Conceptual Model of the Dynamics of Weight Loss Maintenance

MODIFIERS work setbacks **OF TENSION** fatique time pressure money Sources of Tension **MAINTENANCE Reducing the Tension** Old habits and impulses Developing automatically Unmet needs for: Meeting needs more family healthily Mood/stress regulation illness Pleasure Changing beliefs/ Social acceptance self-concept Thoughts/beliefs about **Managing the Tension** Identity/self-concept Managing weight Learning & insight mood Self-regulation season Monitoring, setting limits Responding to lapses Managing influences (modifiers of tension) **RFI APSF** Willpower/motivation culture social occasions holidavs neighbourhood food availability life events

SOURCE: GREAVES C, POLTAWSKI L, GARSIDE R, BRISCOE S. UNDERSTANDING THE CHALLENGE OF WEIGHT LOSS MAINTENANCE: A SYSTEMATIC REVIEW AND SYNTHESIS OF QUALITATIVE RESEARCH ON WEIGHT LOSS MAINTENANCE. HEALTH PSYCHOL REV. 2017;11(2);145-163.