Behavioral treatment for obesity in Kingdom of Saudi Arabia should be the first line of intervention for obese Saudi individuals. This approach recognizes that body weight is affected by factors other than behavior, which include genetic, metabolic, and hormonal influences. The short- and long-term effectiveness of this approach is reviewed. Strategies to regulate weight, even though patients may remain overweight after treatment, including prolonging contact between patients and providers, facilitating high amounts of physical activity, and combining lifestyle modification with pharmacotherapy. This study aims to apply the behavioral treatment of obesity on the Saudi obese individual, its short- and long-term results, and methods to improve long-term weight loss.

Application of behavioral treatment program on Saudi obese individual
Mohamed I. Al-Hazmi, Abdullah Al-Arfaj, and Moussa I. Mohamed
King Saud University, Saudi Arabia

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imoussa1@ksu.edu.sa