



Failure in losing weight process duet to three factors: altered microbiota, psychiatric disorders and impaired feeding behavior

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Abstract

With regards to modern lifestyle changes, people's lives have been changed more into sedentary behaviors. Indeed, the prevalence of obesity is increasing among people every day and it becomes one of the most important cause of diseases and morbidity in the world. Meanwhile, many studies have shown that most of the obese individuals have illustrated to suffer from anxiety or depression or both as psychiatric diseases. In addition, the desire to intake the foods containing high fat and carbohydrate components and overeating is more common in obesity. The Gut is known as an independent organ due to its role in monitoring or controlling the eating behavior through the gut brain axis (GBA) and also gut microbiota have displayed a crucial role in this case. Changes in microbiota can impact on impaired brain function and feeding behavior as well. Consequently, Obesity and weight fluctuations are complex issues which are influenced by many reasons. Thereby, based on our studies we came into conclusion that there is a visous cycle between the intestinal microbiota and its changes as a result of anxiety and depression as well as the incidence of emotional and uncontrolled eating due to altered gut microbiota and in order to optimize the efficacy and weaken the failure in losing weight process, it needs to have a holistic approach to diet and weight loss and general advice can not be effective as much as an individualized diet plan along with taking into account the psychological disorders.

Biography

Marjan Moallemian Isfahani has completed her BS at the age of 23 years from Shahid Beheshti University of Medical Sciences, Tehran, Iran. Working at the Universal Scientific Education and Research Network (USERN) from 2016, has given her the opportunity to pursue her interest in research and scientific activities. At the USERN, she has been able to cooperate on various projects with experts including Noble prize winners in related fields. Working as a consultant, she has been developing valuable skills in the clinical area.



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