

Nutrition counselling program involved “diet, mental and behavior modification” to improve weight loss plateau for client with Schizophrenia

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Background

A female client with Schizophrenia who lost weight for 20 kg (from 85 kg to 65 kg) by taking drug (Metformin plus Empaglizin) and self-management. And experiencing the weight loss plateau, the doctor referred her to dietitian for further treatment. Client's height 152cm, BMI 28.1, ideal body weight 50.8kg; dietary history: breakfast such as coffee and starchy food, having lunch at school restaurant during weekday, while eating takeout food for dinner each day. Dieting evaluation: insufficient vegetable and protein foods intake, starch, sweets, and sugary drink were excessive intake. The client relieved stress by eating sweets, which expressing that she could not give up such foods.

Methods

The client received one-to-one nutrition consultation and joined the online remote management of diet tracking for two months (Figure 1). Dietary advice: increase vegetable, protein intake to 1.0gm/kg⁻¹BW, and reduce carbohydrates. The client uploads daily dietary photo records, and the dietitian gives feedback (Figure 2). The consultation process applies affirmation, lowers the threshold, careens for the mood, encourages, enhancing the feeling of positive results, strengthening the relationship between behavior and consequences, self-awareness and challenging to help the client implement a healthy diet (Figure 3).



Figure 1 . The system of online remote management and diet tracking.



Figure 2 . The client uploads daily dietary photo records, and the dietitian gives feedback.



Figure 3 . The consultation process to help the client implement a healthy diet.

Result

The client broke through the weight loss plateau and reduce 6kg for 2 months (65kg to 59kg, Figure 4). The dietary intake of protein can reach the recommendation, increasing vegetables and reducing high starchy foods, and overcoming sweets addiction for stress relief.

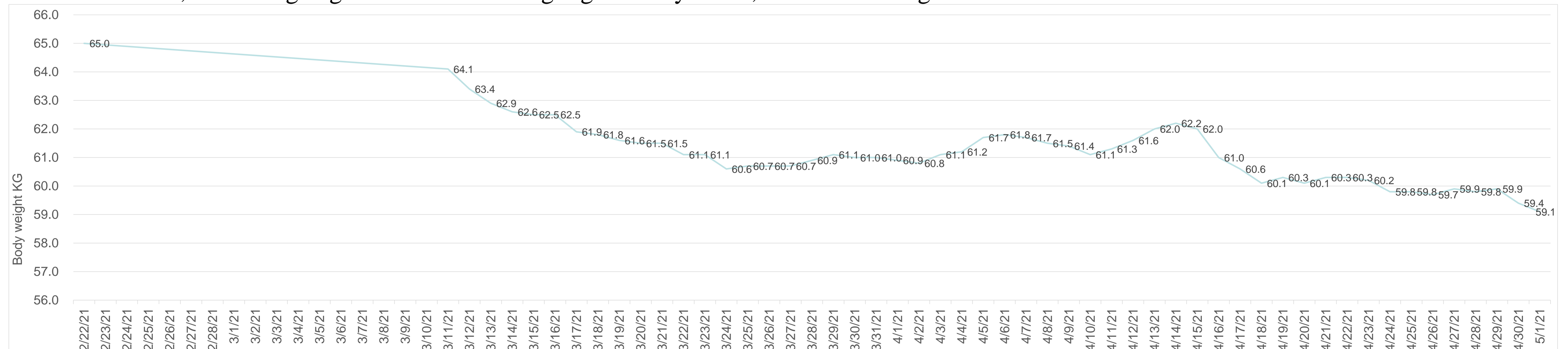


Figure 4 . Improve of weight loss plateau and reduce 6kg for 2 months (65kg to 59kg) after nutrition consultation and online management for two months.

Conclusion

In order to improve the dietary deviation of obese client, not only the empowerment of nutrition knowledge and skills were applied, but also the necessity to enhance positive attitudes and enrich self-efficacy. When the case can reap the results of behavioral change, it can also help relieve the sweets addiction, and obtain physical, mental health and freedom.

