

Parallel Session RTD Line 4 / Psychological Predictors of weight loss

**Lecture 1: Ideology/Objectives of RTD4:
(a) General Overview, (b) Intake, Expenditure, Energy Balance, (c) Psychological and Behavioural factors, (d) RTD1 cohorts – planned interventions, (e) Slimming World**

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Abstract

Lack of consistent evidence on the role and influence of psychological and lifestyle factors in weight management means very little is known about the role of such factors in successful obesity management. In light of this, these matters are being investigated in DiOGenes' RTD4, results of which will be presented in this symposium. The main objective of this strand of DiOGenes' work is to assess the lifestyle and psycho-social aspects of food intake, in order to identify key psychological/behavioural predictors of weight gain, for use in diagnosing risk and for better matching diets to consumers needs. A brief overview of the approaches taken will be presented. An understanding of the key predictors of weight loss and regain is being drawn from data on consumers' attitudes, perceptions, experiences; diet, eating patterns, food choices, energy expenditure and activity patterns, demographic characteristics, personality, lifestyle profile, body weight and body composition.