Title of Poster (Centered; Font = Arial 12 Bold)

Poster Presenter: List your name (First Name, Middle Initial and Last Name) and your title (ex: MS, PT, PHD, etc.) Font = Arial 12 Bold

Authors: List all authors (Last Name, First and Middle Initial) Font = Arial 12 Bold

Abstract: 1.5 Spacing, Full Justification, Font = Arial 12 Bold

-All Font must be Arial 12 Bold.

-All Margins must be .75" or larger.

-Do not exceed 1 page.

-Abstracts must be in MSWord format. No .pdf documents will be accepted.

-Review the sample in the page below; your abstract MUST follow this template.

Test of a Cognitive Behavioral Treatment for Obesity and Weight-Related Expectations

Poster Presenter: Gretchen E. Ames, PhD

Authors: Ames GE, Perri MG, Fox LD, Fallon EA, Debraganza N, Murawski ME, Gardner R, Hausenblas R

Abstract: Women often enter weight loss treatment with unrealistically high expectations for weight loss and improvements in appearance. Unfulfilled expectations may lead to a minimization of accomplishments in treatment and to low motivation to maintain behavior change following treatment. This study tested whether unrealistic expectations could be modified through an intervention aimed at developing reasonable goals for changes in weight, body image, and self-esteem. Specifically, this trial compared the effects of a standard behavioral treatment (SB) to a reformulated cognitive-behavioral treatment (RCB) in overweight college women. The outcomes were expectations for changes in weight, body image, and self-esteem. Overweight college women ages 18-30 were randomly assigned to 20-sessions of either SB or RCB. The first 10 sessions of treatment were identical in both conditions; the experimental manipulation was delivered between sessions 11-20. Women who dropped out during sessions 1-10 were excluded from the analyses. At session 20, equivalent weight losses were observed in the SB (n = 13) and RCB (n = 13) conditions (means = 6.2 and 5.4 kg, respectively, p = .51); however, significant time X treatment interaction effects were observed for appearance motivation ($\underline{p}$ = .05), expectations for reaching "dream" body weight ($\underline{p}$ = .02), and self-esteem ($\underline{p}$ = .04). Collectively, the findings in this study showed that, compared with standard weight loss treatment, a reformulated cognitive therapy produced more realistic expectations for weight loss, decreased appearance motivation, and increased self-esteem.