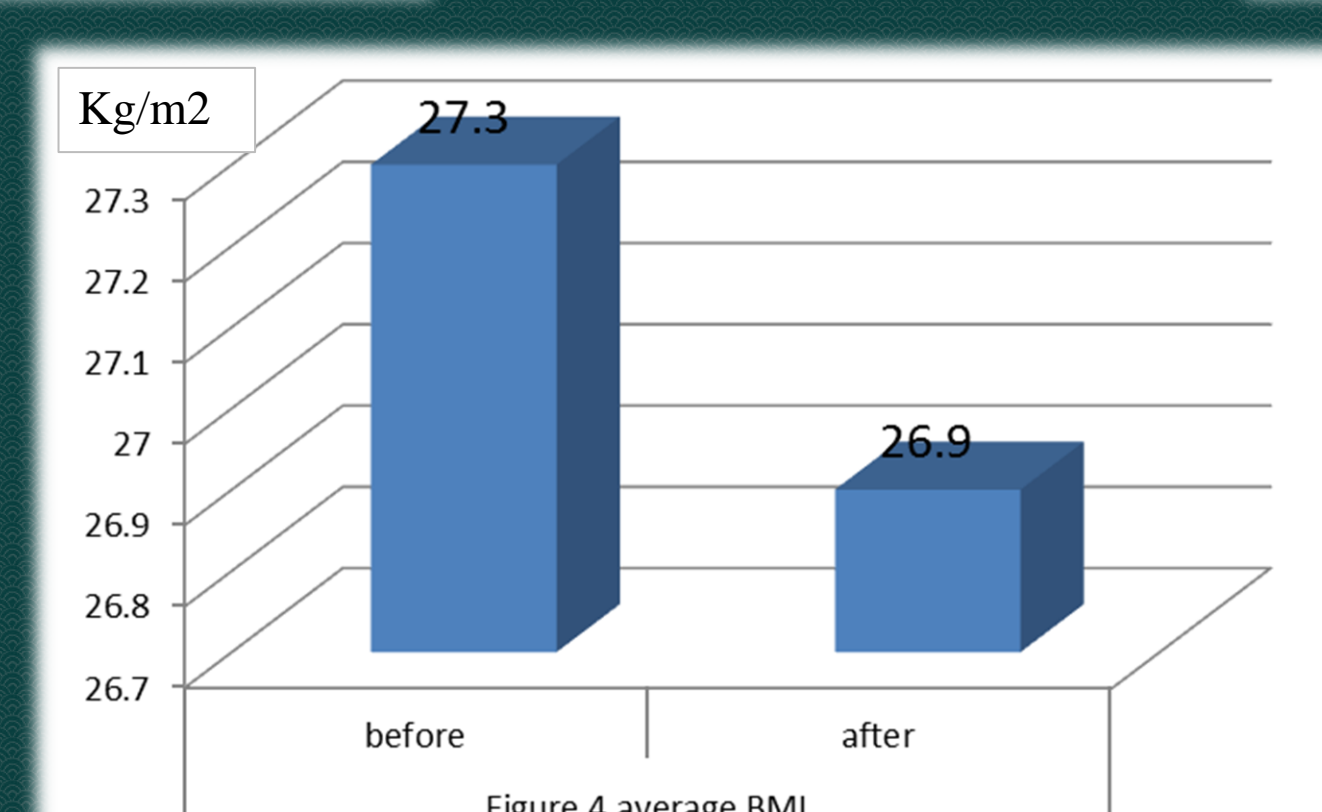
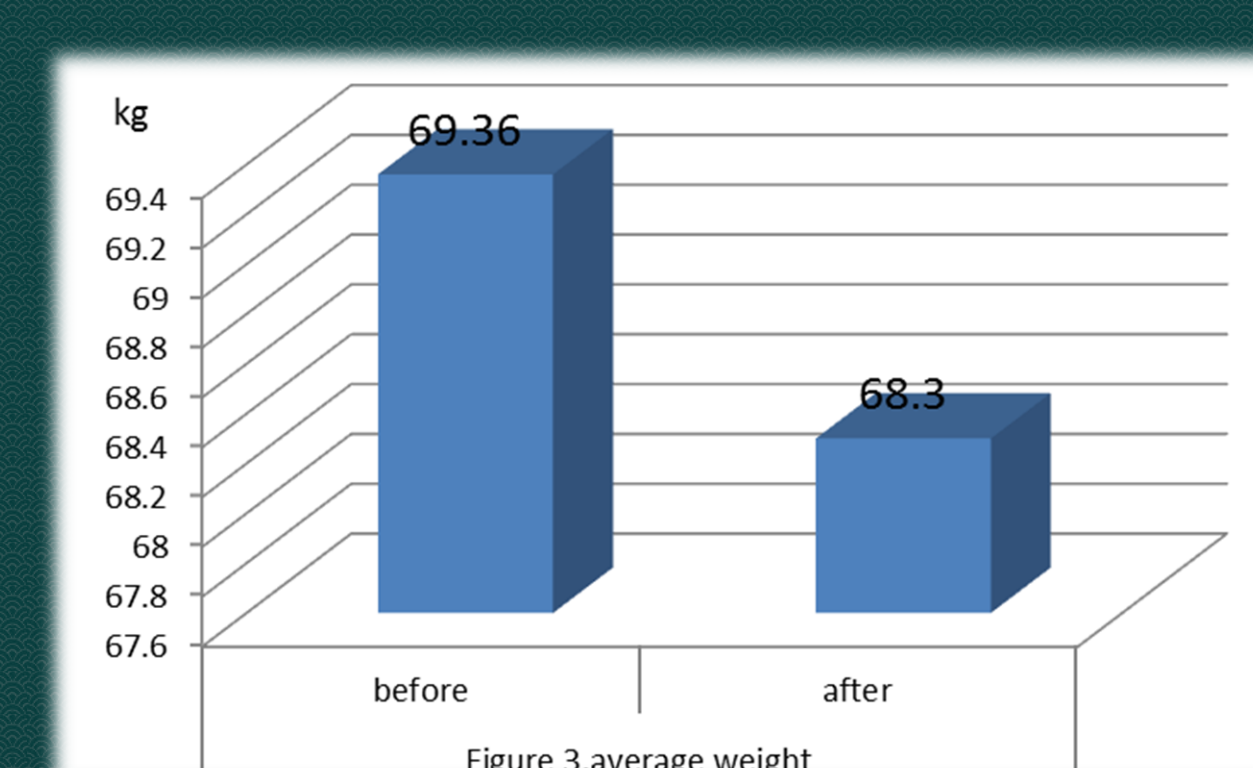
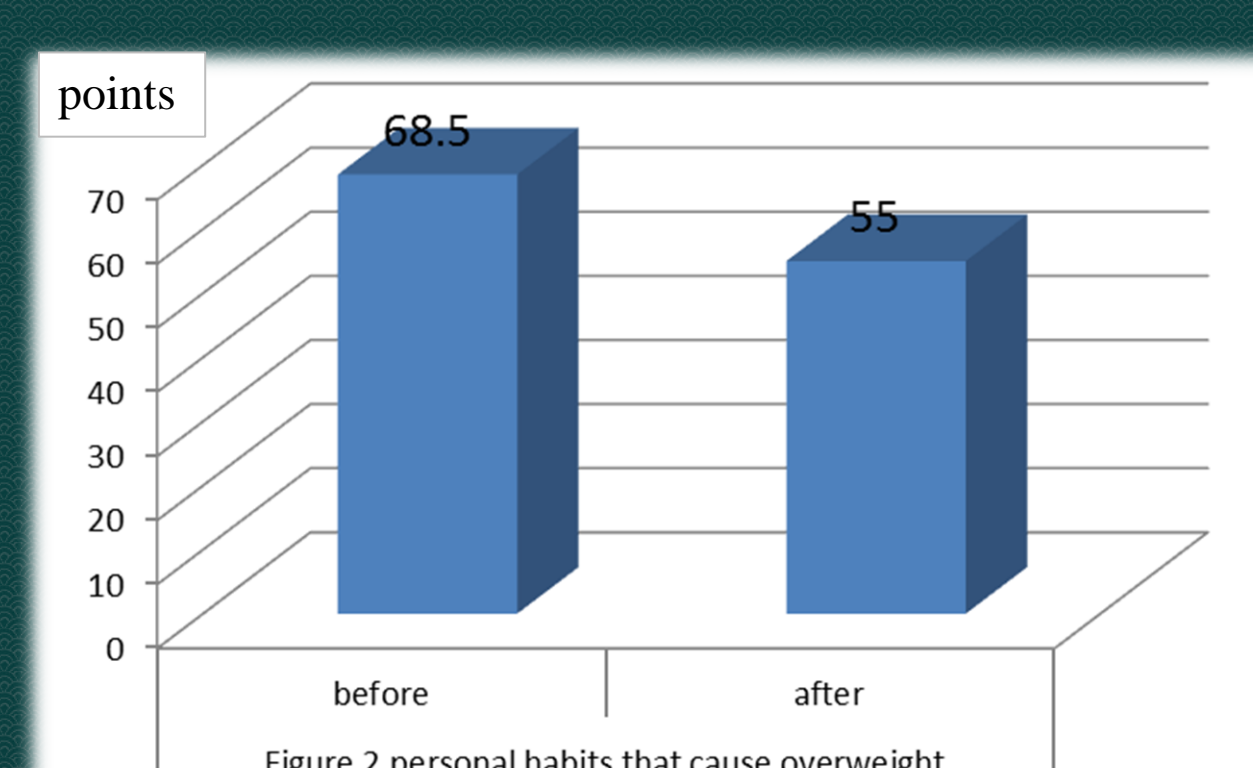
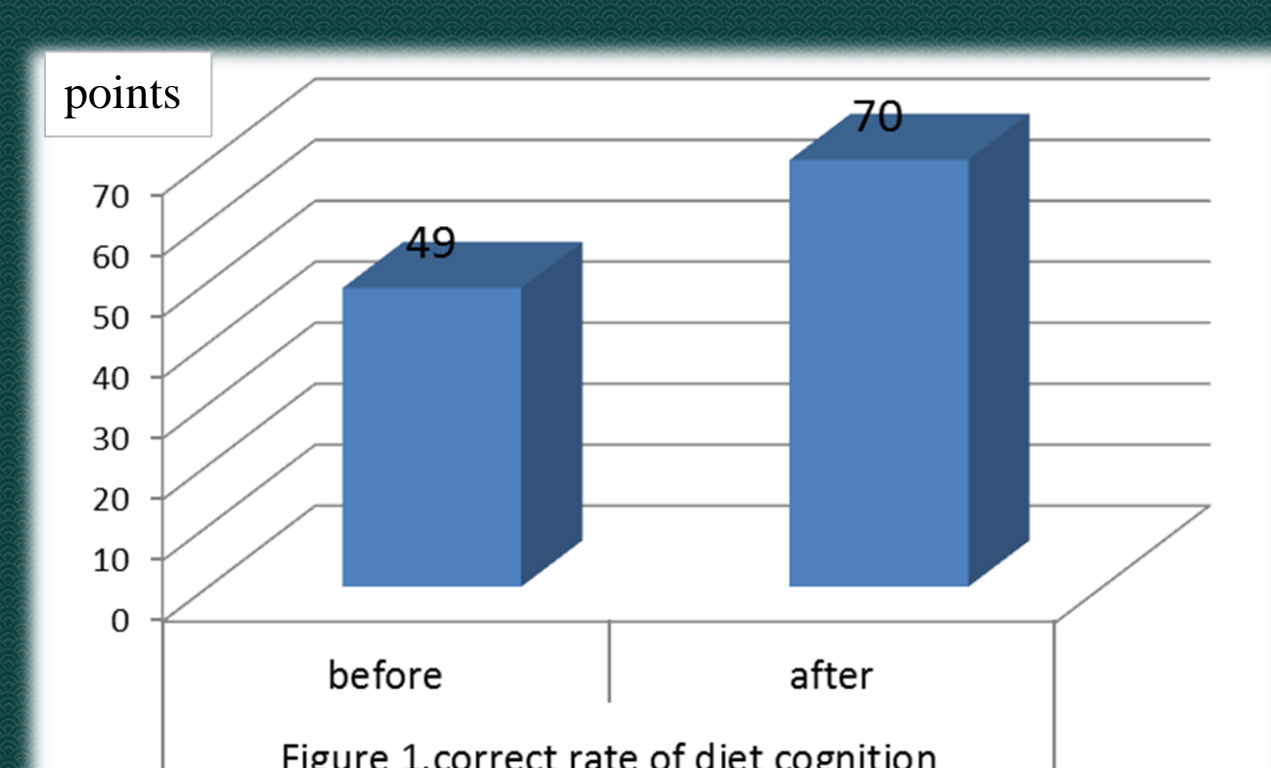
## Purpose/ Methods

This project uses matrix analysis to set up practicality, significance, benefits, and costs of weight controlling strategies. By choosing one of the most appropriate resolutions for this project, we implement a series of relevant guidance and teaching plans on appropriate exercises, healthy diets, health maintenance, in order to improve results of weight control among mental disorder clients.



## Results

Evaluation of this project's outcomes shows that correct rate of diet cognition has raised 21 points among mental disorder clients; personal habits that cause overweight have raised 13.5 points; average weight loss is 1.06 kg; average BMI falls by 0.4 kg/m<sup>2</sup>; average bicycle riding miles have increased 1.97 km for every twenty minutes.



## Conclusions

The results demonstrate that diet and health education as well as behavior modification have positive impacts on overweight mental disorder clients during rehabilitation period. The results of this project can provide a reference for carers to improve health issues among overweight mental disorder clients.

## Comments

Weight control is a long-term project. It is suggested that the results of this project require collaboration from family members in order to continue on tracking subsequent results and changes. With family collaboration, overweight mental disorder clients during rehabilitation period could keep an ideal weight in a healthy way under an environment with positive supports.

Keywords: Participants with mental illness during rehabilitation period, Overweight, Health recognition, Weight control