



Ansiedad y Depresión en niños con sobrepeso y obesidad: Resultados de un Campo de Verano [

Universidad Santo Tomás (Chile),
2010

text (article)

Analítica

Obesity and being overweight in childhood have increased in recent years at world-wide levels. Thus, it is important to promote a healthier life style by means of preventive programs. The aim of this study was to evaluate the effectiveness of the multidisciplinary program in the reduction of Body Mass Index (BMI), anxiety and depression in children with overweight and obesity problems. Our research took place in a 5-days summer camp and it continued with biweekly sessions. We show results of our initial evaluation and compare them with an evaluation performed six months following the initial evaluation. According to the results obtained in the present study a significant reduction in the three studied variables was observed

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Título: Ansiedad y Depresión en niños con sobrepeso y obesidad: Resultados de un Campo de Verano electronic resource]

Editorial: Universidad Santo Tomás (Chile) 2010

Tipo Audiovisual: sobrepeso obesidad infantil programa multidisciplinario ansiedad depresión campo de verano overweight childhood obesity multidisciplinary program anxiety depression summer camp

Documento fuente: Summa Psicológica UST, ISSN 0718-0446, Vol. 7, N°. 2, 2010, pags. 67-74

Nota general: application/pdf

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Lengua: Spanish

Enlace a fuente de información: Summa Psicológica UST, ISSN 0718-0446, Vol. 7, N°. 2, 2010, pags. 67-74

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